

UPMC East

Meal Service Times

Breakfast - 7:15 to 8:15 a.m. | **Lunch** - 11:30 a.m. to 12:30 p.m. | **Dinner** - 4:15 to 5:30 p.m.

How To Place Your Order

There are 2 ways to place your order:

1. A meal service host will personally contact you each day for your meal selections.
2. If your host is unable to take your meal selection, please contact the Diet Office at **858-9529**.

Hand Hygiene

We provide a hand wipe with your meal tray so you can clean your hands before you enjoy your meal.

Special Food Requests

Your host can assist you with choices for **Vegetarian**, **Kosher**, or **Gluten-free** meals.

Please let your host know if you have a food allergy or intolerance.

Dining After Hours

If you would like something to eat after regular meal service times, please ask your nurse about the options available to you.

All of our menu offerings can be incorporated into a general healthful diet if they are consumed in appropriate portions.

The nutritional content of the menu items, to include the carb numbers, may vary due to food product changes.

Special Diets

Consistent Carbohydrate Diet

This diet provides a consistent amount of carbohydrates (carbs) at each meal to help control blood sugar. Choose the number of carb servings indicated in your diet order when selecting meals. Your selections may be edited to meet your carb order.

The number of carb servings is indicated beside menu items that contain carbs.

1 carb serving = 15 grams of carbohydrates

Consistent Carbohydrate (Carb) Diets

	Breakfast	Lunch	Dinner
Liberalized	3-5 carbs	3-5 carbs	3-5 carbs
Low	3 carbs	3 carbs	3 carbs
Standard	4 carbs	4 carbs	4 carbs
High	5 carbs	5 carbs	5 carbs

Cardiac/Heart-Healthy Diet

This diet is lower in fat and sodium. It is recommended that you choose items designated with a heart symbol (♥).

Breakfast

JUICE

- Orange ♥ (1 carb)
- Apple ♥ (1 carb)
- Cranberry ♥ (1 carb)
- Grape ♥ (1 carb)
- Prune ♥ (1 carb)

FRUIT

- Banana ♥ (2 carbs)
- Fresh Fruit Cup ♥ (1 carb)
- Canned Fruit Cup ♥
(1 carb)
- Mandarin Oranges ♥
(1 carb)
- Fresh Orange Wedges ♥
(1 carb)

HOT AND COLD CEREALS

- Oatmeal ♥ (1 carb)
with Brown Sugar
(add 1 carb)
- Creamy Wheat Farina ♥
(1 carb)
- Corn Flakes® ♥ (1 carb)
- Cheerios® ♥ (1 carb)
- Rice Chex® ♥ (1 carb)
- Raisin Bran® ♥ (2 carbs)
- Rice Krispies® ♥ (1 carb)
- Frosted Flakes® ♥
(1½ carbs)

YOGURT

- Fruited Yogurt
 - Strawberry ♥ (1½ carbs)
 - Peach ♥ (1½ carbs)
- Light Yogurt
 - Vanilla ♥ (1 carb)
 - Strawberry Banana ♥
(1 carb)
- Yogurt Whips
 - Orange Crème ♥
(1½ carbs)
 - Strawberry ♥ (1½ carbs)

HOT ENTREES

- Scrambled Eggs
- Low-cholesterol
Scrambled Eggs ♥
- Cheese Omelet
- Cinnamon French Toast ♥
(1½ carbs)
- Belgian Waffle (2 carbs)
- Buttermilk Pancakes
(2 carbs)

SIDES

- Hard Cooked Egg
- Bacon Strips
- Sausage Patty
- Turkey Sausage Links
- Breakfast Potatoes ♥
(1 carb)
- Low-fat Cottage Cheese

BAKERY

- English Muffin ♥ (2 carbs)
- Plain Bagel ♥ (2 carbs)
- Cinnamon Raisin Bagel ♥
(2½ carbs)
- Blueberry Muffin (2 carbs)
- Low-fat Banana Nut
Muffin ♥ (2½ carbs)
- Apple Cinnamon Muffin
(2 carbs)

