

# UPMC Montefiore In-Room Dining

## How To Place Your Order

**There are 3 steps to place your order:**

1. Dial **864-1800** between the hours of 6:30 a.m. and 8 p.m.
2. Identify yourself to the In-room Dining liaison who will verify your name, room number, and the diet ordered by your doctor.
3. Place your order.

Your meal will be prepared to your specifications and served to you within 45-60 minutes of your request.

If a family member would like to assist with meal selections from outside of the hospital, please dial **412-864-1800**. Identify yourself; verify the patient's name, room number, your relationship to the patient, and their doctor-prescribed diet, and then place the order.

Guest trays are available to be purchased by family and visitors for an additional fee by calling **864-1800**. Guest trays include a soup or salad, one entrée with one side dish, one dessert, and one beverage.

### Hand Hygiene

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

### Special Food Requests

Special menus 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 call center at **864-1800**.

### 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

Available 7 to 10:30 a.m.

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## JUICE

Orange ♥ (1 carb)

Cranberry ♥ (1 carb)

Prune ♥ (1 carb)

Apple ♥ (1 carb)

Grape ♥ (1 carb)

V8® (½ carb)

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## FRUIT

Banana ♥ (2 carbs)

Canned Fruit Cup ♥ (1 carb)

Stewed Prunes ♥ (1 carb)

Fresh Fruit Cup ♥ (1 carb)

Mandarin Oranges ♥ (1 carb)

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## HOT AND COLD CEREALS

Oatmeal ♥ (1 carb)

Cheerios® ♥ (1 carb)

Mini-Wheats® ♥ (2 carbs)

*with Brown Sugar (add 1 carb)*

Corn Flakes® ♥ (1 carb)

Raisin Bran® ♥ (2 carbs)

Creamy Wheat Farina ♥ (1 carb)

Rice Krispies® ♥ (1 carb)

Frosted Flakes® ♥ (1½ carbs)

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## YOGURT

Fruited Yogurt

Light Yogurt

Greek Yogurt

Yogurt Whips

Strawberry ♥  
(1½ carbs)

Vanilla ♥ (1 carb)

Vanilla ♥ (½ carb)

Strawberry ♥  
(1½ carbs)

Peach ♥ (1½ carbs)

Strawberry Banana ♥  
(1 carb)

Strawberry ♥ (1 carb)

Orange Crème ♥  
(1½ carbs)

# Breakfast (continued)

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## HOT ENTREES

Scrambled Eggs

Low-cholesterol  
Scrambled Eggs ♥

Breakfast Sandwich  
on an English Muffin (2 carbs)

*Egg and Cheese*

*Bacon, Egg, and Cheese*

Cinnamon French Toast ♥  
(1½ carbs)

Buttermilk Pancakes ♥  
(2½ carbs)

Create Your Own Omelet

Eggs - Whole, Egg Whites ♥,  
Low-cholesterol ♥

Cheese - Cheddar, Swiss,  
American

Vegetables ♥ - Peppers,  
Mushrooms, Spinach,  
Tomatoes, Onions

Meats - Bacon, Ham,  
Turkey Sausage

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## SIDES

Bacon Strips

Turkey Sausage Links

Breakfast Potatoes ♥ (1 carb)

Low-fat Cottage Cheese

Hard Cooked Egg

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## BAKERY

English Muffin ♥ (2 carbs)

Plain Bagel ♥ (2 carbs)

Whole Wheat Toast ♥ (1 carb)

White Toast ♥ (1 carb)

Blueberry Crumb Cake (2 carbs)

Apple Cinnamon Muffin  
(2 carbs)

Glazed Donut (2 carbs)

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## ACCOMPANIMENTS

Salt

Pepper

Mrs. Dash®

Margarine or Butter

Lite Cream Cheese

Assorted Jelly (½ carb)

Syrup (2 carbs)

Peanut Butter (½ carb)

Ketchup

Assorted Diet Jelly

Diet Syrup

Hot Sauce

# Lunch and Dinner Available 11 a.m. to 8 p.m.

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## SOUPS

Chicken Noodle ♥ (*½ carb*)

Cream of Tomato (*1½ carbs*)

Italian Wedding (*½ carb*)

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## HOT ENTREES

Roast Turkey Breast with Gravy ♥ (*½ carb*)

Baked Chicken Breast ♥

Stuffed Chicken Breast with Gravy (*1 carb*)

Chicken Tenders (*1½ carbs*)

Macaroni and Cheese Casserole (*1½ carbs*)

Roasted Vegetable Lasagna ♥ (*1½ carbs*)

Asian Vegetable Blend ♥ (*1 carb*)  
(*Green Soy Beans, Pea Pods, Baby Corn, Red Pepper, Water Chestnuts*)

Baked Salmon ♥

Potato-crust Cod ♥ (*½ carb*)

Crumb-topped Tilapia ♥ (*½ carb*)

Salisbury Steak with Gravy ♥ (*½ carb*)

Beef Pot Roast ♥

Swiss Steak (*1 carb*)

Penne Pasta with Marinara Sauce ♥ (*3 carbs*)

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## STARCHES

Mashed Potatoes ♥ (*1 carb*)

Potato Wedges (*1½ carbs*)

Herb Roasted Red Skin Potatoes ♥ (*1½ carbs*)

Roasted Sweet Potatoes (*1 carb*)

Bread Stuffing (*1½ carbs*)

Rice Pilaf ♥ (*1 carb*)

Seashell Noodles ♥ (*1 carb*)

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## VEGETABLES

Cut Green Beans ♥ (*½ carb*)

