

UPMC Hamot In-Room Dining

How To Place Your Order

There are 3 steps to place your order:

1. Dial **3636** between the hours of 6:30 a.m. and 7 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 minutes of your request.

If a family member would like to assist with meal selections from outside of the hospital, please dial **814-877-3636**. 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 \$8* from the Employee Dining Room, Main Lobby Café, or Kern's Café in Magee-Womens, UPMC Hamot. Guest trays include soup or a salad, 1 entrée with 1 side dish, 1 dessert, and 1 beverage. After you get your ticket, you can call **3636** to order your meal.

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

If you have a food allergy/intolerance or other special dietary needs, please contact the call center at **3636**.

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.

**Price is subject to change at any time.*

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. Carbohydrate counts are subject to change.

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 total fat, saturated fat, and sodium. It is recommended that you choose items designated with a heart symbol (♥).

Breakfast

Available 7 to 10:30 a.m.

JUICE

Orange ♥ (1 carb)

Apple ♥ (1 carb)

Cranberry ♥ (1 carb)

Grape ♥ (1 carb)

Prune ♥ (1½ carbs)

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)

Applesauce ♥ (1 carb)

Fresh Orange ♥ (1 carb)

Peaches ♥ (1 carb)

Pears ♥ (1 carb)

HOT AND COLD CEREALS

Oatmeal ♥ (1 carb)
with Brown Sugar (add 1 carb)

Creamy Wheat Farina ♥ (1 carb)
with Brown Sugar (add 1 carb)

Cheerios® ♥ (1 carb)

Corn Flakes® ♥ (1 carb)

Rice Krispies® ♥ (1 carb)

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)

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, Low-cholesterol ♥
Cheese - Cheddar, Swiss, American
Vegetables ♥ - Peppers, Mushrooms, Spinach, Tomatoes, Onions
Meats - Bacon, Ham, Turkey Sausage

SIDES

Turkey Sausage Links
Breakfast Potatoes ♥ (1 carb)

Low-fat Cottage Cheese
Small ♥ or Large

Hard Cooked Egg
Bacon Strips

Breakfast (continued)

BAKERY

English Muffin ♥ (2 carbs)

Plain Bagel ♥ (2 carbs)

Cinnamon Raisin Bagel ♥
(2½ carbs)

Whole Wheat Toast ♥ (1 carb)

White Toast ♥ (1 carb)

Italian Toast ♥ (1 carb)

Low-fat Banana Nut Muffin ♥
(2½ carbs)

Apple Cinnamon Muffin ♥
(2 carbs)

Blueberry Crumb Cake ♥
(2 carbs)

ACCOMPANIMENTS

Margarine ♥ or Butter

Lite Cream Cheese ♥

Peanut Butter (½ carb)

Assorted Jelly ♥ (½ carb)

Syrup ♥ (2 carbs)

Ketchup

Assorted Diet Jelly ♥

Diet Syrup ♥

Hot Sauce

Lunch and Dinner Available 11 a.m. to 7 p.m.

HOT ENTREES

Roast Turkey Breast with Gravy ♥ (½ carb)

Baked Chicken Breast ♥

Stuffed Chicken Breast with Gravy (2 carbs)

Chicken Tenders (1½ carbs)
Sauces: BBQ or Honey Mustard (add 1 carb)

Macaroni and Cheese Casserole (1½ carbs)

Penne Pasta with Marinara Sauce ♥ (3 carbs)

Baked Salmon ♥

Potato-crust Cod ♥ (½ carb)

Crumb-topped Tilapia ♥ (½ carb)

Salisbury Steak with Gravy ♥ (½ carb)

Beef Pot Roast ♥

Baked Tilapia ♥

STARCHES

Mashed Potatoes ♥ (1 carb)
with Gravy (add ½ carb)

Potato Wedges (½ carbs)

Herb Roasted Red Skin Potatoes ♥ (1½ carbs)

Roasted Sweet Potatoes ♥ (1 carb)