ACCOMPANIMENTS

- Margarine or Butter
- Lite Cream Cheese
- Peanut Butter (½ carb)
- Assorted Jelly (½ carb)
- Assorted Diet Jelly
- Syrup (2 carbs)
- Diet Syrup
- Ketchup
- Hot Sauce

Sunday

LUNCH

Soup of the Day

Stuffed Pepper Soup ♥ (1 carb)

Salad

Coleslaw (½ carb)

Your Choice of Entrée

Roast Turkey Breast with Gravy ♥ (½ carb)

Traditional Chef Salad (½ carb)

Dressing: Lite Italian or Lite Ranch (add ½ carb)

Turkey Chef Salad ♥ (½ carb)

Dressing: Lite Italian or Lite Ranch (add ½ carb)

Sides

Bread Stuffing (1½ carbs)

Mashed Potatoes ♥ (1 carb)

Cut Green Beans ♥ (½ carb)

Desserts

Peach Slices ♥ (1 carb)

Apple Pie (3 carbs)

DINNER

Soup of the Day

Stuffed Pepper Soup ♥ (1 carb)

Salad

Garden Salad ♥

Dressing: Lite and Regular Italian, Lite (add ½ carb) and Regular Ranch, or Regular French

Your Choice of Entrée

Lemon Chicken ♥ (½ carb)

Baked Salmon ♥

Sides

Steamed Rice ♥ (1 carb)

Broccoli Florets ♥ (½ carb)

Desserts

Sugar Cookie (1 carb)

Fresh Fruit Cup ♥ (1 carb)

Monday

LUNCH

Soup of the Day

Potato Chowder (1½ carbs)

Salad

Applesauce ♥ (1 carb)

Your Choice of Entrée

Breaded Chicken Breast (1 carb)

Roasted Cauliflower and Quinoa Burger on a Wheat Bun ♥ (3 carbs)

Sides

Roasted Sweet Potatoes (1 carb)

Potato and Cheese Pierogies (1½ carbs)

Capri Blend Vegetables ♥

Desserts

Chocolate Pudding ♥ (1½ carbs)

Tropical Fruit Cup ♥ (1 carb)

DINNER

Soup of the Day

Potato Chowder (1½ carbs)

Salad

Spinach Salad ♥

Dressing: Lite and Regular Italian, Lite (add ½ carb) and Regular Ranch, or Regular French

Your Choice of Entrée

Meatloaf with Gravy (1 carb)

Ranch Turkey Wrap (1½ carbs)

Sides

Parslied Potatoes ♥ (1 carb)

Sliced Carrots ♥ (½ carb)

Desserts

Orange Sherbet ♥ (1½ carbs)

Pear Slices ♥ (1 carb)

Please see pages 6 and 7 for items you may order for lunch and dinner any day of the week.
Condiments and beverages are listed on page 8.

Tuesday

LUNCH

Soup of the Day

Beef Barley Soup ♥ (*½ carb*)

Salad

Mandarin and Beet Salad ♥ (*½ carb*)

Your Choice of Entrée

Open-faced Hot Roast Beef Sandwich with Gravy ♥ (*1½ carbs*)

Trio Salad Platter (*1½ carbs*)
(*Chicken, Tuna, and Egg Salads with Crackers*)

Sides

Mashed Potatoes ♥ (*1 carb*)

Mixed Vegetables ♥ (*½ carb*)

Desserts

Pineapple Tidbits ♥ (*1 carb*)

Chocolate Layer Cake (*2½ carbs*)

DINNER

Soup of the Day

Beef Barley Soup ♥ (*½ carb*)

Salad

Cottage Cheese and Peaches ♥ (*1½ carbs*)

