

UPMC Passavant

Meal Service Times

Breakfast - 7 to 9 a.m.

Lunch - 11 a.m. to 1 p.m.

Dinner - 4 to 6 p.m.

How To Place Your Order

A host or hostess will personally contact you each day for your menu selections. If you are not in your room when the host or hostess visits, he or she will return a second time. If we are unable to obtain your meal choices, you will receive the selections of the day for your next meal. The Diet Office phone number is **412-748-6480**.

Guest tray tickets can be purchased by family and visitors for \$7* at the café or coffee shop. After purchasing your guest tray ticket, call **412-748-6480** to select your meal choices. Guest and patient trays include a soup or salad, 1 entrée, side dish, dessert, and beverage.

Hand Hygiene

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

Special Food Requests

Special menus 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.

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

Cardiac/Heart-Healthy Diet

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

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

**Price is subject to change at any time.*

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)

Stewed Prunes ♥ (1 carb)

Mandarin Oranges ♥ (1 carb)

Diced Peaches ♥ (1 carb)

Diced Pears ♥ (1 carb)

HOT AND COLD CEREALS

Oatmeal ♥ (1 carb)
with Brown Sugar (add 1 carb)

Cream of Wheat™ ♥ (1 carb)

Honey Nut Chex™ ♥ (2 carbs)

Corn Flakes® ♥ (1 carb)

Rice Krispies® ♥ (1 carb)

Kellogg's® Mini-Wheats ♥
(2 carbs)

Raisin Bran® ♥ (2 carbs)

Cheerios® ♥ (1 carb)

YOGURT

Fruited Yogurt

Peach ♥ (1½ carbs)

Strawberry ♥ (1½ carbs)

Light Yogurt

Vanilla ♥ (1 carb)

Strawberry Banana ♥ (1 carb)

Greek Yogurt

Vanilla ♥ (½ carb)

Strawberry ♥ (1 carb)

Yogurt Whips

Orange Crème ♥ (1½ carbs)

Strawberry ♥ (1½ carbs)

Breakfast (continued)

HOT ENTREES

Scrambled Eggs

Cheese Omelet

Roasted Vegetable Omelet
(½ carb)

Low-cholesterol
Scrambled Eggs ♥

Roasted Vegetable Egg White
Omelet ♥ (½ carb)

French Toast ♥ (1½ carbs)

Buttermilk Pancakes (2) ♥
(2 carbs)

Breakfast Sandwich on an
English Muffin (2 carbs)

Egg and Cheese or
Bacon, Egg, and Cheese

SIDES

Bacon Strips

Turkey Sausage Links

Low-fat Cottage Cheese

Breakfast Potatoes ♥ (1 carb)

Hard Cooked Egg

BAKERY

English Muffin ♥ (2 carbs)

Plain Bagel ♥ (2 carbs)

Cinnamon Raisin Bagel ♥
(2½ carbs)

Blueberry Crumb Cake
(2 carbs)

Whole Wheat Toast ♥ (1 carb)

White Toast ♥ (1 carb)

Low-fat Banana Muffin ♥
(2½ carbs)

Apple Cinnamon Muffin
(2 carbs)

Glazed Donut (2 carbs)

ACCOMPANIMENTS

Margarine or Butter

Lite Cream Cheese

Peanut Butter (½ carb)

Honey (1 carb)

Syrup (2 carbs)

Diet Syrup

Assorted Jelly (½ carb)

Assorted Diet Jelly

Ketchup

Hot Sauce

Daily Specials

Sunday

LUNCH

Soup of the Day

Stuffed Pepper Soup (1 carb)

Salad

Applesauce ♥ (1 carb)

Your Choice of Entrée

Roast Turkey Breast with Gravy ♥ (½ carb)

Traditional Chef Salad (½ carb)

Turkey Chef Salad ♥ (½ carb)

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

Sides

Bread Stuffing (1½ carbs)

Mashed Potatoes ♥ (1 carb)

Cut Green Beans ♥ (½ carb)

Desserts

Diced Peaches ♥ (1 carb)

Strawberry Layer Cake (2 carbs)

DINNER

Soup of the Day

Stuffed Pepper Soup (1 carb)

Salad

Garden Salad ♥

Dressing: Italian, Ranch, or French

Your Choice of Entrée

Baked Ziti with Meat Sauce ♥ (3 carbs)

Baked Salmon ♥

Sides

Rice Pilaf ♥ (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

Coleslaw (½ carb)

Your Choice of Entrée

Breaded Chicken Breast ♥ (1 carb)

Three Cheese Flatbread Pizza (3½ carbs)

Sides

Potato and Cheese Pierogies (1½ carb)

Capri Blend Vegetables ♥ (½ 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

Bread Pudding Bites ♥ (2 carbs)

Diced Pears ♥ (1 carb)

