

# UPMC Horizon

## Meal Service Times

**Breakfast** - 7:30 to 9 a.m.

**Lunch** - 11:30 a.m. to 1 p.m.

**Dinner** - 4:30 to 6 p.m.

## How To Place Your Order

A host or hostess will personally contact you each day for your menu selections.

If your host or hostess is not available to answer food service-related questions or requests, please call the Diet Office at your hospital campus for assistance:

**Shenango Valley Campus: 724-983-7172**

**Greenville Campus: 724-589-6206**

If you are not in your room when the host or hostess visits, he or she will return to try to get your menu selections. If your selections are not received, you will be delivered the selections of the day for your next meal.

### Special Food Requests

Special food items are available for **Gluten-free, Renal, Low Sodium, GI** (easy to digest), and **Dental** (easy to chew) diets.

**Vegetarian** selections are included throughout the menu.

If you have a food allergy/intolerance or other special dietary needs, please contact the Diet Office at your campus.

- Shenango Valley Campus: **724-983-7172**
- Greenville Campus: **724-589-6206**

Guest trays are available for an additional fee.

### 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.

### 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)
- V8® (½ carb)

## FRUIT

- Banana ♥ (2 carbs)
- Fresh Fruit Cup ♥ (1 carb)
- Canned Fruit Cup ♥ (1 carb)
- Mandarin Oranges ♥  
(1½ carbs)
- Stewed Prunes ♥ (1 carb)

## HOT AND COLD CEREALS

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

## YOGURT

- Fruited Yogurt
  - Strawberry ♥ (1½ carbs)
  - Peach ♥ (1½ carbs)
- Light Yogurt
  - Vanilla ♥ (1 carb)
  - Strawberry Banana ♥ (1 carb)
- Greek Yogurt
  - Vanilla ♥ (½ carb)
  - Strawberry ♥ (1 carb)
- Whipped Yogurt
  - Strawberry ♥ (1½ carbs)
  - Orange Crème ♥ (1½ carbs)

## HOT ENTREES

- Scrambled Eggs
- Low-cholesterol Scrambled Eggs ♥
- Cheese Omelet
- Breakfast Sandwich on an English Muffin (2 carbs)
  - Egg and Cheese
  - Bacon, Egg, and Cheese
- Cinnamon French Toast ♥  
(1½ carbs)
- Belgian Waffle (2 carbs)
- Buttermilk Pancakes ♥  
(2 carbs)

## SIDES

- Hard Cooked Egg
- Bacon Strips
- 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)
- White or Wheat Toast ♥  
(1 carb)
- Blueberry Crumb Cake  
(2 carbs)
- Low-fat Banana Nut Muffin ♥ (2½ carbs)
- Apple Cinnamon Muffin  
(2 carbs)
- Glazed Donut (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

All breakfast items are offered 7 days a week.

# Sunday

## LUNCH

### Soup of the Day

Stuffed Pepper Soup ( $\frac{1}{2}$  carb)

### Salad

Coleslaw ( $\frac{1}{2}$  carb)

### Your Choice of Entrée

Roast Turkey Breast with Gravy ♥ ( $\frac{1}{2}$  carb)

Traditional Chef Salad ( $\frac{1}{2}$  carb)

*Dressing: Lite Italian or Lite Ranch (add  $\frac{1}{2}$  carb)*

Turkey Chef Salad ♥ ( $\frac{1}{2}$  carb)

*Dressing: Lite Italian or Lite Ranch (add  $\frac{1}{2}$  carb)*

### Sides

Bread Stuffing ( $1\frac{1}{2}$  carbs)

Mashed Potatoes ♥ (1 carb)

Cut Green Beans ♥ ( $\frac{1}{2}$  carb)

### Desserts

Diced Peaches ♥ ( $1\frac{1}{2}$  carbs)

Apple Pie (3 carbs)

## DINNER

### Soup of the Day

Stuffed Pepper Soup ( $\frac{1}{2}$  carb)

### Salad

Garden Salad ♥

*Dressing: Italian, Ranch, or French*

### Your Choice of Entrée

Lemon Chicken Breast ♥ ( $\frac{1}{2}$  carb)

Baked Salmon ♥

### Sides

Steamed Rice ♥ (1 carb)

