

## 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



HONORHEALTH SCOTTSDALE SHEA MEDICAL CENTER

Dial **35400**

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 Ordering Service is available from 6am to 9pm daily.

- 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 9pm.**
- 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 the extension **35400**.
- 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.

Cafeteria Hours for guests are 6:00am - midnight, daily

HONORHEALTH®

HONOR ABOVE ALL.

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Dial **35400**

Meal Ordering Service is available from 6am to 9pm daily.

# BREAKFAST

Available 6am to 10am

## BREAKFAST ENTRÉES

**Scrambled Eggs** R♥️🌱

**Egg Substitute** R♥️🌱 (2 carbs)

**Egg Whites** R♥️🌱

**Fried Eggs** R♥️🌱

**Hard Boiled Egg** R♥️🌱

**Bacon**

**Sausage**

Turkey R♥️ / Pork

**O'Brien Potatoes** ♥️🌱 (19 carbs)

**Buttermilk Biscuit** 🌱 (29 carbs)

**Country Gravy** (5 carbs)

**Buttermilk Pancakes** 🌱

Single R♥️ (19 carbs)

Short Stack (39 carbs)

Banana (47 carbs)

Blueberry (41 carbs)

Chocolate Chip (52 carbs)

**French Toast** R♥️🌱

Regular (22 carbs)

Cinnamon Raisin (18 carbs)

**Syrup** 🌱 Regular R♥️ (29 carbs)

Sugar Free R♥️ (4 carbs)

## BUILD YOUR OWN OMELET, EGG BURRITO OR EGG SANDWICH

Choose: **English Muffin** 🌱 (25 carbs) / **Biscuit** 🌱 (29 carbs) / **Bagel** 🌱 (57-59 carbs)

**Tortilla** 🌱 (23-35 carbs)

Add: **Bacon** / **Sausage** (Pork / Turkey R♥️) / **Ham** / **Onions** R♥️🌱 (2 carbs) / **Tomatoes** ♥️🌱 /

**Mushrooms** R♥️🌱 / **Spinach** R♥️🌱 / **Pepper & Onion Sauté** R♥️🌱 (2 carbs) /

**Grilled Asparagus** R♥️🌱 / **Breakfast Potatoes** ♥️🌱 (10 carbs) / **Jalapeño** R♥️🌱 /

**Shredded Cheese** ♥️🌱 / **Pico de Gallo** ♥️🌱 (2 carbs) / **Salsa** ♥️🌱 (3 carbs) / **Avocado** 🌱

## BREAKFAST SIDES

### FRUIT

**Apple** R♥️🌱 (28 carbs)

**Banana** ♥️🌱 (28 carbs)

**Orange** ♥️🌱 (16 carbs)

**Red Grapes** R♥️🌱 (10 carbs)

**Seasonal Berries** R♥️🌱 (8 carbs)

**Seasonal Fruit Cup** ♥️🌱 (9 carbs)

**Applesauce** R♥️🌱 (12 carbs)

**Fruit Cocktail** R♥️🌱 (16 carbs)

**Peaches** R♥️🌱 (13 carbs)

**Pears** R♥️🌱 (18 carbs)

**Prunes** ♥️🌱 (30 carbs)

**Fresh Melon** ♥️🌱 (8 carbs)

**Fresh Pineapple** R♥️🌱 (10 carbs)

### CEREAL

**Hot Cereal** R♥️🌱

Cream of Wheat / Oatmeal

Bowl (27-29 carbs) / Cup (13-14 carbs)

Add: Cinnamon / Brown Sugar (13 carbs)

**Cold Cereal**

Cheerios R♥️🌱 (12 carbs) / Corn Flakes R♥️🌱

(19 carbs) / Rice Krispies R♥️🌱 (22 carbs) /

Granola R♥️🌱 (50 carbs) / Raisin Bran ♥️🌱

(28 carbs) / Froot Loops R♥️🌱 (24 carbs)

