A host or hostess will personally contact you each day for your menu selections. If your host or hostess is not available to answer food service-related questions or requests, please call the Diet Office at your hospital campus for assistance:

**Shenango Valley Campus:** 724-983-7172  
**Greenville Campus:** 724-589-6206

If you are not in your room when the host or hostess 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 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 your campus.

- **Shenango Valley Campus:** 724-983-7172  
- **Greenville Campus:** 724-589-6206

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.

**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

<table>
<thead>
<tr>
<th>Consistent Carbohydrate (Carb) Diets</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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<tr>
<td>Liberalized</td>
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<tr>
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<tr>
<td>High</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 (♥).
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 ♥ (1½ carbs)
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)
Cheerios® ♥ (1 carb)
Frosted Flakes® ♥ (1½ carbs)
Mini-Wheats® ♥ (2 carbs)
Raisin Bran® ♥ (2 carbs)

**YOGURT**
Fruited Yogurt
    Strawberry ♥ (1½ carbs)
    Peach ♥ (1½ carbs)
Light Yogurt
    Vanilla ♥ (1 carb)
    Strawberry ♥ (1 carb)
Greek Yogurt
    Vanilla ♥ (½ carb)
    Strawberry ♥ (1 carb)
Whipped Yogurt
    Strawberry ♥ (1½ carbs)
    Orange Crème ♥ (1½ carbs)

**HOT ENTREES**
Scrambled Eggs
Low-cholesterol Scrambled Eggs ♥
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)
Buttermilk 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)
White or Wheat Toast ♥ (1 carb)
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
Diced Peaches ♥ (1½ carbs)
Apple Pie (3 carbs)

DINNER
Soup of the Day
Stuffed Pepper Soup (½ carb)

Salad
Garden Salad ♥
  Dressing: Italian, Ranch, or French

Your Choice of Entrée
Lemon Chicken Breast ♥ (½ carb)
Baked Salmon ♥

Sides
Steamed Rice ♥ (1 carb)
Broccoli Florets ♥ (½ carb)
Dinner Roll ♥ (1 carb)

Desserts
Sugar Cookie (1 carb)
Fresh Fruit Cup ♥ (1 carb)
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)
Roasted Cauliflower and Quinoa Burger on a Wheat Bun ♥ (3 carbs)

Sides
Roasted Sweet Potatoes (1 carb)
Capri Blend Vegetables ♥ (½ carb)
Potato and Cheese Pierogies (1½ carbs)

Desserts
Chocolate Pudding ♥ (1½ carbs)
Tropical Fruit Cup ♥ (½ carbs)

DINNER
Soup of the Day
Potato Chowder (½ carb)

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)
Dinner Roll ♥ (1 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)
  *Dressing: Fat-free Raspberry Vinaigrette
  (add ½ carb), 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)
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.
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 ♥ (1½ carbs)
Prince Charles Vegetables ♥

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: Italian, Ranch, or French

Your Choice of Entrée
Beef Pot Roast ♥
Grilled Chicken Caesar Salad (1 carb)

Sides
Herb Roasted Red Skin Potatoes ♥ (1½ carbs)
Peas and Carrots ♥ (½ carb)

Desserts
Bread Pudding Bites ♥ (2 carbs)
Diced Peaches ♥ (1½ carbs)

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
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 (½ carb)

Salad
Greek Salad (1 carb)
   Dressing: Italian, Ranch, French, or Greek

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

SOUP
Chicken Noodle Soup (½ 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)
Noodles ♥ (1 carb)
Carrots ♥ (½ carb)
Green Beans ♥ (½ carb)
Garden Salad ♥
   Dressing: Italian, Ranch, or French
Steamed Rice ♥ (1 carb)
Asian Vegetable Blend ♥ (1 carb)

COLD ENTREES
Large Garden Salad ♥ (½ carb)
   Dressing: Lite Italian or Lite Ranch (add ½ carb)
Grilled Chicken 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)
Hard Cooked Egg

HOT SANDWICHES
Grilled Chicken on a Wheat Bun ♥ (1½ carbs)
Hamburger
Cheeseburger
Hot Dog (1½ carbs)
Grilled Ham and Cheese
Roasted Cauliflower and Quinoa Burger on a Wheat Bun ♥ (3 carbs)
Grilled Cheese
Accompaniments: Lettuce and Tomato, Pickles, Onion

Condiments and beverages are listed on page 8.
COLD SANDWICHES
Sandwiches are made on your choice of Whole Wheat (1½ carbs) or Italian Bread (2 carbs)
Turkey Sandwich ♥
Turkey and Provolone 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)
Roast Beef Sandwich ♥
Roast Beef and Swiss 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)
Plain Bagel ♥ (2 carbs)
Apple Pie (3 carbs)
Cherry Pie (3½ carbs)
Cinnamon Raisin Bagel ♥ (2½ carbs)
Saltine Crackers (3 packets = 1 carb)
Unsalted Soda Crackers ♥ (3 packets = 1 carb)