Daily Specials (continued)

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 ♥ (*1 carb*)

Your Choice of Entrée

Stuffed Chicken Breast with Gravy (*1 carb*)

Baked Salmon ♥

Sides

Rice Pilaf ♥ (*1 carb*)

Cut Green Beans ♥ (*½ carb*)

Desserts

Apple Pie (*3 carbs*)

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 1½ carbs)

Sides

Chopped Spinach ♥

Desserts

Chocolate Chip Cookie (*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 with Gravy (*1 carb*)

Chicken Breast in a
Savory Lemon Sauce ♥ (*½ carb*)

Sides

Baked Potato ♥ (*2 carbs*)

Broccoli and Cauliflower Blend ♥ (*½ carb*)

Desserts

Vanilla Pudding ♥ (*1½ carbs*)

Angel Food Cake ♥ (*1½ carbs*)
with Strawberry Sauce (add 1 carb)

Daily Specials (continued)

Thursday

LUNCH

Soup of the Day

Italian Wedding Soup (*½ carb*)

Salad

Potato Salad (*1½ carbs*)

Your Choice of Entrée

Hamburger on a Bun (*2 carbs*)

Select: Lettuce, Tomato, Pickles, Onion, Ketchup, Mustard, Light Mayonnaise

Chicken Parmesan (*1 carb*)

Sides

Penne Pasta with Marinara Sauce ♥
(*1½ carbs*)

Cut Green Beans ♥ (*½ carb*)

Desserts

Oatmeal Raisin Cookie (*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 Salad ♥ (*½ carb*)

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

Sides

Herb Roasted Redskin Potatoes ♥
(*1½ carbs*)

Peas and Carrots ♥ (*½ carb*)

Desserts

Shortbread Cookies (*1½ carbs*)

Diced Peaches ♥ (*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

Roasted Sweet Potatoes (*1 carb*)

Stewed Tomatoes ♥ (*½ carb*)

Broccoli Florets ♥ (*½ carb*)

Desserts

Lemon Meringue Pie (*2½ carbs*)

Mandarin Oranges ♥ (*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

Fresh Fruit Cup ♥ (*1 carb*)

Fudge Brownie (*2½ carbs*)

Daily Specials (continued)

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 on
a Wheat Bun ♥ (1½ carbs)

*Select: Lettuce, Tomato, Ketchup,
Mustard, Light Mayonnaise*

Penne Pasta with Marinara Sauce ♥
(3 carbs)

Sides

Potato Wedges (1½ carbs)

Key West Blend Vegetables ♥ (½ carb)

Breadstick (1 carb)

Desserts

SnackWell's® Vanilla Cookies ♥ (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)

Whole Kernel Corn ♥ (1 carb)

Desserts

Chocolate Chip Cookie (1 carb)

Fresh Fruit Cup ♥ (1 carb)

Also Available

SOUPS

Chicken Noodle ♥ (½ carb)

Cream of Tomato (1½ carbs)

HOT ENTREES

Baked Chicken Breast ♥

Baked Salmon ♥

Macaroni and Cheese Casserole (1½ carbs)

Three Cheese Flatbread Pizza (3½ carbs)

COLD ENTREE/SALAD

Dressing: Italian, Ranch, or French

Oil and Vinegar

Lite Italian or Lite Ranch (½ carb)

Grilled Chicken Salad ♥ (½ carb)

Cottage Cheese and Fresh Fruit Plate ♥
(2½ carbs)

Cottage Cheese and Canned Fruit Plate ♥
(2½ carbs)

Trio Salad Platter (1½ carbs)

(Chicken, Tuna, and Egg Salads with Crackers)

Large Garden Salad ♥ (½ carb)

HOT SANDWICHES

Grilled Cheese Sandwich (2 carbs)

Hamburger*

Garden Burger on a Wheat Bun (2½ carbs)

Cheeseburger*

Hot Dog (1½ carbs)

Grilled Chicken Sandwich* ♥

**Choice of White Bun (2 carbs)
or Wheat Bun (1½ carbs)*

COLD SANDWICHES

Bread - Your choice of
Whole Wheat (1½ carbs)
or White Bread (2 carbs)

Toppings - Lettuce, Tomato,
Onions, Dill Pickles

Condiments - Light
Mayonnaise, Mustard,
Ketchup

Turkey Sandwich ♥

Turkey and Swiss Cheese
Sandwich

Ham Sandwich

Ham and American Cheese
Sandwich

Chicken Salad Sandwich

Tuna Salad Sandwich

Egg Salad Sandwich

Peanut Butter and Jelly
Sandwich (3 carbs)

Scoop of Chicken Salad with
Crackers (1 carb)

Scoop of Tuna Salad with
Crackers (1 carb)

Scoop of Egg Salad with
Crackers (1 carb)

Also Available (continued)