### JUICE

**Orange** ♥️🌱 (26 carbs)

**Apple** R♥️🌱 (26 carbs)

**Prune** ♥️🌱 (20 carbs)

**Cranberry** R♥️🌱 (31 carbs)

**Sugar-Free Cranberry** R♥️🌱 (2 carbs)

**V-8** ♥️🌱 / **SF V-8** 🌱 (7 carbs)

### YOGURT

**Fat-Free Greek Yogurt** ♥️🌱 (9 carbs)

Vanilla / Strawberry / Blueberry

**Whipped** ♥️🌱 (25 carbs)

Strawberry / Lime

**Light Peach** ♥️🌱 (8 carbs)

**Yogurt Parfait** ♥️🌱 (41 carbs)

**Soy Yogurt** ♥️🌱 (21 carbs)

Vanilla

## BREAKFAST BREADS

**Toasted Bagel** R♥️🌱

Plain (59 carbs) / Wheat (57 carbs)

**English Muffin** R♥️🌱 (25 carbs)

**Fresh-Baked Blueberry Muffin** R♥️🌱

(27 carbs)

**Cinnamon Roll** 🌱 (65 carbs)

**Tortilla** 🌱 (23-35 carbs)

# LUNCH / DINNER

Available 10am to 9pm

## SMALL PLATES

**Brie, Fresh Berries & Grapes** R♥️🌱 (15 carbs)

Add: Crackers 🌱 (29 carbs)

**Fresh Veggies with Roasted Red Pepper Hummus** ♥️🌱 (19 carbs)

**Meat Salad Scoop** Classic Tuna R♥️ / Cranberry Chicken R♥️ (7 carbs) /

Egg w/ Dill R♥️🌱 (4 carbs)

**Protein Plate** (7 carbs) Grilled Chicken, Hard-boiled Egg, Cheddar Cheese,

Strawberry, and Almonds

## SOUPS (BOWL/CUP)

**Chicken Noodle** R♥️ (24/12 carbs)

**Chili** ♥️ (13/6 carbs)

**Tomato Basil Soup** ♥️🌱 (7/4 carbs)

**Lentil Vegetable Soup** ♥️🌱 (14/7 carbs)

**Broth** Beef R♥️ / Chicken R♥️ / Vegetable R♥️🌱

Add: Saltine Crackers ♥️🌱 (4 carbs) / Club Crackers 🌱 (5 carbs)

## FROM THE GARDEN

**Cottage Cheese & Fruit Plate** R♥️🌱 (33 carbs)

**Caesar Salad** (16 carbs) Fresh Romaine Lettuce, Seasoned Herbed Croutons, and Shaved Parmesan Cheese served with Caesar Dressing (1 carb)

**Caprese Salad with Avocado** 🌱 (11 carbs) Harvest Blend Lettuce, Basil, Tomato, Mozzarella, and Avocado

**Chef Salad** R♥️ (7 carbs) Fresh Romaine Lettuce, Hard-boiled Eggs, Ham, Turkey, Tomato, Cucumber, Cheddar and Swiss Cheese

**Garden Salad Bowl** 🌱 Entrée (7 carbs) / Side (3 carbs)

Add: **Grilled Chicken** R♥️ / **Grilled Salmon** R♥️ / **Grilled Shrimp** R♥️

**Salad Dressings** Balsamic 🌱 (6 carbs) / Caesar / Buttermilk Ranch 🌱 (2 carbs)

1000 Island 🌱 (6 carbs) / Fat Free Ranch R♥️🌱 (14 carbs) / Italian R♥️🌱 (9 carbs)

Fat Free Italian ♥️🌱 (1 carb) / Bleu Cheese 🌱 (2 carbs) / Oil and Vinegar R♥️🌱

Raspberry Vinaigrette 🌱 (12 carbs)

## DELI BAR

Choose Meat:

