UPMC Passavant
UPMC Passavant-Cranberry In-Room Dining

Meal Service Times

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th></th>
<th>Lunch</th>
<th></th>
<th>Dinner</th>
<th></th>
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</thead>
<tbody>
<tr>
<td></td>
<td>7:30 a.m.</td>
<td>to 8:30 a.m.</td>
<td>Noon</td>
<td>to 1 p.m.</td>
<td>5 p.m.</td>
<td>to 6 p.m.</td>
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How To Place Your Order

A meal service Host will visit your room to take your meal orders. Some foods may be restricted due to your diet prescription from your doctor.

Hand Hygiene

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

Special Food Requests

Special menus are available for Kosher, Gluten-Free, Renal, 2 Gram Sodium, and GI 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 724-772-5336 and press option 2.

Guest trays are available for an additional fee.

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

Carbohydrate Count Per Meal

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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</thead>
<tbody>
<tr>
<td>Low</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Moderate</td>
<td>4</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>High</td>
<td>5</td>
<td>5</td>
<td>5</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.
Breakfast

**Juice ❤ (1 carb)**
- Orange
- Apple
- Cranberry
- Grape
- Prune

**Fruit ❤**
- Banana (2 carbs)
- Fresh Fruit Cup
- Canned Fruit Cup
- Mandarin Oranges

**Hot and Cold Cereals ❤**
- Oatmeal (1 carb)
  - with Brown Sugar (2 carbs)
- Creamy Wheat Farina (1 carb)
- Kashi® Honey Toasted Oats (1.5 carbs)
- Country Corn Flakes (1 carb)
- Rice Crunchins (1.5 carbs)
- Kellogg’s® Mini Wheats (2 carbs)
- Total® Raisin Bran (2 carbs)
- Frosted Corn Flakes (2 carbs)

**Yogurt ❤**
- Fruited Yogurt (1.5 carbs)
  - Strawberry
  - Strawberry Banana
  - Peach
  - Raspberry
- Light Yogurt (1 carb)
  - Vanilla
  - Blueberry
- Greek Yogurt (1 carb)
  - Honey Vanilla
  - Strawberry

**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 (1.5 carbs)
- Belgian Waffle (2 carbs)
- Buttermilk Pancakes (2 carbs)
- Cheese Omelet (2 carbs)

**Sides**
- Bacon
- Turkey Sausage
- Low-Fat Cottage Cheese
- Hard Cooked Egg

**Bakery**
- English Muffin ❤ (2 carbs)
- Plain Bagel ❤ (2 carbs)
- Cinnamon Raisin Bagel ❤ (2.5 carbs)
- Low-Fat Blueberry Muffin ❤ (2 carbs)
- Whole Wheat Toast ❤ (1 carb)
- White Toast ❤ (1 carb)
- Low-Fat Banana Muffin ❤ (2 carbs)
- Low-Fat Coffee Cake (2 carbs)
- Glazed Donut (2.5 carbs)

**Accompaniments**
- Margarine or Butter
- Lite Cream Cheese
- Peanut Butter
- Assorted Jelly (.5 carbs)
- Syrup (1 carb)
- Ketchup
- Assorted Diet Jelly
- Diet Syrup
- Honey (1 carb)
- Hot Sauce

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**Food and Nutrition Crossword Puzzle**

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**Across:**

4. Type of fat in processed food you should avoid.
7. Almost 10% of the U.S. population has this disease associated with obesity.
10. Beans, berries, and Brussels sprouts are good sources of
11. This sandwich became popular after WWII when fresh lettuce and tomatoes became available year round.
13. Leafy green vegetable with high iron content.
14. Healthy oil used in Mediterranean cooking.
15. Credible nutrition education is available from your
19. The major source of this vitamin for most humans is sun exposure, yet deficiency is widespread.
22. Healthier alternative to sugar-sweetened beverages.
23. Sugar in milk that many people have difficulty digesting.