STARCHES

Mashed Potatoes ♥ (1 carb)

Potato Wedges (1½ carbs)

Baked Potato ♥ (2 carbs)

Steamed Rice ♥ (1 carb)

Seashell Noodles ♥ (1 carb)

Baked Sweet Potato ♥ (2 carbs)

VEGETABLES

Cut Green Beans ♥ (½ carb)

Sliced Carrots ♥ (½ carb)

SIDE SALADS

Garden Salad ♥

Celery and Carrot Sticks ♥
with Lite Ranch Dressing (½ carb)
with Hummus Cup (½ carb)

Cottage Cheese and Peaches ♥ (1 carb)

Hard Cooked Egg

BREADS/ROLLS/BAGELS

Dinner Roll ♥ (1 carb)

Whole Wheat Bread ♥ (1 carb)

White Bread ♥ (1 carb)

Plain Bagel ♥ (2 carbs)

Cinnamon Raisin Bagel ♥ (2½ carbs)

Saltine Crackers (3 packets = 1 carb)

Salt-free Crackers ♥ (3 packets = 1 carb)

CONDIMENTS

Salt

Pepper

Mrs. Dash®

Margarine or Butter

Lite Cream Cheese

Peanut Butter (½ carb)

Assorted Jelly
(½ carb)

Assorted Diet Jelly

Lemon

Honey (1 carb)

Ketchup

Mustard

Light Mayonnaise

Barbecue Sauce
(1 carb)

Sour Cream

Tartar Sauce

Parmesan Cheese

Hot Sauce

SNACKS

White Cheddar Popcorn (½ carb)

Potato Chips (1 carb)

Pretzels (1 carb)

Peanut Butter and Crackers (1 carb)

Baked Potato Chips (1½ carbs)

Desserts

FRUIT

Applesauce ♥ (1 carb)

Diced Peaches ♥
(1 carb)

Stewed Prunes ♥
(1 carb)

Mandarin Oranges ♥
(1 carb)

Banana ♥ (2 carbs)

Red Grapes ♥ (1 carb)

Fresh Fruit Cup ♥
(1 carb)

CAKES AND COOKIES

Angel Food Cake ♥ (1½ carbs)
with Strawberry Sauce (add 1 carb)

SnackWell's® Vanilla Cookies ♥ (1 carb)

Shortbread Cookies (1½ carbs)

YOGURT

Fruited Yogurt

Peach ♥ (1½ carbs)

Strawberry ♥ (1½ carbs)

Greek Yogurt

Vanilla ♥ (½ carb)

Strawberry ♥ (1 carb)

Yogurt Whips

Orange Crème ♥ (1½ carbs)

Strawberry ♥ (1½ carbs)

Light Yogurt

Vanilla ♥ (1 carb)

Strawberry Banana ♥ (1 carb)

PUDDING

Vanilla ♥ (1½ carbs)

Diet Vanilla ♥ (1 carb)

Chocolate ♥ (1½ carbs)

Diet Chocolate ♥ (1 carb)

Tapioca ♥ (1½ carbs)

Vanilla Custard ♥ (1½ carbs)

GELATIN ♥

Orange ♥ (1½ carbs)

Diet Orange ♥

Strawberry ♥ (1½ carbs)

Diet Strawberry ♥

FROZEN DESSERTS

Ice Cream

Vanilla (1 carb)

Chocolate (1 carb)

Sherbet

Orange ♥ (1½ carbs)

Raspberry ♥ (2 carbs)

Fruit Ice

Orange ♥ (1½ carbs)

Raspberry ♥ (2 carbs)

Lemon ♥ (1½ carbs)

Popsicles®

Assorted Flavors ♥
(½ carb)

Sugar-free Popsicles®

Assorted Flavors ♥

Frozen Yogurt

Vanilla ♥ (1 carb)

Beverages

COFFEE

Regular

Decaf ♥

TEA

Regular

Decaf

Black

Black ♥

Green

Chamomile ♥

ACCOMPANIMENTS

Sugar (2 packets = 1/2 carb)

Non-Dairy Creamer ♥

Sweet'N Low® or Splenda®

Honey (1 carb)

Half and Half Creamer

Lemon

HOT CHOCOLATE

Regular (1 carb)

Diet (1/2 carb)

MILK

Skim ♥ (1 carb)

Fat-free Lactaid® ♥
(1 carb)

Fat-free Chocolate
(1 1/2 carbs)

Vanilla Soy ♥
(1 carb)

2% (1 carb)

Whole (1 carb)

SODA

Pepsi® (2 carbs)

Diet Pepsi®

Ginger Ale (1 1/2 carbs)

Diet Ginger Ale

OTHER

Sweet Iced Tea
(1 1/2 carbs)

Diet Decaf Iced Tea

Lemonade
(2 carbs)

Diet Lemonade

