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
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 Diet Office at 412-647-8001 and press option 1.

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.

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
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 Diet Office at 412-647-8001 and press option 1.

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.

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
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 Diet Office at 412-647-8001 and press option 1.

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.

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
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 Diet Office at 412-647-8001 and press option 1.

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.
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 ♥ (1 carb)
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 Banana ♥ (1 carb)
Greek Yogurt
Vanilla ♥ (½ carb)
Strawberry ♥ (1 carb)
Yogurt Whips
Strawberry ♥ (1½ carbs)
Orange Crème ♥ (1½ carbs)

HOT ENTREES
Scrambled Eggs
Low-cholesterol
Scrambled Eggs ♥
Roasted Vegetable
Egg White Omelet ♥
(½ carb)
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)

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

BAKERIES
English Muffin ♥ (2 carbs)
Plain Bagel ♥ (2 carbs)
Blueberry Crumb Cake
(2 carbs)
Apple Cinnamon Muffin
(2 carbs)
Glazed Donut (2 carbs)

ACCOMPANIMENTS
Salt
Pepper
Mrs. Dash®
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)
Whole 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: Italian, Ranch, or French

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

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

DINNER
Soup of the Day
Potato Chowder (1½ carbs)

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)

Desserts
Orange Sherbet ♥ (1½ carbs)
Pear Slices ♥ (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.
Tuesday

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

Salad
Mandarin and Beet Salad ♥ (½ carb)
Dressing: Fat-free Raspberry Vinaigrette (½ carb)

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)
Whole Green Beans ♥ (½ carb)

Desserts
Vanilla Ice Cream (1 carb)
Fresh Fruit Cup ♥ (1 carb)

Wednesday

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

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

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 (1 carb)
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 Sauce ♥ (1½ carbs)
Prince Charles Blend 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)
Grilled Chicken Salad ♥ (½ carb)
   Dressing: Lite Italian or Lite Ranch (add ½ carb)
Sides
Herb Roasted Red Skin 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
Hot Roast Turkey Sandwich with Gravy ♥ (1 carb)
Fresh Fruit and Cottage Cheese 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 on a Wheat Bun ♥ (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 (1 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**

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

**SOUP**
Chicken Noodle Soup ♥ (½ carb)

**Cereals**
Instant Oatmeal ♥ (1 carb)
Instant Cream of Wheat ♥ (1 carb)

**HOT ENTREES**
Baked Chicken Breast ♥
Baked Tilapia ♥
Macaroni and Cheese Casserole (1½ carbs)
Cheese Pizza (3 carbs)
Asian Vegetable Blend ♥ (1 carb)
  *(Green Soy Beans, Pea Pods, Baby Corn, Red Pepper, Water Chestnuts)*

**SIDES**
Baked Potato ♥ (2 carbs)
Mashed Potatoes ♥ (1 carb)
Carrots ♥ (½ carb)
Green Beans ♥ (½ carb)
Garden Salad ♥
  *Dressing: Italian, Ranch, or French*

**COLD ENTREES**
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 (2 carbs)
Cheeseburger (2 carbs)
Hot Dog (1½ carbs)
Garden Burger on a Wheat Bun (2½ carbs)
Grilled Cheese (2 carbs)

  *Accompaniments: Lettuce and Tomato, Pickles, Onion*

---

6

Condiments and beverages are listed on page 8.
COLD SANDWICHES
Sandwiches are made on your choice of whole wheat (1 1/2 carbs) or Italian bread (2 carbs).

Turkey Sandwich ♥
Turkey and Provolone Sandwich
Roast Beef Sandwich ♥
Roast Beef and Swiss 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)
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)
Soft Pretzel ♥ (2 1/2 carbs)
Plain Bagel ♥ (2 carbs)
Saltine Crackers (3 packets = 1 carb)
Unsalted Soda Crackers ♥ (3 packets = 1 carb)
Apple Cinnamon Muffin (2 carbs)

SNACKS
Carrot and Celery Sticks ♥ (1/2 carb)
Hummus ♥ (1/2 carb)
Pretzels (1 carb)
White Cheddar Popcorn (1 1/2 carb)
Baked Potato Chips (1 1/2 carbs)
SnackWell’s Vanilla Cookies ♥ (1 carb)
Shortbread Cookies (1 1/2 carbs)

FRUIT
Applesauce ♥ (1 carb)
Peach Slices ♥ (1 carb)
Mandarin Oranges ♥ (1 carb)
Banana ♥ (2 carbs)
Apple Wedges ♥ (1 carb)
Red Grapes ♥ (1 carb)
Fresh Fruit Cup ♥ (1 carb)

YOGURT
Fruited Yogurt
Strawberry ♥ (1 1/2 carbs)
Peach ♥ (1 1/2 carbs)
Light Yogurt
Vanilla ♥ (1 carb)
Strawberry Banana ♥ (1 carb)
Greek Yogurt
Vanilla ♥ (1/2 carb)
Strawberry ♥ (1 carb)
Yogurt Whips
Strawberry ♥ (1 1/2 carbs)
Orange Crème ♥ (1 1/2 carbs)

GELATIN
Orange ♥ (1 1/2 carbs)
Strawberry ♥ (1 1/2 carbs)
Diet Orange ♥
Diet Strawberry ♥

PUDDING
Vanilla ♥ (1 1/2 carbs)
Chocolate ♥ (1 1/2 carbs)
Tapioca ♥ (1 1/2 carbs)
Diet Vanilla ♥ (1 carb)
Diet Chocolate ♥ (1 carb)
Vanilla Custard ♥ (1 1/2 carbs)

FROZEN DESSERTS
Ice Cream
Vanilla (1 carb)
Chocolate (1 carb)
Strawberry (1 carb)
Frozen Yogurt
Vanilla ♥ (1 carb)
Sherbet
Orange ♥ (1 1/2 carbs)
Raspberry ♥ (2 carbs)
Fruit Ice
Orange ♥ (1 1/2 carbs)
Lemon ♥ (1 1/2 carbs)
Raspberry ♥ (2 carbs)

Also Available (continued)
Condiments and beverages are listed on page 8.
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
Hot Sauce
Barbecue Sauce (1 carb)
Sour Cream
Tartar Sauce
Parmesan Cheese

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

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

OTHER
Sweet Iced Tea (1½ carbs)
Diet Decaf Iced Tea
Lemonade (2 carb)
Diet Lemonade