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**Down:**

1. Famous candy bar that originated in Pittsburgh.
2. The 1% of Americans who have Celiac Disease need to avoid this protein.
3. The oldest of all man-made foods.
4. The most popular seafood consumed in the U.S.
5. A recommended diet that includes a variety of foods.
6. Reducing the amount of this mineral in your diet can help you keep your blood pressure at a healthy level.
7. A high consumption of sugar is directly linked to ________ decay.
8. After water, it is the most widely consumed beverage in the world.
9. Flaxseed is a good source of this heart-healthy ________-3 fatty acids.
10. The protein found in this food is the highest quality of protein found in any food.
Condiments
Salt
Pepper
Mrs. Dash®
Margarine or Butter
Lite Cream Cheese
Peanut Butter
Assorted Jelly (.75 carbs)
Assorted Diet Jelly (.5 carbs)
Lemon
Ketchup (.25 carbs)
Mustard
Lite Mayonnaise
Hot Sauce
Barbecue Sauce (.5 carbs)
Sour Cream
Tartar Sauce
Parmesan Cheese
Honey (1 carb)

Beverages
Coffee
Regular
Decaffeinated ❤
Tea
Regular
Decaffeinated ❤
Herbal
Accompaniments
Sugar (2 packets = .5 carbs)
Sweetner
Half and Half Creamer
Lemon
Honey (1 carb)
Milk (1 carb)
Skim ❤
2%
Whole
Lactaid®
Fat-Free Chocolate (1.5 carbs)
Vanilla Soy ❤
Soda
Pepsi® (2.75 carbs)
Diet Pepsi®
Ginger Ale (1.5 carbs)
Diet Ginger Ale
Other
Sweet Iced Tea (1.5 carbs)
Decaf Iced Tea
Lemonade (2 carbs)
Diet Lemonade
Juice ❤ (1 carb)
Orange
Apple
Cranberry
Grape
Prune

Sunday
Lunch
Coleslaw (.5 carbs)
Roast Turkey Breast with Gravy ❤
Build Your Own Deli Sandwich (2 carbs)
Bread Stuffing (1 carb)
Mashed Potatoes ❤ (1 carb)
Green Beans (.5 carbs)
Dinner Roll with Margarine ❤ (1 carb)
Peaches (1 carb)

Dinner
Garden Salad with Italian Dressing
Beef Pot Roast
Penne with Marinara Sauce (5 carbs)
Steamed Rice ❤ (1 carb)
Broccoli Florets
Sugar Cookie (1 carb)
Dinner Roll with Margarine ❤ (1 carb)

Monday
Lunch
Cream of Potato Soup (1.5 carbs)
Chicken Salad Sandwich on Wheat Bread (2 carbs)
Three Cheese Flatbread (3.5 carbs)
Applesauce (1 carb)
Chocolate Pudding (2 carbs)

Dinner
Garden Salad with Italian Dressing
Salisbury Steak with Gravy (.5 carbs)
Macaroni and Cheese (1.5 carbs)
Rosemary Red Skin Potatoes (1 carb)
Sliced Carrots (.5 carbs)
Orange Sherbet ❤ (1.5 carbs)
Dinner Roll with Margarine ❤ (1 carb)

Tuesday
Lunch
Chicken Noodle Soup
Hot Roast Beef Sandwich with Gravy ❤ (1 carb)
Trio Salad Platter with Crackers (1 carb)
Mashed Potatoes ❤ (1 carb)
Whole Kernel Corn (1 carb)
Pineapple Bits (.75 carbs)

Dinner
Cottage Cheese with Peaches ❤ (1 carb)
Stuffed Chicken Breast with Gravy (2 carbs)
Vegetable Lasagna (2 carbs)
Steamed Rice ❤ (1 carb)
Green Beans (.5 carbs)
Vanilla Ice Cream (1 carb)

