

UPMC St. Margaret

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

1. A meal service host will personally contact you each day for your meal selections. If your host is not available to answer food service-related questions or requests, please call **784-4135** for assistance.
2. If you are not in your room when the host 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 **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 **784-4135**.

Gourmet and 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)
- Mandarin Oranges ♥ (1 carb)
- 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)
- Frosted Flakes® ♥ (1½ carbs)
- Mini-Wheats® ♥ (2 carbs)
- Raisin Bran® ♥ (2 carbs)
- Cheerios® ♥ (1 carb)

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)
- Yogurt Whips
 - Strawberry ♥ (1½ carbs)
 - Orange Crème ♥ (1½ carbs)

HOT ENTREES

- Scrambled Eggs
- Low-cholesterol Scrambled Eggs ♥
- Roasted Vegetable Egg White Omelet ♥
(½ carb)
- 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)
- 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)
- 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 (*½ 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*)

Light Coconut Pudding ♥ (*½ carb*)

DINNER

Soup of the Day

Stuffed Pepper Soup (*½ 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*)

Apple Pie (*3 carbs*)

Light Coconut Pudding ♥ (*½ carb*)

Monday

LUNCH

Soup of the Day

Potato Chowder (*½ carb*)

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 (*½ carb*)

Salad

Spinach Salad ♥

Dressing: Italian, Ranch, or French

Your Choice of Entrée

Meatloaf with Gravy (*½ 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*)

Dressing: 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*)

Cut Green Beans ♥ (*½ carb*)

Desserts

Vanilla Ice Cream (*1 carb*)

Fresh Fruit Cup ♥ (*1 carb*)

Chocolate Layer Cake (*2½ carbs*)

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

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

Applesauce ♥ (*1 carb*)

Light Banana Cream Cup ♥ (*½ carb*)

Light Banana Pudding ♥ (*½ carb*)

Cherry Pie (*3½ carbs*)

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*)

Light Banana Cream Cup ♥ (*½ carb*)

Light Banana Pudding ♥ (*½ carb*)

Cherry Pie (*3½ carbs*)

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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 Sauce ♥
(*1½ carbs*)

Prince Charles Blend Vegetables ♥

Desserts

Chocolate Ice Cream (*1 carb*)

Fresh Fruit Cup ♥ (*1 carb*)

Bread Pudding Bites ♥ (*2 carbs*)

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*)

Strawberry Layer Cake (*2 carbs*)

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*)

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

Sides

Mashed Potatoes ♥ (*1 carb*)

Whole Baby Carrots ♥ (*½ carb*)

Desserts

Shortbread Cookies (*1½ carbs*)

Strawberry Layer Cake (*2 carbs*)

Fudge Brownie (*2½ 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 (*½ carb*)

Salad

Greek Salad

Dressing: Italian, Ranch, or French

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*)

Also Available

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

SOUP

Chicken Noodle Soup (*½ carb*)

Cream of Tomato Soup (*1½ carbs*)

CEREALS

Instant Oatmeal ♥ (*1 carb*)

Instant Cream of Wheat® ♥ (*1 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*)

Steamed Rice ♥ (*1 carb*)

Noodles ♥ (*1 carb*)

Carrots ♥ (*½ carb*)

Corn ♥ (*1 carb*)

Green Beans ♥ (*½ carb*)

Garden Salad ♥

Dressing: Italian, Ranch, or French

Baked Potato ♥ (*2 carbs*)

Baked Sweet Potato ♥ (*2 carbs*)

Also Available (continued)

COLD ENTREES

- Grilled Chicken Salad or Large Garden 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)
- 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)
- Grilled Cheese (2 carbs)
- Grilled Ham and Cheese (2 carbs)

*Accompaniments: 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
- Roast Beef Sandwich ♥
- Roast Beef and Swiss 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 (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)
- Cinnamon Raisin Bagel ♥ (2½ carbs)
- Saltine Crackers (3 packets = 1 carb)
- Unsalted Soda Crackers ♥
(3 packets = 1 carb)
- Low-fat Banana Nut Muffin ♥ (2½ carbs)
- Apple Cinnamon Muffin (2 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)
- Nabisco® Fig Newtons ♥ (2½ carbs)
- Angel Food Cake ♥ (1½ carbs)
- Chocolate Chip Cookie (1 carb)
- Oatmeal Raisin Cookie (1 carb)
- Sugar Cookie (1 carb)
- Carrot and Celery Sticks ♥ (½ carb)
- Hummus Cup ♥ (½ carb)

FRUIT

- Applesauce ♥ (1 carb)
- Peach Slices ♥ (1 carb)
- Mandarin Oranges ♥ (1 carb)
- Banana ♥ (2 carbs)
- Apple Wedges ♥ (1 carb)
- Red Grapes ♥ (1 carb)
- Fresh Fruit Cup ♥ (1 carb)
- Fresh Orange ♥ (1 carb)
- Fresh Pear ♥ (1 carb)

Continued>

Also Available (continued)

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)

Yogurt Whips

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 Mayonnaise

Hot Sauce

Barbecue Sauce (1 carb)

Sour Cream

Tartar Sauce

Parmesan Cheese

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 Iced Tea

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)