

DAILY FRUITS & OTHER

Seasonal Fruit Cup (9 carbs)  
Seasonal Berries (8 carbs)  
Banana (28 carbs)  
Applesauce (12 carbs)  
Fruit Cocktail (16 carbs)  
Grapes (10 carbs)  
Peaches (13 carbs)  
Pears (18 carbs)  
Dinner Roll (16 carbs)  
PopChips® Original / BBQ (15 carbs)  
Potato Chips (22 carbs)  
Cottage Cheese (6 carbs)

DAILY OFFERINGS

Peanut Butter & Jelly Sandwich (63-67 carbs)  
with Diet Jelly (53 carbs)  
Trio Grilled Cheese (35-39 carbs)  
Fresh Veggies with Roasted Red Pepper Hummus (21 carbs)  
Cottage Cheese & Fruit Plate (36 carbs)  
Egg Salad Scoop with Dill (4 carbs)  
Cranberry Chicken Salad Scoop (7 carbs)  
Classic Tuna Salad Scoop  
Broth: Beef / Chicken / Vegetable  
Add: Saltine Crackers (4 carbs) / Club Crackers (5 carbs)  
GF Roasted Vegetable Ravioli (22 carbs)  
Add Sauce: Marinara (49 carbs) / Pesto (11 carbs)

DAILY DESSERTS

Ice Cream (17 carbs) Vanilla / Chocolate  
Sherbet (31 carbs) Fruit Ice (19 carbs)  
Cookie: Chocolate Chunk (50 carbs) / Salted Caramel (49 carbs) /  
Sugar (26 carbs)  
Pudding: Chocolate (28 carbs) / Vanilla (22 carbs)  
Low Sugar Pudding: Vanilla (12 carbs) / Chocolate (17 carbs)  
Lemon Blueberry Angel Food Cake (24 carbs)

DAILY BEVERAGES

Juice: Orange / Apple (26 carbs) / Cranberry (31 carbs) /  
Sugar-Free Cranberry (2 carbs) / V-8 (7 carbs) / LS V-8 (7 carbs) / Prune (20 carbs)  
Milk: Whole (12 carbs) / 2% / Chocolate (22 carbs) / Soy (11-25 carbs) / Almond Milk (16 carbs) / Oat Milk (14 carbs)  
Hot: Coffee Regular / Coffee Decaffeinated / Tea /  
Hot Chocolate (23 carbs)  
Other: Iced Tea / Light Lemonade (2 carbs) /  
Bottled Water  
Soda: Pepsi (26 carbs) / Diet Pepsi / Starry Lemon-Lime (24 carbs) / Starry Lemon-Lime Zero (17 carbs) / Diet Ginger Ale

CLEAR LIQUID

Apple Juice (26 carbs)  
Cranberry Juice Regular (31 carbs) / Sugar-Free (2 carbs)  
Hot Coffee Regular / Decaffeinated  
Hot Tea Regular / Decaffeinated / Herbal  
Light Lemonade (2 carbs)  
Soda: Starry Lemon-Lime (24 carbs) / Starry Lemon-Lime Zero  
/ Ginger Ale (17 carbs) / Diet Ginger Ale  
Bottled Water  
Broth Beef / Chicken / Vegetable  
Gelatin Regular (19 carbs) / Sugar-Free (2 carbs)  
Fruit Ice (19 carbs)

FULL LIQUID

ALSO INCLUDES EVERYTHING UNDER “CLEAR LIQUID”  
Milk (13-29 carbs) / Soy Milk (11-25 carbs)  
Oat Milk (14 carbs) / Almond Milk (16 carbs)  
V-8 (7 carbs)  
Orange Juice (26 carbs)  
Soda: Pepsi (26 carbs) / Diet Pepsi  
Cream of Wheat (29 carbs)  
Fat-Free Vanilla Greek Yogurt (9 carbs)  
Cream Soup: Chicken (9 carbs) / Mushroom (10 carbs) /  
Tomato Basil (7 carbs)  
Pudding Regular (25-28 carbs) / Sugar-Free (12-17 carbs)  
Ice Cream (17 carbs) / Sherbet (31 carbs)

Patient menu

HONORHEALTH TEMPE MEDICAL CENTER

PATIENT MEALS WILL BE TAKEN BEDSIDE

The Food and Nutrition staff of HonorHealth is committed to meeting your individual nutrition needs.