Wednesday
Lunch
Cream of Tomato Soup (1.5 carbs)
Grilled Cheese (2 carbs)
Baked Chicken Breast ❤
Coleslaw (1 carb)
Applesauce ❤ (1 carb)
SnackWell’s® Vanilla Cookies ❤ (1 carb)

Dinner
Roasted Pork Loin with Gravy ❤ (1 carb)
Crumb Top Tilapia (.5 carbs)
Roasted Sweet Potatoes (1 carb)
Broccoli Florets
Mandarin Oranges (1 carb)
Vanilla Pudding (1.5 carbs)
Dinner Roll with Margarine ❤ (1 carb)

Please see page 5 for items you may order for lunch and dinner any day of the week.
Condiments and beverages are listed on page 6.
Thursday
Lunch
Chicken Noodle Soup
Potato Salad (1.5 carbs)
Roasted Turkey Breast with Gravy ❤
Hamburger on Wheat Bun (2 carbs)
Oatmeal Raisin Cookie (1 carb)
Fresh Fruit Cup (1 carb)
Dinner
Garden Salad with Italian Dressing
Beef Pot Roast
Garden Burger on Wheat Bun (2 carbs)
Rosemary Red Skin Potatoes (1 carb)
Whole Kernel Corn (1 carb)
Custard

Saturday
Lunch
Mandarin Oranges (1 carb)
Baked Chicken Breast ❤
Fruit and Cottage Cheese Platter ❤ (2 carbs)
Potato Wedges (1.5 carbs)
Whole Kernel Corn (1 carb)
Cheese and Crackers (1 carb)
Hummus and Pretzels (2 carbs)
Chocolate Chip Cookie (1.5 carbs)
Dinner
Garden Salad with Italian Dressing
Salisbury Steak with Gravy (.5 carbs)
Baked Salmon ❤
Noodles ❤
Sliced Carrots (.5 carbs)
Raspberry Sherbet ❤ (1.5 carbs)

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

Soup
Soup Du Jour (1 to 2 carbs)
Entrees
Grilled Cheese (2 carbs)
Chef Salad (1 carb)
Fruit and Cottage Cheese ❤ (2 carbs)
Three Cheese Flatbread (3.5 carbs)
Sides
Tossed Salad
Dressing: Italian, Ranch, French
Cottage Cheese
Pretzels (1 carb)
Cheese and Crackers (1 carb)
Hummus and Pretzels (2 carbs)
Regular or Baked Lays® (1 carb)
Cookie (1.5 carbs)
Cold Sandwiches
Create Your Own Sandwich or Wrap
Bread
Italian, Wheat (1 carb each)
Wheat Wrap (3.5 carbs)
Meat
Turkey, Ham, or Roast Beef
Cheese
Swiss, American, or Cheddar

Other Options
Tuna Salad, Egg Salad, Chicken Salad, or Peanut Butter
Fruit
Applesauce (1 carb)
Yogurt ❤
Assorted Fruited Yogurt (1-1.5 carbs)
Gelatin
Assorted Regular and Diet Gelatin (1 carb)
Pudding
Regular or Diet Chocolate or Vanilla Pudding (1-2 carbs)
Frozen Desserts (Assorted Flavors)
Ice Cream (1 carb)
Sherbet ❤ (1.5 carbs)
Fruit Ice ❤ (1 carb)

Friday
Lunch
Macaroni and Cheese (1.5 carbs)
Beef Lasagna (1.5 carbs)
Stewed Tomatoes
Chocolate Ice Cream (1 carb)
Pears (1 carb)
Dinner Roll with Margarine ❤ (1 carb)
Dinner
Applesauce (1 carb)
Hot Roast Turkey Sandwich with Gravy ❤
(1 carb)
Potato Crusted Cod (1 carb)
Mashed Potatoes ❤ (1 carb)
Sliced Carrots (.5 carbs)
Shortbread Cookie (1.5 carbs)

Please see page 5 for items you may order for lunch and dinner any day of the week.
Condiments and beverages are listed on page 6.