Your Choice of Entrée

Stuffed Chicken Breast with Gravy (*1 carb*)

Crumb-topped Tilapia ♥ (*½ carb*)

Sides

Rice Pilaf ♥ (*1 carb*)

Whole Green Beans ♥ (*½ carb*)

Desserts

Vanilla Ice Cream (*1 carb*)

Fresh Fruit Cup ♥ (*1 carb*)

Wednesday

LUNCH

Soup of the Day

Cream of Tomato Soup (*1½ carbs*)

Salad

Garden Salad ♥

Dressing: Lite and Regular Italian, Lite (½ carb) and Regular Ranch, or Regular French

Your Choice of Entrée

Grilled Cheese Sandwich (*2 carbs*)

Beef Stew (*1½ carbs*)
with a Biscuit (add 1½ carbs)

Sides

Chopped Spinach ♥

Desserts

SnackWell's® Vanilla Cookies ♥ (*1 carb*)

Applesauce ♥ (*1 carb*)

DINNER

Soup of the Day

Cream of Tomato Soup (*1½ carbs*)

Salad

Tropical Fruit Cup ♥ (*1 carb*)

Your Choice of Entrée

Swiss Steak ♥ (*1 carb*)

Roasted Vegetable Lasagna ♥ (*1½ carbs*)

Sides

Mashed Potatoes ♥ (*1 carb*)

Broccoli and Cauliflower ♥ (*½ carb*)

Desserts

Vanilla Pudding ♥ (*1½ carbs*)

Cherry Pie (*3½ carbs*)

Please see pages 6 and 7 for items you may order for lunch and dinner any day of the week.

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Thursday

LUNCH

Soup of the Day

Italian Wedding Soup (*½ carb*)

Salad

Potato Salad (*1½ carbs*)

Your Choice of Entrée

Hamburger (*2 carbs*)

*Select: Lettuce and Tomato, Pickles,
Onion, Ketchup, Mustard, Lite Mayo*

Chicken Parmesan (*1 carb*)

Sides

Penne Pasta with Marinara ♥ (*1½ carbs*)

Prince Charles Vegetable Blend ♥

Desserts

Chocolate Ice Cream (*1 carb*)

Fresh Fruit Cup ♥ (*1 carb*)

DINNER

Soup of the Day

Italian Wedding Soup (*½ carb*)

Salad

Garden Salad ♥

*Dressing: Lite and Regular Italian, Lite
(add ½ carb) and Regular Ranch, or
Regular French*

Your Choice of Entrée

Beef Pot Roast ♥

Grilled Chicken Caesar Salad (*1 carb*)

Grilled Chicken Salad ♥ (*½ carb*)

Dressing: Lite Italian or Lite Ranch (add ½ carb)

Sides

Herb Roasted Potatoes ♥ (*1½ carbs*)

Peas and Carrots ♥ (*½ carb*)

Desserts

Bread Pudding Bites ♥ (*2 carbs*)

Peach Slices ♥ (*1 carb*)

Friday

LUNCH

Soup of the Day

Garden Vegetable Soup (*½ carb*)

Salad

Coleslaw (*½ carb*)

Your Choice of Entrée

Macaroni and Cheese Casserole (*1½ carbs*)

Potato-crusted Cod ♥ (*½ carb*)

Sides

Rice Pilaf ♥ (*1 carb*)

Stewed Tomatoes (*½ carb*)

Broccoli Florets ♥ (*½ carb*)

Desserts

Fudge Brownie (*2½ carbs*)

Pear Slices ♥ (*1 carb*)

DINNER

Soup of the Day

Garden Vegetable Soup (*½ carb*)

Salad

Applesauce ♥ (*1 carb*)

Your Choice of Entrée

Open-faced Hot Roast Turkey Sandwich
with Gravy ♥ (*1 carb*)

Cottage Cheese and Fresh Fruit Plate ♥
(*2½ carbs*)