Choose the meal you want, when you want it!

- 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. Guests must dial 480.784.5660. Guest Meals are available from 7 a.m. - 9 a.m., 11 a.m. - 1 p.m., and 4 p.m. - 5 p.m., Monday - Friday.
- 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.
- Service is a la carte so be sure to order all desired items.
- Patient meals will be taken bedside by a Diet Representative. 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 7 a.m. - 9 a.m., 11 a.m. - 1 p.m., and 4 p.m. - 5 p.m., Monday - Friday

Patient hours are listed inside.

HONORHEALTH®

Tempe Medical Center










PATIENT MEALS WILL BE TAKEN BEDSIDE

Guests must dial 480.784.5660





Breakfast

Available 7 a.m. to 9 a.m.

















SUNDAY

- Breakfast Sandwich
- Fried Egg  
- English Muffin   (25 carbs)
- Bacon / Sausage (Pork / Turkey  
- Buttermilk Pancakes 
- Single   (19 carbs) /
- Short Stack (39 carbs)









MONDAY

- French Toast   Regular (22 carbs) / Cinnamon Raisin (18 carbs)
- Scrambled Eggs  





TUESDAY

- Build Your Own Omelet
- Options Include: Bacon / Sausage (Pork / Turkey   ) / Ham / Onions   (2 carbs) / Tomatoes   / Mushrooms   / Spinach   / Pepper & Onion Sauté   (2 carbs) / Shredded Cheddar Cheese   / Jalapeños  

















WEDNESDAY

- Breakfast Sandwich
- Fried Egg  
- English Muffin   (25 carbs)
- Bacon / Sausage (Pork / Turkey 
- Buttermilk Pancakes 
- Single   (19 carbs) /
- Short Stack (39 carbs)





THURSDAY

- French Toast   Regular (22 carbs) / Cinnamon Raisin (18 carbs)
- Scrambled Eggs  








FRIDAY

- Build Your Own Burrito
- Options Include: Bacon / Sausage (Pork / Turkey   ) / Ham / Onions   (2 carbs) / Tomatoes   / Mushrooms   / Spinach   / Pepper & Onion Sauté   (2 carbs) / Shredded Cheddar Cheese   / Jalapeños  

SATURDAY

- French Toast   Regular (22 carbs) / Cinnamon Raisin (18 carbs)
- Scrambled Eggs  

BREAKFAST SIDES

- Bacon
- Buttermilk Biscuit  (29 carbs)
- Country Gravy (5 carbs)
- Sausage (Pork / Turkey  
- O'Brien Potatoes   (19 carbs)
- Hard Boiled Egg  


DAILY OFFERINGS


- Baked Goods: Blueberry Muffin    (27 carbs) / Cinnamon Roll  (65 carbs)
- Acai Berry Bowl    (40 carbs) Blueberries, Strawberries, Red Raspberries
- Yogurt: Fat-Free Strawberry Greek Yogurt   (9 carbs) / Fat-Free Vanilla Greek Yogurt   (25 carbs) / Light Peach   (8 carbs)
- Yogurt Parfait  (34 carbs)
- Hot Cereal    Cream of Wheat / Oatmeal Bowl (27-29 carbs) / Cup (13-14)
- Cold Cereal: Cheerios    (12 carbs) / Rice Krispies    (22 carbs)
- Raisin Bran   (28 carbs) / Froot Loops    (24 carbs)
- Sliced Bread: Sourdough    (38 carbs) / White    (42 carbs) / Wheat    (34 carbs)


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**.

 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**.

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Lunch

Available 11 a.m. to 1p.m.