Broccoli Florets ♥ ( $\frac{1}{2}$  carb)

Dinner Roll ♥ (1 carb)

### Desserts

Sugar Cookie (1 carb)

Fresh Fruit Cup ♥ (1 carb)

Light Coconut Pudding ♥ ( $\frac{1}{2}$  carb)

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# Monday

## LUNCH

### Soup of the Day

Potato Chowder ( $\frac{1}{2}$  carb)

### 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)

Capri Blend Vegetables ♥ ( $\frac{1}{2}$  carb)

Potato and Cheese Pierogies ( $1\frac{1}{2}$  carbs)

### Desserts

Chocolate Pudding ♥ ( $1\frac{1}{2}$  carbs)

Tropical Fruit Cup ♥ ( $\frac{1}{2}$  carbs)

## DINNER

### Soup of the Day

Potato Chowder ( $\frac{1}{2}$  carb)

### Salad

Spinach Salad ♥

*Dressing: Italian, Ranch, or French*

### Your Choice of Entrée

Meatloaf with Gravy (1 carb)

Ranch Turkey Wrap ( $1\frac{1}{2}$  carbs)

### Sides

Parslied Potatoes ♥ (1 carb)

Sliced Carrots ♥ ( $\frac{1}{2}$  carb)

Dinner Roll ♥ (1 carb)

### Desserts

Orange Sherbet ♥ ( $1\frac{1}{2}$  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)

*Dressing: Fat-free Raspberry Vinaigrette  
(add ½ carb), Italian, Ranch, or French*

### Your Choice of Entrée

Hot Roast Beef Sandwich with Gravy ♥  
(1 carb)

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)

Green Beans ♥ (½ carb)

### Desserts

Vanilla Ice Cream (1 carb)

Fresh Fruit Cup ♥ (1 carb)

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# Wednesday

## LUNCH

### Soup of the Day

Cream of Tomato Soup (1½ carbs)

### Salad

Garden Salad ♥

*Dressing: Italian, Ranch, or French*

### Your Choice of Entrée

Grilled Cheese Sandwich (2 carbs)

Beef Stew (1½ carbs)  
with a Biscuit (add 3 carbs)

### Sides

Chopped Spinach ♥

### Desserts

SnackWell's® Vanilla Cookies ♥ (1 carb)

Applesauce ♥ (1 carb)

Light Banana Cream Cup ♥ (½ carb)

Light Banana Pudding ♥ (½ carb)

## DINNER

### Soup of the Day

Cream of Tomato Soup (1 carb)

### 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)

Dinner Roll ♥ (1 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, Mayo*

Chicken Parmesan (*1 carb*)

### Sides

Penne Pasta with Marinara ♥ (*1½ carbs*)

Prince Charles Vegetables ♥

### 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: Italian, Ranch, or French*

### Your Choice of Entrée

Beef Pot Roast ♥

Grilled Chicken Caesar Salad (*1 carb*)

### Sides

Herb Roasted Red Skin Potatoes ♥  
(*1½ carbs*)

Peas and Carrots ♥ (*½ carb*)

### Desserts

Bread Pudding Bites ♥ (*2 carbs*)

Diced Peaches ♥ (*1½ carbs*)

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# 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-crust 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

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.  
Condiments and beverages are listed on page 8.*

# Saturday

## LUNCH

### Soup of the Day

Broccoli Cheese Soup (½ carb)

### Salad

Greek Salad (1 carb)

*Dressing: Italian, Ranch, French, or Greek*

### Your Choice of Entrée

Grilled Chicken Sandwich ♥ (1½ carbs)

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

Penne 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 (½ carb)

### Salad

Garden Salad ♥

*Dressing: Italian, Ranch, or French*

### Your Choice of Entrée

Salisbury Steak with Gravy ♥ (½ carb)

Chicken Tenders (1½ carbs)

### Sides

Noodles ♥ (1 carb)

Key West Blend Vegetables ♥ (½ carb)

### Desserts

Raspberry Sherbet ♥ (2 carbs)

Fresh Fruit Cup ♥ (1 carb)

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## Also Available

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

## SOUP

Chicken Noodle Soup (½ carb)

## HOT ENTREES

Baked Chicken Breast ♥

Baked Tilapia ♥

Macaroni and Cheese Casserole (1½ carbs)