**Sliced Turkey** R♥️ (3 carbs) / **Sliced Ham** (2 carbs) / **Classic Tuna Salad** R♥️

**Cranberry Chicken Salad** R♥️ (5 carbs) / **Dilled Egg Salad** R♥️🌱 (3 carbs)

Choose Bread:

**Multigrain** R♥️🌱 (34 carbs) / **Sourdough** R♥️🌱 (38 carbs) / **Marbled Rye** R♥️🌱

(38 carbs) / **White** R♥️🌱 (38 carbs) / **Wheat** R♥️🌱 (34 carbs)

**Gluten Free Bread** R♥️🌱 *White* (40 carbs) / *Multigrain* (36 carbs)

Add: **Lettuce** R♥️🌱 / **Tomato** ♥️🌱 / **Onion** R♥️🌱 / **Pickles** 🌱

**Cheese** *Swiss* R♥️🌱 / *Cheddar* 🌱 / *Monterey Jack* 🌱

**Peanut Butter & Jelly Sandwich** 🌱 (63-67 carbs) with Diet Jelly R (53 carbs)

## GRILL FAVORITES

**Hamburger** (33 carbs)

**Cheeseburger** (34 carbs)

**Turkey Burger** R♥️ (30 carbs)

**Grilled Chicken Sandwich** ♥️ (33 carbs)

**Impossible™ Burger** 🌱 (42 carbs)

**Trio Grilled Cheese** 🌱 (35-39 carbs)

**Baked Chicken Tenders with Ranch** (20 carbs)

## ENTRÉES

**Grilled Steak** R

with Lemon Tarragon Butter or Sautéed Mushrooms & Onions (3 carbs)

**Grilled Salmon Filet** R♥️ with Lemon Tarragon Butter

**Roast Turkey Breast** R♥️ with Gravy (4 carbs)

**Grilled Chicken Breast** R♥️

**Meatloaf** R♥️ (9 carbs) with Gravy (4 carbs)

**Grilled Shrimp** R♥️

**Pasta Marinara Sauce** ♥️🌱 (49 carbs) / **Three-Cheese Sauce** 🌱 (50 carbs)

Add Protein: Chicken ♥️ / Salmon ♥️ / Grilled Shrimp ♥️ / Steak

**Personal Pan Pizza** (106 carbs) Cheese 🌱 / Pepperoni / Vegetable 🌱

Gluten free cauliflower crust available upon request

**Build Your Own Burrito or Bowl**

R and ♥️ versions available upon request

Choose: Burrito (59-93 carbs) / Bowl (24-58 carbs) with Rice or Cauliflower Rice

Add: Diced Tomatoes ♥️🌱 / Avocado 🌱 / Jalapeño R♥️🌱 / Picante Sauce (3 carbs)

Pico de Gallo ♥️🌱 (2 carbs) / Shredded Cheddar Cheese ♥️🌱

Add Protein: Chicken ♥️ / Salmon ♥️ / Grilled Shrimp ♥️ / Steak

**Build Your Own Quesadilla** (37 carbs) Cheddar Cheese on Flour Tortilla 🌱

Add: Pepper & Onion Sauté 🌱 / Grilled Chicken Breast / Steak / Grilled Shrimp

**SPECIAL DIETS:** If you are on a restricted or modified diet, the following will be helpful in making menu selections that are consistent with your physician's diet order.

If you are on a **diabetic (carbohydrate-controlled) diet**, please call your nurse after placing your meal request to have your blood glucose tested prior to the meal arrival. Carbohydrate values may vary slightly due to product availability.

♥️ Indicates food choices that are lower in fat and salt. Please choose these items if you are on a **heart healthy, low fat** or **low salt diet**.

R Indicates food choices that are available for patients on a **renal diet**. They are lower in salt and potassium. Milk/dairy products are allowed up to 4 oz. (1/2 cup) per day. Some fruits and vegetables may be limited or restricted.

🌱 Indicates food choices that are available for patients on a **vegetarian diet**.

🌱 Indicates food choices that are available for patients on a **vegan diet**.