SUNDAY

- Burger
- Hamburger (33 carbs) /
- Turkey Burger   (30 carbs) /
- Impossible™ Burger  (34 carbs)
- Build Your Own Garden Salad 
- Add: Grilled Chicken   /
- Grilled Salmon  





MONDAY

- Salad
- Caesar Salad (16 carbs) /
- Mediterranean Bean Salad   (35 carbs)
- Personal Pan Pizza (106 carbs)
- Cheese  / Pepperoni

TUESDAY

- Build Your Own Garden Salad 
- Add: Grilled Chicken   / Grilled Salmon  
- Baked Chicken Tenders (20 carbs)




WEDNESDAY

- Grilled Chicken Sandwich  (33 carbs)
- Southwest Cobb Salad    (13 carbs)













THURSDAY

- Build Your Own Deli Sandwich
- Meat: Sliced Turkey   (3 carbs) / Sliced Ham (2 carbs) / Classic Tuna Salad   / Cranberry Chicken Salad   (5 carbs) / Dilled Egg Salad   (3 carbs)
- Grain: Sourdough    (38 carbs) / White    (42 carbs) / Wheat    (34 carbs) **Tortilla Flour** (35 carbs) / *Tomato* (52 carbs)
- Add: Lettuce    / Tomato   / Onion    / Pickles 
- Cheese: Swiss   / Cheddar  / Monterey Jack 
- Personal Pan Pizza (106 carbs) Cheese  / Pepperoni








FRIDAY

- Burger
- Hamburger (33 carbs) / Turkey Burger   (30 carbs) / Impossible™ Burger  (34 carbs)
- Baked Chicken Tenders (20 carbs)


















SATURDAY

- Build Your Own Burrito (59-93 carbs)  and  versions available upon request
- Pepper, Onion, Black Beans and a choice of Rice
- Add: Diced Tomatoes   / Avocado  / Jalapeño    / Picante Sauce (3 carbs) / Shredded Cheddar Cheese  
- Salad: Caesar Salad (16 carbs) / Mediterranean Bean Salad   (35 carbs)










DAILY SOUP SPECIALS

- Sunday/Monday/Tuesday
- Chicken Noodle   (24/12 carbs) / Tomato Basil Soup   (7/4 carbs)
- Wednesday/Thursday/Friday/Saturday
- Chili  (13/6 carbs) / Lentil Vegetable Soup   (14/7 carbs)

DAILY SIDES

- Broccolini    (4 carbs)
- Green Beans    (6 carbs)
- Steamed Carrots    (7 carbs)
- White Rice    (30 carbs)
- Potato Wedges  (28 carbs)
- Mashed Potatoes   (22 carbs)
- Roasted Potatoes   (22 carbs)

DAILY DESSERT SPECIALS

- Sunday/Monday
- New York-Style Cheesecake  (33 carbs) / Banana Pudding   (16 carbs)
- Tuesday/Wednesday
- Dutch Apple Pie   (90 carbs)
- Thursday/Friday/Saturday
- Chocolate Lava Cake  (63 carbs) / Blackberry Cobbler    (21 carbs)

Dinner

Available 4 p.m. to 5p.m.








SUNDAY

- Pot Roast  (6 carbs)
- Grilled Chicken Breast  

MONDAY

- Grilled Salmon Filet  
- Roasted Pepper Thyme Butter
- Pasta with Marinara Sauce   (49 carbs)







TUESDAY

- Build Your Own Quesadilla (37 carbs)
- Diced Tomatoes   , Peppers, Onion, Avocado 
- Add Protein: Chicken  / Shrimp  / Steak
- Roast Turkey Breast   with Gravy (4 carbs)

WEDNESDAY

- Grilled Steak 
- Roasted Pepper Thyme Butter / Sautéed Mushrooms, and Onions (3 carbs)
- Grilled Shrimp  







THURSDAY

- Build Your Own Burrito Bowl (24-58 carbs)
- Diced Tomatoes   , Peppers, Onion, Avocado 
- Add Protein: Chicken  / Shrimp  / Steak
- Pot Roast  (6 carbs)








FRIDAY

- Grilled Salmon Filet  
- Roasted Pepper Thyme Butter
- Pasta with Three Cheese Sauce  (50 carbs)


















SATURDAY

- Build Your Own Quesadilla (37 carbs)
- Diced Tomatoes   , Peppers, Onion, Avocado 
- Add Protein: Chicken  / Shrimp  / Steak
- Grilled Steak 
- Roasted Pepper Thyme Butter / Sautéed Mushrooms, and Onions (3 carbs)










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