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)
Shortbread Cookies (1½ carbs)
SnackWell’s® Vanilla Cookies ♥ (1 carb)
Carrots and Celery Sticks ♥ (½ carb)

FRUIT
Applesauce ♥ (1 carb)
Diced Peaches ♥ (1½ carbs)
Mandarin Oranges ♥ (1 carb)

YOGURT
Fruited Yogurt
Strawberry ♥ (1½ carbs)
Light Yogurt
Vanilla ♥ (1 carb)
Greek Yogurt
Vanilla ♥ (½ carb)
Whipped Yogurt
Strawberry ♥ (1½ carbs)

GELATIN
Orange ♥ (1½ carbs)
Strawberry ♥ (1½ carbs)

PUDDING
Vanilla ♥ (1½ carbs)
Chocolate ♥ (1½ carbs)
Tapioca ♥ (1½ carbs)
Vanilla Custard ♥ (1½ carbs)

FROZEN DESSERTS
Ice Cream
Vanilla (1 carb)
Chocolate (1 carb)
Frozen Yogurt
Vanilla ♥ (1 carb)
Sherbet
Orange ♥ (1½ carbs)
Fruit Ice
Orange ♥ (1½ carbs)
Lemon ♥ (1½ carbs)
Banana ♥ (2 carbs)
Apple Slices ♥ (1 carb)
Red Grapes ♥ (1 carb)
Fresh Fruit Cup ♥ (1 carb)
Peach ♥ (1½ carbs)
Strawberry Banana ♥ (1 carb)
Strawberry ♥ (1 carb)
Orange Crème ♥ (1½ carbs)
Diet Orange ♥
Diet Strawberry ♥
Diet Vanilla ♥ (1 carb)
Diet Chocolate ♥ (1 carb)
Vanilla Custard ♥ (1½ 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)
Shortbread Cookies (1½ carbs)
SnackWell’s® Vanilla Cookies ♥ (1 carb)
Carrots and Celery Sticks ♥ (½ carb)

FRUIT
Applesauce ♥ (1 carb)
Diced Peaches ♥ (1½ carbs)
Mandarin Oranges ♥ (1 carb)

YOGURT
Fruited Yogurt
Strawberry ♥ (1½ carbs)
Light Yogurt
Vanilla ♥ (1 carb)
Greek Yogurt
Vanilla ♥ (½ carb)
Whipped Yogurt
Strawberry ♥ (1½ carbs)

GELATIN
Orange ♥ (1½ carbs)
Strawberry ♥ (1½ carbs)

PUDDING
Vanilla ♥ (1½ carbs)
Chocolate ♥ (1½ carbs)
Tapioca ♥ (1½ carbs)
Vanilla Custard ♥ (1½ carbs)

FROZEN DESSERTS
Ice Cream
Vanilla (1 carb)
Chocolate (1 carb)
Frozen Yogurt
Vanilla ♥ (1 carb)
Sherbet
Orange ♥ (1½ carbs)
Fruit Ice
Orange ♥ (1½ carbs)
Lemon ♥ (1½ carbs)
Banana ♥ (2 carbs)
Apple Slices ♥ (1 carb)
Red Grapes ♥ (1 carb)
Fresh Fruit Cup ♥ (1 carb)
Peach ♥ (1½ carbs)
Strawberry Banana ♥ (1 carb)
Strawberry ♥ (1 carb)
Orange Crème ♥ (1½ carbs)
Diet Orange ♥
Diet Strawberry ♥
Diet Vanilla ♥ (1 carb)
Diet Chocolate ♥ (1 carb)
Vanilla Custard ♥ (1½ carbs)

Condiments and beverages are listed on page 8.
## Condiments

<table>
<thead>
<tr>
<th>Salt</th>
<th>Assorted Jelly (½ carb)</th>
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<tbody>
<tr>
<td>Pepper</td>
<td>Assorted Diet Jelly</td>
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<tr>
<td>Mrs. Dash®</td>
<td>Lemon</td>
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<tr>
<td>Margarine or Butter</td>
<td>Ketchup</td>
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<td>Lite Cream Cheese</td>
<td>Mustard</td>
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<td>Peanut Butter (½ carb)</td>
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<td>Hot Sauce</td>
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<td>Barbecue Sauce (1 carb)</td>
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<td>Sour Cream</td>
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<td>Tartar Sauce</td>
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<td>Parmesan Cheese</td>
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## 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 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)