

Nutrition plays a crucial role in maintaining your health and aiding in the healing process. Your physician or dietitian will prescribe a specific diet during your stay with us. This diet may include therapeutic restrictions such as:

♥ Cardiac/Heart Healthy Diet

This diet focuses on foods lower in sodium and fat. It may also limit caffeine. Items with a ♥ next to them are suitable for a Cardiac/Heart Healthy diet.

✓ Vegan-Friendly Items

Items with a ✓ next to them are vegan-friendly items.

Consistent Carbohydrate Diet

This meal plan ensures a consistent amount of carbohydrates at each meal, often prescribed for individuals with diabetes.

Diets like Consistent Carbohydrate 45, 60, and 75 provide 40, 60, and 75 grams of carbohydrates per meal, respectively.

Carbohydrate counts (in grams) are provided next to items with significant carbohydrate content.

R Renal Diet

This diet emphasizes foods that are lower in salt and potassium, and it may also limit phosphorus and protein. Items with a R next to them are suitable for a Renal Diet.

NPO (Nothing By Mouth)

This diet is ordered when a person cannot have any solid or liquid foods by mouth.

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Clear Liquid Diet

Hot: Coffee, Decaf Coffee, Tea, Decaf Tea, Chicken, Beef, or Vegetable Broth

Cold: Cranberry, Apple, or Grape Juice. Lemonade or Diet Lemonade Regular or Diet Ginger Ale, Lime or Cherry Bubly, Unsweetened or Diet Decaf Iced Tea.

Desserts: Any Fruit Ice. Regular or Diet Gelatin.

Full Liquid Diet:

Includes all Clear Liquids above, and the following:

Hot: Cream of Wheat, Tomato Soup, Cream of Potato or Cream of Chicken Soup.

Cold: Whole, 1%, or Fat Free Chocolate Milk. Vanilla Almond or Lactaid Milk. Orange Juice, V-8, or Prune Juice.

Desserts: Regular or Diet Pudding, Any Ice cream, Any Sherbet, Regular or Greek Yogurt.

Breakfast

Hot & Cold Cereal

Corn Flakes ♥VR(17.7)

Rice Chex ♥VR(24.1)

Cheerios ♥R(13.9)

Frosted Flakes ♥VR(25)

Frosted Mini-Wheats ♥R(24)

Raisin Bran ♥VR(27.6)

Oatmeal ♥VR(13.34)

Cream of Wheat ♥VR(12.9)

Hot Entrees

Scrambled Eggs ♥R(1.4)

Low-Cholesterol

Scrambled Eggs♥R(1.3)

Cheese Scrambled Eggs ♥(1.9)

Egg & Cheese Sandwich ♥(29.5)

Bacon Egg, &

Cheese Sandwich (29.7)

Cinnamon French Toast ♥R(25)

Pancakes ♥R(32.1)

Sides

Hard Cooked Egg ♥R(1)

Bacon Strips (0.2)

Turkey Sausage Patty ♥R(1)

Breakfast Potatoes ♥V(20.4)

Low-Fat Cottage Cheese ♥R(3.8)

Fruit

Banana ♥V(27)

Fresh Fruit Cup ♥V(13.2)

Canned Fruit Cup ♥VR(16.7)

Mandarin Oranges ♥VR(15.9)

Whole Orange ♥V(11.2)

Applesauce ♥VR(12.8)

Whole Apple ♥VR(19.1)

Diced Peaches ♥VR(15.8)

Diced Pears ♥VR(17.6)

Yogurt

Stawberry Banana ♥(21)

Strawberry ♥(21)

Light Peach ♥R(13)

Greek Fino Lemon ♥(11)

Greek Banana Cream ♥(7)

Bakery

English Muffin ♥R(28)

Plain Bagel ♥VR(27)

Wheat Bread ♥VR(14)

Blueberry Muffin ♥R(28)

Apple Cinnamon Muffin ♥R(30)

White Bread ♥VR(14)

♥ - Heart Healthy ✓ - Vegan Friendly R - Renal Friendly

**UPMC
ST.MARGARET**

Breakfast: 7:30am to 9:00am

Lunch: 11:30am to 1:00pm

Dinner: 4:30pm to 6:00pm



Regular Menu

How to place your order:

A Host will visit you each day for your selections.

If you are not in your room when a host visits your host will come back later to assist you with completing your menu.