Bread Stuffing (1½ carbs)

Steamed Rice ♥ (1 carb)

Penne Pasta ♥ (1 carb)
with Marinara Sauce (add ½ carb)

VEGETABLES

Green Beans ♥ (½ carb)

Sliced Carrots ♥ (½ carb)

Broccoli Florets ♥ (½ carb)

Key West Mixed Vegetables ♥ (½ carb)

Lunch and Dinner (continued)

SOUPS

Chicken Noodle ♥ (½ carb)

Cream of Tomato (1½ carbs)

Cream of Mushroom (1 carb)

ENTREE SALADS

Dressings: Lite Italian, Lite Ranch (add ½ carb), Lite French (add 1 carb), Oil and Vinegar ♥

Traditional Chef Salad (½ carb)

Turkey Chef Salad ♥ (½ carb)

Trio Salad Platter (1½ carbs)

(Chicken, Tuna, and Egg Salads with Crackers)

Large Garden Salad ♥ (½ carb)

Spinach Salad ♥

Grilled Chicken Salad ♥ (½ carb)

Cottage Cheese and Fresh (or Canned)

Fruit Plate ♥ (2½ carbs)

Hummus ♥ (½ carb)

HOT SANDWICH ENTREES

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 on Italian, Wheat, or White
Bread (2 carbs)

Hamburger on a White or Wheat Bun ♥ (2 carbs)

Cheeseburger on a White or Wheat Bun (2 carbs)

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

Three-cheese Flatbread Pizza (3½ carbs)

COLD SANDWICH ENTREES

Create Your Own Sandwich

*Bread - Italian ♥ (2 carbs), Whole Wheat ♥
(1½ carbs), Wheat Wrap ♥ (1½ carbs),
White (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, Relish*

Peanut Butter and Jelly Sandwich (3 carbs)

Scoop of Chicken Salad ♥ with Crackers (1 carb)
or Low-sodium Crackers ♥

Scoop of Tuna Salad ♥ with Crackers (1 carb)
or Low-sodium Crackers ♥

Scoop of Egg Salad with Crackers (1 carb)
or Low-sodium Crackers ♥

Lunch and Dinner (continued)

SIDE SALADS

Garden Salad ♥ or Spinach Salad ♥

*Dressing: Lite Italian, Lite Ranch (add ½ carb),
Fat-free French (add 1 carb), or Oil and Vinegar*

Light Coleslaw ♥ (½ carb)

Cottage Cheese
Small ♥ or Large

Carrot and Celery Sticks ♥ (½ carb)

Potato Salad (1½ carbs)

Cottage Cheese and Peaches ♥ (1½ carbs)

Hard Cooked Egg

BAKERY

Dinner Roll ♥ (1 carb)

Whole Wheat Bread ♥ (1 carb)

White Bread ♥ (1 carb)

Saltine Crackers (3 packets = 1 carb)

Unsalted Crackers ♥ (3 packets = 1 carb)

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 Mayo ♥

Barbecue Sauce (1 carb)

Tartar Sauce

Parmesan Cheese

Hot Sauce

Relish

Honey Mustard (1 carb)

SNACKS

White Cheddar Popcorn (½ carb)

Baked Potato Chips ♥ (1½ carbs)

Pretzels (1 carb)

Peanut Butter and Saltine Crackers (1 carb)

Cheese and Crackers (1 carb)

Graham Crackers ♥ (1 carb)

Desserts

FRUIT

Applesauce ♥ (1 carb)

Peach Slices ♥ (1 carb)

Pear Slices ♥ (1 carb)

Mandarin Oranges ♥ (1 carb)

Banana ♥ (2 carbs)

Fresh Apple ♥ (1 carb)

Red Grapes ♥ (1 carb)

Fresh or Canned Fruit Cup ♥
(1 carb)

Stewed Prunes ♥ (1 carb)

Fresh Orange ♥ (1 carb)

COOKIES

Sugar Cookie (1 carb)

Chocolate Chip Cookie (1 carb)

