UPMC East

Meal Service Times

<table>
<thead>
<tr>
<th>Meal</th>
<th>Time</th>
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<tbody>
<tr>
<td>Breakfast</td>
<td>7:15 to 8:15 a.m.</td>
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<tr>
<td>Lunch</td>
<td>11:30 a.m. to 12:30 p.m.</td>
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<tr>
<td>Dinner</td>
<td>4:15 to 5:30 p.m.</td>
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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 unable to take your meal selection, please contact the Diet Office at 858-9529.

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

Special Food Requests
Your host can assist you with choices for Vegetarian, Kosher, or Gluten-free meals.

Please let your host know if you have a food allergy or intolerance.

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
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

<table>
<thead>
<tr>
<th>Diet</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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</thead>
<tbody>
<tr>
<td>Liberalized</td>
<td>3-5 carbs</td>
<td>3-5 carbs</td>
<td>3-5 carbs</td>
</tr>
<tr>
<td>Low</td>
<td>3 carbs</td>
<td>3 carbs</td>
<td>3 carbs</td>
</tr>
<tr>
<td>Standard</td>
<td>4 carbs</td>
<td>4 carbs</td>
<td>4 carbs</td>
</tr>
<tr>
<td>High</td>
<td>5 carbs</td>
<td>5 carbs</td>
<td>5 carbs</td>
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Cardiac/Heart-Healthy Diet
This diet is lower in fat and sodium. It is recommended that you choose items designated with a heart symbol (♥).

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.
Breakfast

**JUICE**
- Orange ♥ (1 carb)
- Apple ♥ (1 carb)
- Cranberry ♥ (1 carb)
- Grape ♥ (1 carb)
- Prune ♥ (1 carb)

**FRUIT**
- Banana ♥ (2 carbs)
- Fresh Fruit Cup ♥ (1 carb)
- Canned Fruit Cup ♥ (1 carb)
- Mandarin Oranges ♥ (1 carb)
- Fresh Orange Wedges ♥ (1 carb)

**HOT AND COLD CEREALS**
- Oatmeal ♥ (1 carb) with Brown Sugar (add 1 carb)
- Creamy Wheat Farina ♥ (1 carb)
- Corn Flakes® ♥ (1 carb)
- Cheerios® ♥ (1 carb)
- Rice Chex® ♥ (1 carb)
- Raisin Bran® ♥ (2 carbs)
- Rice Krispies® ♥ (1 carb)
- Frosted Flakes® ♥ (1 ½ carbs)

**YOGURT**
- Fruited Yogurt
  - Strawberry ♥ (1 ½ carbs)
  - Peach ♥ (1 ½ carbs)
- Light Yogurt
  - Vanilla ♥ (1 carb)
  - Strawberry Banana ♥ (1 carb)
- Yogurt Whips
  - Orange Crème ♥ (1 ½ carbs)
  - Strawberry ♥ (1 ½ carbs)

**HOT ENTREES**
- Scrambled Eggs Low-cholesterol
- Scrambled Eggs ♥
- Cheese Omelet
- Cinnamon French Toast ♥ (1 ½ carbs)
- Belgian Waffle (2 carbs)
- Buttermilk Pancakes (2 carbs)

**SIDES**
- Hard Cooked Egg
- Bacon Strips
- Sausage Patty
- Turkey Sausage Links
- Breakfast Potatoes ♥ (1 carb)
- Low-fat Cottage Cheese

**BAKERY**
- English Muffin ♥ (2 carbs)
- Plain Bagel ♥ (2 carbs)
- Cinnamon Raisin Bagel ♥ (2 ½ carbs)
- Blueberry Muffin (2 carbs)
- Low-fat Banana Nut Muffin ♥ (2 ½ carbs)
- Apple Cinnamon Muffin (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 ♥ (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: Lite and Regular Italian, Lite (add ½ carb) and Regular Ranch, or Regular 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)
   Roasted Cauliflower and Quinoa Burger on a Wheat Bun ♥ (3 carbs)

Sides
   Roasted Sweet Potatoes (1 carb)
   Potato and Cheese Pierogies (1½ carbs)
   Capri Blend Vegetables ♥

Desserts
   Chocolate Pudding ♥ (1½ carbs)
   Tropical Fruit Cup ♥ (1 carb)

DINNER
Soup of the Day
   Potato Chowder (1½ carbs)

Salad
   Spinach Salad ♥
      Dressing: Lite and Regular Italian, Lite (add ½ carb) and Regular Ranch, or Regular 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)
Tuesday

LUNCH
Soup of the Day
Beef Barley Soup ♥ (½ carb)

Salad
Mandarin and Beet Salad ♥ (½ carb)

Your Choice of Entrée
Open-faced Hot Roast Beef Sandwich with Gravy ♥ (1½ carbs)
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)

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.

Wednesday

LUNCH
Soup of the Day
Cream of Tomato Soup (1½ carbs)

Salad
Garden Salad ♥
Dressing: Lite and Regular Italian, Lite (½ carb) and Regular Ranch, or Regular 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)

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)
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, Lite Mayo
- Chicken Parmesan (1 carb)

Sides
- Penne Pasta with Marinara ♥ (1½ carbs)
- Prince Charles Vegetable Blend ♥

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: Lite and Regular Italian, Lite (add ½ carb) and Regular Ranch, or Regular 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 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-crusted 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
- Open-faced 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)

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.
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)
Select: Lettuce and Tomato, Ketchup, Mustard, Lite Mayo
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: Lite and Regular Italian, Lite (add ½ carb) and Regular Ranch, or Regular French

Your Choice of Entrée
Salisbury Steak with Gravy ♥ (½ carb)
Chicken Tenders (1½ carbs)

Sides
Noodles ♥ (1 carb)
Key West Vegetable Blend ♥ (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)

HOT ENTREES
Baked Chicken Breast ♥
Baked Tilapia ♥
Cheese Pizza (3 carbs)
Macaroni and Cheese Casserole
(1½ carbs)

SIDES
Mashed Potatoes ♥ (1 carb)
Potato Wedges (1½ carbs)
Macaroni and Cheese ♥ (1 carb)
Garden Salad ♥
Dressing: Lite and Regular Italian, Lite (add ½ carb) and Regular Ranch, or Regular French
Noodles ♥ (1 carb)

SIDES (continued)
Steamed Rice ♥ (1 carb)
Sliced Carrots ♥ (½ carb)
Cut Green Beans ♥ (½ carb)

COLD ENTREES
Grilled Chicken Salad or
Large Garden Salad ♥ (½ carb)
Dressing: Lite and Regular Italian, Lite (add ½ carb) and Regular Ranch, or Regular French
Cottage Cheese and Fresh Fruit Plate ♥ (2½ carbs)
Cottage Cheese and Canned Fruit Plate ♥ (2½ carbs)
Hard Cooked Egg
Low-fat Cottage Cheese

Condiments and beverages are listed on page 8.
## HOT SANDWICHES
- Grilled Chicken on a Wheat Bun ♥ (1½ carbs)
- Hamburger (2 carbs)
- Roasted Cauliflower and Quinoa Burger on a Wheat Bun ♥ (3 carbs)
- Cheeseburger (2 carbs)
- Garden Burger on a Wheat Bun (2½ carbs)
- Grilled Cheese (2 carbs)
  *Select: 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
- Scoop of Tuna Salad with Crackers (1 carb)
- Tuna Salad Sandwich
- Scoop of Egg Salad with Crackers (1 carb)
- Egg Salad Sandwich
- 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)
- Saltine Crackers (3 packets = 1 carb)
- Unsalted Soda Crackers ♥ (3 packets = 1 carb)

## SNACKS
- White Cheddar Popcorn (½ carb)
- Baked Potato Chips (1½ carbs)
- Pretzels (1 carb)
- SnackWell’s® Vanilla Cookie ♥ (1 carb)
- Keebler® Shortbread Cookie (1½ carbs)
- Carrots and Celery Sticks ♥ (½ carb)
- Hummus Cup ♥ (½ carb)
- Chocolate Chip Cookie (1 carb)
- Sugar Cookie (1 carb)
- Angel Food Cake (1½ carbs)

## FRUIT
- Diced Pears ♥ (1 carb)
- Applesauce ♥ (1 carb)
- Fresh Apple ♥ (1 carb)
- Diced Peaches ♥ (1½ carbs)

## YOGURT
- Fruited Yogurt
  - Strawberry ♥ (1½ carbs)
  - Peach ♥ (1½ carbs)
- Light Yogurt
  - Vanilla ♥ (1 carb)
  - Strawberry Banana ♥ (1 carb)
- Whipped Yogurt
  - Strawberry ♥ (1½ carbs)
  - Orange Crème ♥ (1½ carbs)

## GELATIN
- Orange ♥ (1½ carbs)
- Strawberry ♥ (1½ carbs)
- Diet Orange ♥ (1 carb)
- Diet Strawberry ♥ (1½ carbs)

## PUDDING
- Vanilla ♥ (1½ carbs)
- Chocolate ♥ (1½ carbs)
- Tapioca ♥ (1½ carbs)
- Vanilla Custard ♥ (1½ carbs)
- Diet Vanilla ♥ (1 carb)
- Diet Chocolate ♥ (1 carb)

## 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)
  - Raspberry ♥ (2 carbs)
  - Lemon ♥ (1½ 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 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 (½ carb)

Milk
Skim ♥ (1 carb)
2% (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

Accompaniments
Sugar (2 packets = ½ carb)
Sweet’N Low® or Splenda®
Half and Half Creamer
Lemon
Honey (1 carb)

Other
Sweetened Iced Tea (1½ carbs)
Diet Decaf Iced Tea
Lemonade (2 carbs)
Diet Lemonade