Chef Selects

	Lunch	Dinner
SUN	Tomato Soup ♥V(11.2) Caesar Salad ♥R(7.3) Hot Turkey Sandwich ♥R(15.1) Maple Glazed Salmon ♥(4.8) Mashed Potatoes & Gravy ♥(17.2) Garlic & Herb Roasted Carrots ♥VR(7.1) Cheesecake & Strawberry Sauce (35.8) Sugar Cookie ♥R(18.3)	Tomato Soup ♥V(11.2) Caesar Salad ♥R(7.3) Beef Stroganoff ♥R(24) Baked Chicken & Gravy ♥R(5.9) Bowtie Pasta ♥VR(17.8) Broccoli ♥V(4.3) Cheesecake & Strawberry Sauce (35.8) Sugar Cookie ♥R(18.3)
	Chicken Noodle Soup ♥VR(2.7) Coleslaw R(8.1) BBQ Pulled Pork Sandwich R(32.9) Veggie Cobb Salad ♥VR(20) White Cheddar Popcorn R(9) Key West Vegetables ♥VR(6.4) Blueberry Lemon Crisps ♥R(21) Red Velvet Roll R(32.8)	Chicken Noodle Soup ♥VR(2.7) Coleslaw R(8.1) Chicken Italiano ♥(6.3) Potato Crusted Cod ♥(10) Penne Pasta & Marinara ♥V(22.1) Prince Charles Vegetables ♥VR(3.2) Blueberry Lemon Crisps ♥R(21) Red Velvet Roll R(32.8)
MON	Broccoli Cheese (14.3) Blueberry Spring Salad ♥R(4.7) Hot Roast Beef Sandwich ♥R(13.7) Turkey Chef Salad ♥R(8.1) Parsley Potatoes ♥V(14.5) Green Beans ♥VR(6.4) Strawberry Layer Cake R(28.1) Vanilla Ice Cream ♥R(16)	Broccoli Cheese (14.3) Blueberry Spring Salad ♥R(4.7) Brie & Apple Stuffed Chicken ♥R(28.9) Mushroom Swiss Burger (24.1) Roasted Red Skin Potatoes ♥V(20) Peas & Carrots ♥VR(9.5) Strawberry Layer Cake R(28.1) Vanilla Ice Cream ♥R(16)
	Three Bean Chili ♥V(17.6) Garden Salad ♥VR(2.8) Southwest Chicken Salad ♥R(24.8) Veggie Burger ♥V(43.7) Cornbread Muffin ♥R(24) Baked Lays Chips ♥V(24) Fudge Brownie R(38) Fresh Fruit Cup ♥V(13.2)	Three Bean Chili ♥V(17.6) Garden Salad ♥VR(2.8) Stuffed Shells & Marinara ♥(39.5) Vegan Cacciatore Over Rice ♥V(35.1) Italian Blend Vegetables ♥VR(11.3) Fudge Brownie R(38) Fresh Fruit Cup ♥V(13.2)
TUES	Italian Wedding Soup ♥R(4.3) Spinach Salad ♥(2.8) Roast Turkey Breast ♥R(7.1) Chicken Tenders ♥(13.9) Mashed Sweet Potatoes ♥(20.1) Bread Stuffing ♥(20.6) Green Beans ♥VR(6.4) Apple Pie (48.4) Chocolate Ice Cream ♥R(16)	Italian Wedding Soup ♥R(4.3) Spinach Salad ♥(2.8) Beef Pot Roast ♥R(5.8) Sesame Tilapia ♥R(6.9) Mashed Potatoes ♥(17.2) Carrots ♥VR(7) Apple Pie (48.4) Chocolate Ice Cream ♥R(16)
	Garden Vegetable Soup ♥VR(4.3) Mandarin & Beet Salad ♥R(5.9) Veggie Chicken Wrap ♥R(35.1) Breaded Fish Sandwich ♥R(38.7) Potato Wedges ♥V(24.4) Carrots ♥VR(7) Shortbread Cookie Bites ♥R(20) Angel Food Cake & Strawberry Sauce ♥R(34.2)	Garden Vegetable Soup ♥VR(4.3) Mandarin & Beet Salad ♥R(5.9) Cornflake Crusted Chicken ♥(20) Plant Based Meatballs & Marinara ♥V(14) Penne Pasta & Marinara ♥V(22.1) Broccoli ♥V(4.3) Shortbread Cookie Bites ♥R(20) Angel Food Cake & Strawberry Sauce ♥R(34.2)
WED	Beef Barley Soup ♥R(9) Garden Salad ♥VR(2.8) Pesto Chicken Caprese Sandwich ♥R(24.2) Egg Salad Sandwich ♥R(32.4) Baked Lays ♥V(24) Italian Blend Vegetables ♥VR(11.3) Vanilla Pudding ♥R(22) Raspberry Sherbet ♥R(27)	Beef Barley Soup ♥R(9) Garden Salad ♥VR(2.8) Meatloaf with Gravy ♥R(8) Vegetable Lasagna ♥(32) Mashed Potatoes ♥(17.2) Corn ♥VR(17.7) Vanilla Pudding ♥R(22) Raspberry Sherbet ♥R(27)
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Always Available Items

Starters

Garden Salad ♥VR(2.8)
Chicken Noodle Soup ♥R(2.7)
Tomato Soup ♥V(11.2)
Beef Broth (0.6)

