UPMC St. Margaret

Meal Service Times

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<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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<td>7:30 to 9 a.m.</td>
<td>11:30 a.m. to 1 p.m.</td>
<td>4:30 to 6 p.m.</td>
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How To Place Your Order

1. A meal service host will personally contact you each day for your meal selections. If your host is not available to answer food service-related questions or requests, please call 784-4135 for assistance.

2. If you are not in your room when the host 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 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 784-4135.

Gourmet and 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

<table>
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<tr>
<th>Consistent Carbohydrate (Carb) Diets</th>
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<tr>
<td></td>
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<tr>
<td>Liberalized</td>
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<tr>
<td>Low</td>
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<tr>
<td>Standard</td>
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<td>High</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 (♥).

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.
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)
- Frosted Flakes® ♥ (1½ carbs)
- Mini-Wheats® ♥ (2 carbs)
- Raisin Bran® ♥ (2 carbs)
- Cheerios® ♥ (1 carb)

**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)
- 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)
- 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
  Peach Slices ♥ (1 carb)
  Apple Pie (3 carbs)
  Light Coconut Pudding ♥ (½ carb)

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

Salad
Garden Salad ♥
  Dressing: Italian, Ranch, or 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)
  Apple Pie (3 carbs)
  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)
  Potato and Cheese Pierogies (4 carbs)

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

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

DINNER
Soup of the Day
Potato Chowder (½ carb)

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

Your Choice of Entrée
  Meatloaf with Gravy (½ carb)
  Ranch Turkey Wrap (1½ carbs)

Sides
  Parsleyed 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: 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)
Cut Green Beans ♥ (½ carb)

Desserts
Vanilla Ice Cream (1 carb)
Fresh Fruit Cup ♥ (1 carb)
Chocolate Layer Cake (2½ carbs)

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)
   Light Banana Cream Cup ♥ (½ carb)
   Light Banana Pudding ♥ (½ carb)
   Cherry Pie (3½ carbs)

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)
   Light Banana Cream Cup ♥ (½ carb)
   Light Banana Pudding ♥ (½ carb)
   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 (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 Sauce ♥ (1½ carbs)  
- Prince Charles Blend Vegetables ♥

**Desserts**  
- Chocolate Ice Cream (1 carb)  
- Fresh Fruit Cup ♥ (1 carb)  
- Bread Pudding Bites ♥ (2 carbs)

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**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)

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### 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)  
- Strawberry Layer Cake (2 carbs)

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**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)  
- Fudge Brownie (2½ carbs)

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*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
Dressing: Italian, Ranch, or French

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

SOUP
Chicken Noodle Soup (½ carb)
Cream of Tomato Soup (1½ carbs)

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)

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

Condiments and beverages are listed on page 8.
COLD ENTREES
Grilled Chicken Salad or Large Garden 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)
Hummus with Pretzel Crackers (2 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)
Grilled Ham and Cheese (2 carbs)

   Accompaniments: 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
   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 ♥ (2½ carbs)
Plain Bagel ♥ (2 carbs)
Cinnamon Raisin Bagel ♥ (2½ carbs)
Saltine Crackers (3 packets = 1 carb)
Unsalted Soda Crackers ♥
   (3 packets = 1 carb)
Low-fat Banana Nut Muffin ♥ (2½ carbs)
Apple Cinnamon Muffin (2 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)
SnackWell’s Vanilla Cookies ♥ (1 carb)
Shortbread Cookies (1½ carbs)
Nabisco® Fig Newtons ♥ (2½ carbs)
Angel Food Cake ♥ (1½ carbs)
Chocolate Chip Cookie (1 carb)
Oatmeal Raisin Cookie (1 carb)
Sugar Cookie (1 carb)
Carrot and Celery Sticks ♥ (½ carb)
Hummus Cup ♥ (½ carb)

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)
Fresh Orange ♥ (1 carb)
Fresh Pear ♥ (1 carb)

Condiments and beverages are listed on page 8.
Also Available (continued)

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

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

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

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)
- Lemon ♥ (1½ carbs)
- Raspberry ♥ (2 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 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
OTHER
Sweetened Iced Tea (1½ carbs)
Diet Iced Tea
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)