Sides

Mashed Potatoes ♥ (*1 carb*)

Whole Baby Carrots ♥ (*½ carb*)

Desserts

Shortbread Cookies ♥ (*1½ carbs*)

Strawberry Layer Cake (*2 carbs*)

*Please see pages 6 and 7 for items you may order for lunch and dinner any day of the week.
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Saturday

LUNCH

Soup of the Day

Broccoli Cheese Soup (1 carb)

Salad

Greek Salad

Dressing: Italian, Ranch, or French

Your Choice of Entrée

Grilled Chicken Sandwich ♥ (1½ carbs)

Select: Lettuce and Tomato, Ketchup, Mustard, Lite Mayo

Pasta with Marinara Sauce ♥ (3 carbs)

Sides

Potato Wedges (1½ carbs)

Italian Blend Vegetables ♥ (1 carb)

Desserts

Chocolate Chip Cookie (1 carb)

Tapioca Pudding ♥ (1½ carbs)

DINNER

Soup of the Day

Broccoli Cheese Soup (1 carb)

Salad

Garden Salad ♥

Dressing: Lite and Regular Italian, Lite (add ½ carb) and Regular Ranch, or Regular French

Your Choice of Entrée

Salisbury Steak with Gravy ♥ (½ carb)

Chicken Tenders (1½ carbs)

Sides

Noodles ♥ (1 carb)

Key West Vegetable Blend ♥ (½ carb)

Desserts

Raspberry Sherbet ♥ (2 carbs)

Fresh Fruit Cup ♥ (1 carb)

Also Available

You may order these menu items for lunch and dinner any day of the week.

SOUP

Cream of Tomato Soup (1½ carbs)

Chicken Noodle Soup ♥ (½ carb)

HOT ENTREES

Baked Chicken Breast ♥

Baked Tilapia ♥

Cheese Pizza (3 carbs)

Macaroni and Cheese Casserole
(1½ carbs)

SIDES

Mashed Potatoes ♥ (1 carb)

Potato Wedges (1½ carbs)

Macaroni and Cheese ♥ (1 carb)

Garden Salad ♥

Dressing: Lite and Regular Italian, Lite (add ½ carb) and Regular Ranch, or Regular French

Noodles ♥ (1 carb)

SIDES (continued)

Steamed Rice ♥ (1 carb)

Sliced Carrots ♥ (½ carb)

Cut Green Beans ♥ (½ carb)

COLD ENTREES

Grilled Chicken Salad or
Large Garden Salad ♥ (½ carb)
Dressing: Lite and Regular Italian, Lite (add ½ carb) and Regular Ranch, or Regular French

Cottage Cheese and Fresh Fruit
Plate ♥ (2½ carbs)

Cottage Cheese and Canned
Fruit Plate ♥ (2½ carbs)

Hard Cooked Egg

Low-fat Cottage Cheese

Also Available (continued)

HOT SANDWICHES

- Grilled Chicken on a Wheat Bun ♥ (1½ carbs)
- Hamburger (2 carbs)
- Roasted Cauliflower and Quinoa Burger on a Wheat Bun ♥ (3 carbs)
- Cheeseburger (2 carbs)
- Garden Burger on a Wheat Bun (2½ carbs)
- Grilled Cheese (2 carbs)
- Select: Lettuce and Tomato, Pickles, Onion*

COLD SANDWICHES

- Sandwiches are made on your choice of Whole Wheat (1½ carbs) or Italian Bread (2 carbs)
- Turkey Sandwich ♥
 - Turkey and Provolone Sandwich
 - Scoop of Tuna Salad with Crackers (1 carb)
 - Tuna Salad Sandwich
 - Scoop of Egg Salad with Crackers (1 carb)
 - Egg Salad Sandwich
 - Peanut Butter and Jelly Sandwich (3 carbs)