Oatmeal Raisin Cookie (1 carb)

SnackWell's® Vanilla Cookies ♥ (1 carb)

Shortbread Cookies (1½ carbs)

Nabisco® Fig Newtons ♥ (2½ carbs)

CAKE AND PIE

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

Fudge Brownie (2½ carbs)

Bread Pudding Bites ♥ (2 carbs)

Apple Crisp ♥ (2½ carbs)

Cheesecake (1½ carbs)
with Strawberry Sauce
(add 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)

PUDDING

Vanilla ♥ (1½ carbs)

Chocolate ♥ (1½ carbs)

Tapioca ♥ (1½ carbs)

Diet Vanilla ♥ (1 carb)

Diet Chocolate ♥ (1 carb)

GELATIN

Orange ♥ (1½ carbs)

Strawberry ♥ (1½ carbs)

Diet Orange ♥

Diet Strawberry ♥

FROZEN DESSERTS

Ice Cream

Vanilla (1 carb)

Chocolate (1 carb)

Strawberry (1 carb)

Frozen Yogurt

Vanilla ♥ (1 carb)

Sugar-free Popsicle® ♥

Fruit Juice Bar ♥ (½ carb)

Sherbet

Orange ♥ (1½ carbs)

Raspberry ♥ (2 carbs)

Fruit Ice

Orange ♥ (1½ carbs)

Raspberry ♥ (2 carbs)

Lemon ♥ (1½ carbs)

Beverages

COFFEE

Regular

Decaf ♥

TEA

Regular

Decaf

Black

Black ♥

Green

Chamomile ♥

ACCOMPANIMENTS

Sugar (2 packets = ½ carb) ♥

Half and Half Creamer

Lemon ♥

Sweet'N Low® or Splenda® ♥

Non-dairy Creamer ♥

Honey ♥ (1 carb)

HOT COCOA

Regular ♥ (1 carb)

Diet ♥ (½ carb)

MILK

Skim ♥ (1 carb)

Fat-free Lactaid® ♥
(1 carb)

Milkshake

Vanilla Soy ♥ (1 carb)

1% ♥ (1 carb)

Chocolate (4 ½ carbs)

2% (1 carb)

Fat-free Chocolate Milk
♥ (1 ½ carbs)

Vanilla (4 carbs)

Strawberry (5 carbs)

SODA

Pepsi® (2 carbs)

Diet Pepsi®

Ginger Ale ♥ (1 ½ carbs)

Diet Ginger Ale ♥

JUICE

Cranberry ♥ (1 carb)

Grape ♥ (1 carb)

Prune ♥ (1 ½ carbs)

Apple ♥ (1 carb)

Orange ♥ (1 carb)

OTHER

Unsweetened
Iced Tea ♥

Diet Decaf Iced Tea ♥

Pink Lemonade ♥
(1 ½ carbs)

Diet Lemonade ♥

Clear Liquid Diet

HOT BEVERAGES

Coffee	Regular Tea	Decaf Tea
Regular	Black	Black ♥
Decaf ♥	Green	Chamomile ♥

COLD BEVERAGES

Juice	Diet Lemonade ♥
Cranberry ♥ (1 carb)	Ginger Ale ♥ (1½ carbs)
Apple ♥ (1 carb)	Diet Ginger Ale ♥
Grape ♥ (1 carb)	Unsweetened Iced Tea ♥
Pink Lemonade ♥ (1½ carbs)	Diet Decaf Iced Tea ♥

BROTH

Chicken	Beef	Vegetable
Low-sodium Chicken ♥	Low-sodium Beef ♥	

DESSERTS

Fruit Ice	Raspberry ♥ (2 carbs)
Lemon ♥ (1½ carbs)	
Orange ♥ (1½ carbs)	
Gelatin	Strawberry ♥ (1½ carbs)
Orange ♥ (1½ carbs)	
Diet Orange ♥	Diet Strawberry ♥
Sugar-free Popsicle® ♥	
Fruit Juice Bar ