

UPMC Passavant

UPMC Passavant-Cranberry Dining Menu

Meal Service Times

Breakfast - 8 to 9 a.m.

Lunch - Noon to 1 p.m.

Dinner - 5 to 6 p.m.

How To Place Your Order

A meal service host will visit your room to take your meal orders. Some foods may be restricted due to your diet prescription from your doctor.

Hand Hygiene

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

Special Food Requests

Selections are available for **Renal, Low Sodium, GI** (easy to digest), and **Gluten-free** diets.

Vegetarian selections are included throughout the menu.

Kosher selections are available upon request.

Guest trays are available for \$7*.

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.

**Price is subject to change.*

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 allowance.

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)

Prune ♥ (1 carb)

Fruit

Banana ♥ (2 carbs)

Fresh Fruit Cup ♥ (1 carb)

Mandarin Oranges ♥ (1½ carbs)

Diced Peaches ♥ (1½ carbs)

Diced Pears ♥ (1½ carbs)

Hot and Cold Cereals

Oatmeal ♥ (1 carb)

with Brown Sugar (add 1 carb)

Cream of Wheat® ♥ (1 carb)

Corn Flakes® ♥ (1 carb)

Rice Krispies® ♥ (1 carb)

Cheerios® ♥ (1 carb)

Yogurt

Light Yogurt

Strawberry Banana ♥ (1 carb)

Raspberry ♥ (1 carb)

Greek Yogurt

Vanilla ♥ (½ carb)

Hot Entrées

Scrambled Eggs

Low-cholesterol Scrambled Eggs ♥

Breakfast Sandwich on an

English Muffin (2 carbs)

Egg and Cheese

Bacon, Egg, and Cheese

French Toast ♥ (1½ carbs)

Belgian Waffle (2 carbs)

Cheese Omelet

Sides

Bacon Strips

Turkey Sausage Links

Low-fat Cottage Cheese

Hard Cooked Egg

Bakery

English Muffin ♥ (2 carbs)

Blueberry Crumb Cake (2 carbs)

Whole Wheat Toast ♥ (1 carb)

White Toast ♥ (1 carb)

Accompaniments

Margarine or Butter

Peanut Butter (½ carb)

Assorted Jelly (½ carb)

Syrup (2 carbs)

Ketchup

Assorted Diet Jelly

Diet Syrup

Honey (1 carb)

Sunday

Lunch

- Coleslaw (½ carb)
- Roast Turkey Breast with Gravy ♥ (½ carb)
- Mashed Potatoes ♥ (1 carb)
- Green Beans ♥ (½ carb)
- Dinner Roll ♥ (1 carb)
- Fudge Brownie (2½ carbs)

Dinner

- Garden Salad ♥
Dressing: Lite Italian, Lite Ranch (½ carb), or Lite French (1 carb)
- Penne with Marinara Sauce and 2 Meatballs (3½ carbs)
- Broccoli Florets ♥ (½ carb)
- Dinner Roll ♥ (1 carb)
- Diced Peaches ♥ (1½ carbs)

Monday

Lunch

- Vegetable Soup (1 carb)
- Grilled Chicken Salad ♥ (½ carb)
Dressing: Lite Italian, Lite Ranch (½ carb), or Lite French (1 carb)
- Dinner Roll ♥ (1 carb)
- Chocolate Pudding ♥ (1½ carbs)

Dinner

- Garden Salad ♥
Dressing: Lite Italian, Lite Ranch (½ carb), or Lite French (1 carb)
- Salisbury Steak with Gravy (½ carb)
- Herb Roasted Red Skin Potatoes ♥ (1½ carbs)
- Sliced Carrots (½ carb)
- Dinner Roll ♥ (1 carb)
- Raspberry Sherbet ♥ (2 carbs)

Tuesday

Lunch

- Chicken Noodle Soup (½ carb)
- Hot Roast Beef Sandwich with Gravy ♥ (1 carb)
- Mashed Potatoes ♥ (1 carb)
- Whole Kernel Corn ♥ (1 carb)
- Mandarin Oranges ♥ (1½ carbs)

Dinner

- Spinach Salad ♥
Dressing: Lite Italian, Lite Ranch (½ carb), or Lite French (1 carb)
- Ranch Turkey Wrap (1½ carbs)
- Greek Pasta Salad (1 carb)
- Vanilla Ice Cream (1 carb)

Wednesday

Lunch

- Cream of Tomato Soup (1 carb)
- Grilled Cheese (2 carbs)
- Coleslaw (½ carb)
- Applesauce ♥ (1 carb)
- Shortbread Cookies (1½ carbs)

Dinner

- Garden Salad ♥
Dressing: Lite Italian, Lite Ranch (½ carb), or Lite French (1 carb)
- Roasted Pork Loin with Gravy ♥ (1 carb)
- Herb Roasted Red Skin Potatoes ♥ (1½ carbs)
- Broccoli Florets ♥ (½ carb)
- Dinner Roll ♥ (1 carb)
- Apple Pie (3 carbs)

Please see page 5 for items you may order for lunch and dinner any day of the week.
Condiments and beverages are listed on page 6.