BAKERY

- Dinner Roll ♥ (1 carb)
- Slice of Whole Wheat Bread ♥ (1 carb)
- Slice of White Bread ♥ (1 carb)
- Saltine Crackers (3 packets = 1 carb)
- Unsalted Soda Crackers ♥ (3 packets = 1 carb)

SNACKS

- White Cheddar Popcorn (½ carb)
- Baked Potato Chips (1½ carbs)
- Pretzels (1 carb)
- SnackWell's® Vanilla Cookie ♥ (1 carb)
- Keebler® Shortbread Cookie (1½ carbs)
- Carrots and Celery Sticks ♥ (½ carb)
- Hummus Cup ♥ (½ carb)
- Chocolate Chip Cookie (1 carb)
- Sugar Cookie (1 carb)
- Angel Food Cake (1½ carbs)

FRUIT

- Diced Pears ♥ (1 carb)
- Applesauce ♥ (1 carb)
- Fresh Apple ♥ (1 carb)
- Diced Peaches ♥ (1½ carbs)
- Mandarin Oranges ♥ (1 carb)
- Banana ♥ (2 carbs)
- Fresh Fruit Cup ♥ (1 carb)
- Fresh Orange Wedges ♥ (1 carb)

YOGURT

- Fruited Yogurt
 - Strawberry ♥ (1½ carbs)
 - Peach ♥ (1½ carbs)
- Light Yogurt
 - Vanilla ♥ (1 carb)
 - Strawberry Banana ♥ (1 carb)
- Whipped Yogurt
 - Strawberry ♥ (1½ carbs)
 - Orange Crème ♥ (1½ carbs)

GELATIN

- Orange ♥ (1½ carbs)
- Strawberry ♥ (1½ carbs)
- Diet Orange ♥
- Diet Strawberry ♥

PUDDING

- Vanilla ♥ (1½ carbs)
- Chocolate ♥ (1½ carbs)
- Tapioca ♥ (1½ carbs)
- Diet Vanilla ♥ (1 carb)
- Diet Chocolate ♥ (1 carb)
- Vanilla Custard ♥ (1½ carbs)

FROZEN DESSERTS

- Ice Cream
 - Vanilla (1 carb)
 - Chocolate (1 carb)
 - Strawberry (1 carb)
- Frozen Yogurt
 - Vanilla ♥ (1 carb)
- Sherbet
 - Orange ♥ (1½ carbs)
 - Raspberry ♥ (2 carbs)
- Fruit Ice
 - Orange ♥ (1½ carbs)
 - Lemon ♥ (1½ carbs)
 - Raspberry ♥ (2 carbs)

CONDIMENTS

Salt
Pepper
Mrs. Dash®
Margarine or Butter
Lite Cream Cheese
Peanut Butter (*½ carb*)
Assorted Jelly (*½ carb*)
Assorted Diet Jelly
Lemon

Ketchup
Mustard
Lite Mayo
Hot Sauce
Barbecue Sauce (*1 carb*)
Sour Cream
Tartar Sauce
Parmesan Cheese

BEVERAGES

Coffee

Regular
Decaf ♥

Tea

Regular
Decaf ♥

Hot Cocoa

Regular (*1 carb*)
Diet (*½ carb*)

Accompaniments

Sugar (*2 packets = ½ carb*)
Sweet'N Low® or Splenda®
Half and Half Creamer
Lemon
Honey (*1 carb*)

Milk

Skim ♥ (*1 carb*)
2% (*1 carb*)
Fat-free Lactaid® ♥ (*1 carb*)
Fat-free Chocolate (*1½ carbs*)
Vanilla Soy ♥ (*1 carb*)

Soda

Pepsi® (*2 carbs*)
Diet Pepsi®
Ginger Ale (*1½ carbs*)
Diet Ginger Ale

Other

Sweetened Iced Tea (*1½ carbs*)
Diet Decaf Iced Tea
Lemonade (*2 carbs*)
Diet Lemonade