Cheese Pizza (3 carbs)

Asian Vegetable Blend ♥ (1 carb)

## SIDES

Mashed Potatoes ♥ (1 carb)

Noodles ♥ (1 carb)

Carrots ♥ (½ carb)

Green Beans ♥ (½ carb)

Garden Salad ♥

*Dressing: Italian, Ranch, or French*

Steamed Rice ♥ (1 carb)

Asian Vegetable Blend ♥ (1 carb)

## COLD ENTREES

Large Garden Salad ♥ (½ carb)

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

Grilled Chicken Salad ♥ (½ carb)

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

Fresh Fruit and Cottage Cheese Plate ♥ (2½ carbs)

Canned Fruit and Cottage Cheese Plate ♥  
(2½ carbs)

Hard Cooked Egg

## HOT SANDWICHES

Grilled Chicken on a Wheat Bun ♥ (1½ carbs)

Hamburger

Cheeseburger

Hot Dog (1½ carbs)

Grilled Ham and Cheese

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

Grilled Cheese

*Accompaniments: Lettuce and Tomato, Pickles, Onion*

# Also Available (continued)

## COLD SANDWICHES

*Sandwiches are made on your choice of Whole Wheat (1½ carbs) or Italian Bread (2 carbs)*

- Turkey Sandwich ♥
- Turkey and Provolone Sandwich
- Chicken Salad Sandwich
- Scoop of Chicken Salad with Crackers (1 carb)
- Tuna Salad Sandwich
- Scoop of Tuna Salad with Crackers (1 carb)
- Egg Salad Sandwich
- Scoop of Egg Salad with Crackers (1 carb)
- Roast Beef Sandwich ♥
- Roast Beef and Swiss 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)
- Plain Bagel ♥ (2 carbs)
- Apple Pie (3 carbs)
- Cherry Pie (3½ carbs)
- Cinnamon Raisin Bagel ♥ (2½ carbs)
- Saltine Crackers (3 packets = 1 carb)
- Unsalted Soda Crackers ♥ (3 packets = 1 carb)

## SNACKS

- Peanut Butter and Crackers (1 carb)
- Cheese and Crackers (1 carb)
- White Cheddar Popcorn (½ carb)
- Baked Potato Chips (1½ carbs)
- Pretzels (1 carb)
- Shortbread Cookies (1½ carbs)
- SnackWell's® Vanilla Cookies ♥ (1 carb)
- Carrots and Celery Sticks ♥ (½ carb)

## FRUIT

- Applesauce ♥ (1 carb)
- Diced Peaches ♥ (1½ carbs)
- Mandarin Oranges ♥ (1 carb)
- Banana ♥ (2 carbs)
- Apple Slices ♥ (1 carb)
- Red Grapes ♥ (1 carb)
- Fresh Fruit Cup ♥ (1 carb)

## YOGURT

- Fruited Yogurt
  - Strawberry ♥ (1½ carbs)
- Light Yogurt
  - Vanilla ♥ (1 carb)
- Greek Yogurt
  - Vanilla ♥ (½ carb)
- Whipped Yogurt
  - Strawberry ♥ (1½ carbs)
- Peach ♥ (1½ carbs)
- Strawberry Banana ♥ (1 carb)
- Strawberry ♥ (1 carb)
- 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)
- Frozen Yogurt
  - Vanilla ♥ (1 carb)
- Sherbet
  - Orange ♥ (1½ carbs)
- Fruit Ice
  - Orange ♥ (1½ carbs)
  - Lemon ♥ (1½ carbs)
- Strawberry (1 carb)
- Raspberry ♥ (2 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 Mayonnaise

Hot Sauce  
Barbecue Sauce (*1 carb*)  
Sour Cream  
Tartar Sauce  
Parmesan Cheese

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# Beverages

## COFFEE

Regular  
Decaf ♥

## TEA

Regular: *Black or Green*  
Decaf: *Black ♥ or Chamomile ♥*

## HOT COCOA

Regular (*1 carb*)  
Diet (*½ carb*)

## MILK

Skim ♥ (*1 carb*)  
2% (*1 carb*)  
Whole (*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

## ACCOMPANIMENTS

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