Thursday

Lunch

- Chicken Noodle Soup ($\frac{1}{2}$ carb)
- Potato Salad ($1\frac{1}{2}$ carbs)
- Hamburger on a Wheat Bun ($1\frac{1}{2}$ carbs)
- Sliced Carrots ♥ ($\frac{1}{2}$ carb)
- Chocolate Chip Cookie (1 carb)

Dinner

- Garden Salad ♥
*Dressing: Lite Italian, Lite Ranch ($\frac{1}{2}$ carb),
or Lite French (1 carb)*
 - Chicken Parmesan (1 carb)
 - Penne Pasta with Marinara Sauce ♥ ($1\frac{1}{2}$ carbs)
 - Broccoli Florets ♥ ($\frac{1}{2}$ carb)
 - Orange Sherbet ♥ ($1\frac{1}{2}$ carbs)
-

Friday

Lunch

- Vegetable Soup ($\frac{1}{2}$ carb)
- Macaroni and Cheese ($1\frac{1}{2}$ carbs)
- Stewed Tomatoes ♥ ($\frac{1}{2}$ carb)
- Chocolate Ice Cream (1 carb)

Dinner

- Coleslaw ($\frac{1}{2}$ carb)
- Potato Crusted Cod ♥ ($\frac{1}{2}$ carb)
- Herb Roasted Red Skin Potatoes ♥ ($1\frac{1}{2}$ carbs)
- Sliced Carrots ♥ ($\frac{1}{2}$ carb)
- Shortbread Cookies ($1\frac{1}{2}$ carbs)

Saturday

Lunch

- Spinach Salad ♥
*Dressing: Lite Italian, Lite Ranch ($\frac{1}{2}$ carb),
or Lite French (1 carb)*
- Cheese Pizza ($4\frac{1}{2}$ carbs)
- Green Beans ♥ ($\frac{1}{2}$ carb)
- Chocolate Pudding ♥ ($1\frac{1}{2}$ carbs)

Dinner

- Cream of Tomato Soup (1 carb)
- Salisbury Steak with Gravy ($\frac{1}{2}$ carb)
- Noodles ♥ (1 carb)
- Whole Kernel Corn ♥ (1 carb)
- Vanilla Custard ♥ ($1\frac{1}{2}$ carbs)

Please see page 5 for items you may order for lunch and dinner any day of the week.
Condiments and beverages are listed on page 6.

Also Available

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

Soup

- Chicken Noodle Soup ($\frac{1}{2}$ carb)
- Cream of Tomato Soup ($1\frac{1}{2}$ carbs)
- Low Sodium Chicken Noodle Soup ♥ ($\frac{1}{2}$ carb)
- Low Sodium Tomato Soup ♥ (1 carb)

Entrées

- Grilled Cheese (2 carbs)
- Traditional Chef Salad ($\frac{1}{2}$ carb)
- Turkey Chef Salad ♥ ($\frac{1}{2}$ carb)
- Fruit and Cottage Cheese ♥ ($2\frac{1}{2}$ carbs)
- Cheese Pizza ($4\frac{1}{2}$ carbs)
- Baked Chicken Breast ♥
- Hamburger on a Wheat Bun ($1\frac{1}{2}$ carbs)
- Grilled Chicken Sandwich
on a Wheat Bun ♥ ($1\frac{1}{2}$ carbs)
- Potato Crusted Cod ♥ ($\frac{1}{2}$ carb)

Sides

- Garden Salad ♥
Dressing: Lite Italian, Lite Ranch ($\frac{1}{2}$ carb),
or Lite French (1 carb)
- Cottage Cheese
- Pretzels (1 carb)
- Baked Potato Chips ($1\frac{1}{2}$ carbs)

Cold Sandwiches

Create Your Own Sandwich or Wrap

Bread

- Italian Bread (2 slices=2 carbs)
- Wheat Bread (2 slices= $1\frac{1}{2}$ carbs)
- Wheat Wrap ($1\frac{1}{2}$ carbs)

Meat

- Turkey or Ham

Cheese

- Swiss or American

Other Options

- Tuna Salad
- Egg Salad
- Chicken Salad ($\frac{1}{2}$ carb)
- Peanut Butter and Jelly Sandwich (3 carbs)

Yogurt

- Light Yogurt
 - Strawberry Banana ♥ (1 carb)
 - Raspberry ♥ (1 carb)
- Greek Yogurt
 - Vanilla ♥ ($\frac{1}{2}$ carb)

Gelatin

- Orange ♥ ($1\frac{1}{2}$ carbs)
- Diet Orange ♥
- Strawberry ♥ ($1\frac{1}{2}$ carbs)
- Diet Strawberry ♥

Pudding

- Vanilla ♥ ($1\frac{1}{2}$ carbs)
- Diet Vanilla ♥ (1 carb)
- Chocolate ♥ ($1\frac{1}{2}$ carbs)
- Diet Chocolate ♥ (1 carb)
- Vanilla Custard ♥ ($1\frac{1}{2}$ carbs)

Frozen Desserts

- Ice Cream
 - Vanilla (1 carb)
 - Chocolate (1 carb)
- Sherbet
 - Orange ♥ ($1\frac{1}{2}$ carbs)
 - Raspberry ♥ (2 carbs)
- Fruit Ice
 - Orange ♥ ($1\frac{1}{2}$ carbs)
 - Lemon ♥ ($1\frac{1}{2}$ carbs)

Cookies

- Chocolate Chip (1 carb)
- Shortbread Cookies ($1\frac{1}{2}$ carbs)

Condiments

Salt
Pepper
Mrs. Dash®
Margarine or Butter
Peanut Butter (*½ carb*)
Assorted Jelly (*½ carb*)
Assorted Diet Jelly
Lemon
Ketchup
Mustard
Lite Mayonnaise
Barbecue Sauce (*1 carb*)
Sour Cream
Tartar Sauce
Parmesan Cheese
Honey (*1 carb*)

Beverages

Coffee

Regular
Decaf ♥

Tea

Regular
Decaf ♥
Assorted Herbal

Accompaniments

Sugar (*2 packets = ½ carb*)
Splenda® or Equal®
Non-dairy Creamer
Lemon
Honey (*1 carb*)

Milk

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

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

Juice

Orange ♥ (*1 carb*)
Apple ♥ (*1 carb*)
Cranberry ♥ (*1 carb*)
Prune ♥ (*1 carb*)