Chicken Broth (0.4)
Vegetable Broth V(0.9)
Low-Fat Cottage Cheese ♥R(3.8)

Hot Entrees

Baked Chicken Breast ♥R
Baked Salmon ♥R
Baked Tilapia ♥R
Cheese Pizza ♥(31)
Chicken Tenders ♥(13.9)
Macaroni & Cheese ♥(22.1)

Grilled Chicken Sandwich ♥R(22.7)
Grilled Cheese Sandwich ♥R(29)
Grilled Swiss Cheese ♥R(29)
Hamburger on Bun ♥R(22.7)
Cheeseburger on Bun (23.2)
Veggie Burger on Bun ♥V(43.7)

Cold Entrees

Turkey Chef Salad ♥R(8.1)
Grilled Chicken Salad ♥(9.3)
Fruit & Cottage Cheese ♥(33.5)
Canned Fruit & Cottage Cheese ♥(33.5)
Chicken Salad & Crackers ♥(17.2)
Tuna Salad & Crackers (16.9)
Egg Salad & Crackers (19.4)

Turkey Sandwich ♥VR(29.3)
Roast Beef Sandwich ♥VR(28.5)
Ham Sandwich ♥VR(31)
Peanut Butter & Jelly Sandwich ♥VR(48.4)
Peanut Butter Sandwich ♥VR(35.1)
Chicken Salad Sandwich ♥R(30.2)
Tuna Salad Sandwich ♥R(29.9)
Egg Salad Sandwich ♥R(32.4)

Sides

Mashed Potatoes ♥(12.5)
• With Gravy ♥(17.2)
Steamed Rice ♥VR(18.7)
Penne Pasta ♥VR(16.6)
• With Marinara ♥V(22.1)
Ditalini Pasta ♥VR(14.3)
• With Marinara ♥V(20.5)

Macaroni & Cheese ♥(11)
Carrots ♥VR(7)
Green Beans ♥VR(6.4)

♥ - Heart Healthy

V - Vegan Friendly

R - Renal Friendly

Lunch/Dinner Trays include 1 entree, 4 starters or sides, 1 dessert, & 2 beverages.

Bakery

Dinner Roll ♥VR(18)
English Muffin ♥R(28)
Plain Bagel ♥VR(27)
Wheat Bread ♥VR(14)
Blueberry Muffin ♥R(28)
Apple Cinnamon Muffin ♥R(30)
White Bread ♥VR(14)
Saltine Crackers V(4.4)
Unsalted Crackers ♥VR(4.5)

Snacks

Carrot Sticks ♥V(9.3)
Hummus ♥VR(8.1)
Pretzels V(23.2)
White Cheddar Popcorn R(9)
Baked Potato Chips ♥V(24)

Desserts

Fruit Ice: Orange Cream ♥VR(22), Strawberry Mango ♥VR(22), or Raspberry Lemon ♥VR(22)
Ice Cream: Vanilla ♥R(16) or Chocolate ♥R(16)
Sherbet: Orange ♥R(23) or Raspberry ♥R(27)
Pudding: Vanilla ♥R(22) or Chocolate ♥R(22)
Diet Pudding: Vanilla ♥R(13) or Chocolate ♥R(13)
Gelatin: Orange ♥VR(25) or Strawberry ♥VR(25)
Diet Gelatin: Orange ♥VR(1) or Strawberry ♥VR(1)
Sugar Cookie ♥R(18.3)
Chocolate Chip Cookie ♥R(18)
Shortbread Cookie Bites ♥R(20)
Blueberry Lemon Crisps ♥R(21)
Chocolate Layer Cake (35.4)
Angel Food Cake ♥R(20.7)
• With Strawberry Sauce ♥R(34.2)

Beverages

Regular Coffee VR
Decaf Coffee ♥VR
Hot Black Tea VR(0.1)
Hot Green Tea ♥VR
Hot Decaf Black Tea ♥VR
Hot Decaf Chamomile Tea ♥VR
Whole Milk (11.7)
1% Milk ♥(12)
Fat Free Chocolate Milk ♥(24)
Vanilla Almond Milk ♥VR(13)
Fat-free Lactaid ♥(13)
Bottled Water ♥VR
Unsweetened Iced Tea VR(0.7)
Diet Decaf Iced Tea ♥VR(0.7)

Lemonade ♥VR(27.4)
Diet Lemonade ♥VR(1)
Cherry Bubly ♥VR
Lime Bubly ♥VR
Ginger Ale ♥VR(18.6)
Diet Ginger Ale ♥VR(0.2)
Pepsi V(26)
Diet Pepsi V
Orange Juice ♥(13.1)
Apple Juice ♥VR(12.8)
Cranberry Juice ♥VR(15.3)
Grape Juice ♥VR(18.7)
Prune Juice ♥VR(19.8)
V8 ♥V(7.5)

The nutritional content of the menu, including carb numbers, may vary due to product changes. Substitutions may also be necessary due to current availability.