

ON THE SIDE

Mashed Potatoes ♥ (22 carbs)

Gravy: Brown R♥ (4 carbs) / Poultry R♥ (3 carbs)

Roasted Petite Potatoes ♥♥ (22 carbs)

Baked Potato Wedges ♥ (20 carbs)

White Rice R♥♥ (30 carbs)

Cauliflower Rice R♥♥ (5 carbs)

Macaroni and Cheese ♥ (14 carbs)

Black Beans ♥ (25 carbs)

Grilled Asparagus R♥♥ (2 carbs)

Steamed Carrots R♥♥ (7 carbs)

Whole Green Beans R♥♥ (6 carbs)

Broccoli R♥♥ (4 carbs)

Dinner Roll R♥♥ (16 carbs)

PopChips® R♥♥ Original / BBQ (15 carbs)

Potato Chips ♥ (22 carbs)

Cottage Cheese ♥♥ (6 carbs)

SAUCES AND CONDIMENTS

Ketchup ♥ (3 carbs) / Mustard ♥ / Mayo ♥ / Tartar Sauce ♥ /

BBQ Sauce ♥ (11 carbs) / Sweet & Sour Sauce ♥ (11 carbs) /

Cholula Hot Sauce ♥ / Salsa ♥ (3 carbs) / Pico de Gallo ♥ (2 carbs) /

Cranberry Sauce ♥ (22 carbs) / Honey ♥ (12 carbs) / Jelly ♥ (10 carbs) /

Diet Jelly ♥ (3 carbs)

DESSERTS

New York-Style Cheesecake ♥ (39 carbs)

Sugar-Free Chai Cheesecake R♥♥ (16 carbs)

Dutch Apple Pie R♥ (90 carbs)

Chocolate Lava Cake ♥ (63 carbs)

Salted Caramel Crème Brûlée ♥ (17 carbs)

Berry Cobbler R♥♥ (17 carbs)

Strawberry Angel Food Cake R♥♥ (26 carbs)

Cookie: Chocolate Chunk ♥ (50 carbs) / Salted Caramel ♥ (49 carbs)

Sugar R♥ (26 carbs)

Pudding: Rice R♥♥ (25 carbs) / Chocolate ♥♥ (28 carbs)

Vanilla R♥♥ (22 carbs)

Sugar-Free Pudding: Vanilla R♥♥ (12 carbs) / Chocolate ♥♥ (17 carbs)

Gelatin R♥ Regular (19 carbs) / Sugar-Free (2 carbs)

Custard R♥♥ (16 carbs)

Fruit Ice R♥♥ (19 carbs)

Sherbet R♥♥ (31 carbs)

Ice Cream ♥ (17 carbs) Vanilla / Chocolate / Strawberry

BEVERAGES

Hot Coffee R♥♥ Regular / Decaffeinated

Hot Tea R♥♥ Regular / Decaffeinated / Herbal

Iced Tea R♥♥ Regular / Decaffeinated

Hot Chocolate ♥ Regular (23 carbs) / Sugar-Free (9 carbs)

Light Lemonade R♥♥ (2 carbs)

Milk Skim ♥♥ (13 carbs) / Low Fat ♥ (13 carbs) / Whole ♥ (12 carbs)

Chocolate ♥♥ (22 carbs)

Soy Milk (11-25 carbs) Vanilla R♥♥ / Chocolate ♥♥

Almond Milk R♥♥ (16 carbs) Vanilla

Coconut Milk R♥♥ (8 carbs)

Oat Milk ♥♥ (14 carbs)

Lactaid ♥♥ (13 carbs)

Soda Pepsi ♥ (26 carbs) / Diet Pepsi ♥♥ / Mist Twist R♥♥ (19 carbs)

Diet Mist Twist R♥♥ / Ginger Ale R♥♥ (17 carbs) / Diet Ginger Ale R♥♥

Bottled Water R♥♥

CLEAR LIQUID

Apple Juice R♥♥ (26 carbs)

Cranberry Juice R♥♥ Regular (31 carbs) / Sugar-Free (2 carbs)

Hot Coffee R♥♥ Regular / Decaffeinated

Hot Tea R♥♥ Regular / Decaffeinated / Herbal

Iced Tea R♥♥ Regular / Decaffeinated

Light Lemonade R♥♥ (2 carbs)

Soda Mist Twist R♥♥ (19 carbs) / Diet Mist Twist R♥♥

Ginger Ale R♥♥ (17 carbs) / Diet Ginger Ale R♥♥

Bottled Water R♥♥

Broth R♥ Beef / Chicken / Vegetable ♥

Gelatin R♥ Regular (19 carbs) / Sugar-Free (2 carbs)

Italian Fruit Ice R♥♥ (19 carbs)

FULL LIQUID

ALSO INCLUDES EVERYTHING UNDER "CLEAR LIQUID"

Milk ♥ (13-29 carbs) / **Soy Milk** R♥♥ (11-25 carbs)

Oat Milk ♥♥ (14 carbs) / **Almond Milk** R♥♥ (16 carbs)

Coconut Milk R♥♥ (8 carbs)

Lactaid ♥♥ (13 carbs)

Orange Juice ♥♥ (26 carbs)

Soda Pepsi ♥ (26 carbs) / Diet Pepsi ♥♥

Cream of Wheat R♥♥ (29 carbs)

Fat-Free Vanilla Greek Yogurt ♥♥ (9 carbs)

Soy Yogurt R♥♥ (21 carbs) Vanilla

Whipped Yogurt ♥♥ Strawberry / Lime (25 carbs)

Cream Soup Chicken R♥ (9 carbs) / Mushroom R♥♥ (10 carbs)

Tomato Basil ♥♥ (7 carbs)

Pudding R♥♥ Regular (25-28 carbs) / Sugar-Free (12-17 carbs)

Ice Cream ♥ (17 carbs) / **Sherbet** R♥♥ (31 carbs)

Custard R♥♥ (16 carbs) / **Fruit Ice** ♥ (19 carbs)

PATIENT MENU



GRB/FBS HONORHEALTH SCOTTSDALE OSBORN MEDICAL CENTER

Dial **480-583-0150**

The Food and Nutrition staff of HonorHealth is committed to meeting your individual nutrition needs. Choose the meal you want, when you want it!

Meal Delivery Service is available from 8am, noon, & 5pm daily.

Order Breakfast by 7am, Lunch by 11am, and Dinner by 4pm

- After Hours: Light meals are available from your nurse.
- **A Guest Meal voucher may be purchased for \$8.50 in the Café or lobby coffee station. A voucher number is required to order by phone. Guest Meals are available from 6am to 8pm.**
- Each voucher for a guest meal includes one entree, two sides, one dessert and up to two beverages.

HOW TO ORDER MEALS

- Review the menu.
- Dial **480-583-0150**.
- Service is a la carte so be sure to order all desired items.
- The diet representative answering your call will take your order and confirm your selections with you. They also can provide assistance with specialized diet selections as needed.

Your meal will arrive in approximately 45-60 minutes.

Breakfast will arrive at 8am, Lunch at noon, and Dinner at 5pm

HONORHEALTH®

HONOR ABOVE ALL.

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