

UPMC McKeesport

Meal Service Times

Breakfast - 7 to 10 a.m.

Lunch - 11 a.m. to 2:30 p.m.

Dinner - 4 to 6:30 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 unavailable, please contact the Diet Office at **664-2281** from a hospital phone for assistance.

Hand Hygiene

Hand wipes are available so you can clean your hands before you enjoy your meal.

Special Food Requests

Special menus are available for **Kosher**, **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 **664-2281**.

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.

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)

V8® (½ carb)

FRUIT

Banana ♥ (2 carbs)

Fresh Fruit Cup ♥ (1 carb)

Canned Fruit Cup ♥ (1 carb)

Stewed Prunes ♥ (1 carb)

Mandarin Oranges ♥
(½ carbs)

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)

Frosted Flakes® ♥ (½ carbs)

Mini-Wheats® ♥ (2 carbs)

Raisin Bran® ♥ (2 carbs)

Rice Chex® ♥ (1 carb)

Cheerios® ♥ (1 carb)

YOGURT

Fruited Yogurt

Strawberry ♥ (½ carbs)

Peach ♥ (½ carbs)

Light Yogurt

Vanilla ♥ (1 carb)

Strawberry Banana ♥ (1 carb)

Yogurt Whips

Peach ♥ (½ carbs)

Strawberry ♥ (½ carbs)

HOT ENTREES

Scrambled Eggs

Low-cholesterol
Scrambled Eggs ♥

Cheese Omelet

Belgian Waffle (2 carbs)

Cinnamon French Toast ♥
(½ 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)

Blueberry Crumb Cake
(2 carbs)

Low-fat Banana Nut
Muffin ♥ (2½ carbs)

Glazed Donut (2 carbs)

Slice of White Bread (1 carb)

Slice of Wheat Bread ♥
(1 carb)

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 (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: Italian, Ranch, or 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)

Potato and Cheese Pierogies ♥ (4 carbs)

Sides

Potato and Cheese Pierogies (1½ carbs)

Capri Blend Vegetables ♥ (½ carb)

Roasted Sweet Potatoes (1 carb)

Desserts

Chocolate Pudding ♥ (1½ carbs)

Tropical Fruit Cup ♥ (1 carb)

DINNER

Soup of the Day

Potato Chowder (1½ carbs)

Salad

Spinach Salad ♥

Dressing: Italian, Ranch, or 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

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)

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: 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)

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.

Condiments and beverages are listed on page 8.

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 Sauce ♥
(*1½ carbs*)

Prince Charles Blend 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*)

Grilled Chicken Salad ♥ (*½ carb*)

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

Sides

Herb Roasted Red Skin 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-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*)

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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)

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 (1 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)

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)

CEREALS

Instant Oatmeal ♥ (1 carb)

Instant Cream of Wheat ♥ (1 carb)

HOT ENTREES

Baked Chicken Breast ♥

Baked Tilapia ♥

Macaroni and Cheese Casserole (1½ carbs)

SIDES

Mashed Potatoes ♥ (1 carb)

Steamed Rice ♥ (1 carb)

Noodles ♥ (1 carb)

Carrots ♥ (½ carb)

Green Beans ♥ (½ carb)

Garden Salad ♥

Dressing: Italian, Ranch, or French

COLD ENTREES

Grilled Chicken Salad or

Large Garden Salad ♥ (½ carb)

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

Cottage Cheese and Fresh Fruit

Plate ♥ (2½ carbs)

Cottage Cheese and Canned Fruit

Plate ♥ (2½ carbs)

Hummus with Pretzel Crackers ♥ (2 carbs)

Hard Cooked Egg

HOT SANDWICHES

Grilled Chicken on a Wheat Bun ♥ (1½ carbs)

Hamburger (2 carbs)

Cheeseburger (2 carbs)

Hot Dog (1½ carbs)

Garden Burger on a Wheat Bun (2½ carbs)

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

Grilled Cheese (2 carbs)

*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)
- Peanut Butter and Jelly Sandwich
on Wheat Bread (3 carbs)

BAKERY

- Dinner Roll ♥ (1 carb)
- Slice of Whole Wheat Bread ♥ (1 carb)
- Slice of White Bread ♥ (1 carb)
- Soft Pretzel ♥ (2½ carbs)
- Plain Bagel ♥ (2 carbs)
- Saltine Crackers (3 packets = 1 carb)
- Unsalted Soda Crackers ♥
(3 packets = 1 carb)
- Low-fat Banana Nut Muffin ♥ (2½ carbs)

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)
- SnackWell's® Vanilla Cookies ♥ (1 carb)
- Shortbread Cookies (1½ carbs)
- Carrot and Celery Sticks ♥ (½ carb)
- Hummus Cup ♥ (½ carb)

FRUIT

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

YOGURT

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

GELATIN

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

PUDDING

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

FROZEN DESSERTS

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

Condiments

Salt
Pepper
Mrs. Dash®
Margarine or Butter
Lite Cream Cheese
Peanut Butter (*1/2 carb*)

Assorted Jelly (*1/2 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 (*1/2 carb*)

ACCOMPANIMENTS

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

MILK

Skim ♥ (*1 carb*)
2% (*1 carb*)
Whole (*1 carb*)
Fat-free Lactaid® ♥ (*1 carb*)
1% Low-fat Chocolate (*1 1/2 carbs*)
Vanilla Soy ♥ (*1 carb*)

SODA

Pepsi® (*2 carbs*)
Diet Pepsi®
Ginger Ale (*1 1/2 carbs*)
Diet Ginger Ale

OTHER

Sweetened Iced Tea (*1 1/2 carbs*)
Diet Decaf Iced Tea
Lemonade (*2 carbs*)
Diet Lemonade