Whole Baby Carrots ♥ (*½ carb*)

Broccoli Florets ♥ (*½ carb*)

Whole Kernel Corn ♥ (*1 carb*)

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## SIDE SALADS

Garden Salad ♥

*Dressing: Italian, Ranch, or French*

Mandarin and Beet Salad ♥ (*½ carb*)

*Dressing: Fat-free Raspberry Vinaigrette (add ½ carb)*

Greek Salad

*Dressing: Italian, Ranch, or French*

Coleslaw (*½ carb*)

Cottage Cheese and Peaches ♥ (*1½ carbs*)

Hard Cooked Egg

# Lunch and Dinner (continued)

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## HOT SANDWICHES

Hot Roast Turkey Sandwich  
with Gravy ♥ (1 carb)

Hot Roast Beef Sandwich  
with Gravy ♥ (1 carb)

Grilled Chicken Sandwich  
on a Wheat Bun ♥ (1½ carbs)

Grilled Cheese (2 carbs)

Hamburger (2 carbs)

Cheeseburger (2 carbs)

Hot Dog (1½ carbs)

Roasted Cauliflower and Quinoa Burger  
on a Wheat Bun ♥ (3 carbs)

Three Cheese Flatbread Pizza (3½ carbs)

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## COLD SANDWICHES

Create Your Own Sandwich

Bread – Italian ♥ (2 carbs), Whole Wheat ♥  
(1½ carbs), Wheat Wrap ♥ (2 carbs)

Bun – White ♥ (2 carbs) or  
Wheat ♥ (1½ carbs)

Cheese – Cheddar, Swiss, American

Meat – Turkey ♥, Ham, Roast Beef ♥, Chicken  
Salad, Tuna Salad, Egg Salad

Toppings – Lettuce, Tomato, Onions,  
Dill Pickles

Condiments – Lite Mayo, Mustard, Ketchup

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)

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## ENTREE SALADS

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)

Trio Salad Platter (1 carb)  
(Chicken, Tuna, and Egg Salads with Crackers)

Grilled Chicken Caesar Salad (1 carb)

Grilled Chicken Salad ♥ (½ carb)  
Dressing: Lite Italian or Lite Ranch (add ½ carb)

Fresh Fruit and Cottage Cheese Plate ♥  
(2½ carbs)

# Lunch and Dinner (continued)

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## BAKERY

Dinner Roll ♥ (1 carb)

Whole Wheat Bread ♥ (1 carb)

White Bread ♥ (1 carb)

Soft Pretzel ♥ (2½ carbs)

Plain Bagel ♥ (2 carbs)

Saltine Crackers (3 packets = 1 carb)

Unsalted Soda Crackers ♥ (3 packets = 1 carb)

Apple Cinnamon Muffin (2 carbs)

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## 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

Barbecue Sauce  
(½ carb)

Sour Cream

Tartar Sauce

Parmesan Cheese

Hot Sauce

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## SNACKS

Carrot and Celery Sticks ♥ (½ carb)

Hummus ♥ (½ carb)

Pretzels (1 carb)

White Cheddar Popcorn (½ carb)

Baked Potato Chips (1½ carbs)

# Desserts

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## FRUIT

Applesauce ♥ (1 carb)

Pear Slices ♥ (1 carb)

Banana ♥ (2 carbs)

Red Grapes ♥ (1 carb)

Peach Slices ♥ (1 carb)

Mandarin Oranges ♥  
(1 carb)

Apple Wedges ♥ (1 carb) Fresh Fruit Cup ♥ (1 carb)

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## COOKIES

Sugar Cookie (1 carb)

SnackWell's® Vanilla Cookies ♥ (1 carb)

Chocolate Chip Cookie (1 carb)

Shortbread Cookies (1½ carbs)

Fudge Brownie (2½ carbs)

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## CAKE AND PIE

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

Apple Pie (3 carbs)

Cherry Pie (3½ carbs)

Chocolate Layer Cake (2½ carbs)

Cheesecake (1½ carbs)  
with Strawberry Sauce (2½ carbs)

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## 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)

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## PUDDING

Vanilla ♥ (1½ carbs)

Vanilla Custard ♥ (1½ carbs)

Diet Vanilla ♥ (1 carb)

Chocolate ♥ (1½ carbs)

Diet Chocolate ♥ (1 carb)

Tapioca ♥ (1½ carbs)

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## GELATIN

Orange ♥ (1½ carbs)

Diet Orange ♥

Strawberry ♥ (1½ carbs)

Diet Strawberry ♥

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## 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)

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# Beverages

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## COFFEE

Regular

Decaf ♥

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## TEA

Regular

Decaf

*Black*

*Black* ♥

*Green*

*Chamomile* ♥

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## ACCOMPANIMENTS

Sugar (2 packets = ½ carb)

Lemon

Sweet'N Low® or Splenda®

Honey (1 carb)

Half and Half Creamer

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## HOT COCOA

Regular (1 carb)

Diet (½ carb)

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## MILK

Skim ♥ (1 carb)

Fat-free Lactaid® ♥  
(1 carb)

Fat-free Chocolate  
(1½ carbs)

Vanilla Soy ♥ (1 carb)

2% (1 carb)

Whole (1 carb)

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## SODA

Pepsi® (2 carbs)

Diet Pepsi®

Ginger Ale (1½ carbs)

Diet Ginger Ale

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## OTHER

Sweetened Iced Tea  
(1½ carbs)

Diet Decaf Iced Tea

Lemonade (2 carbs)

Diet Lemonade

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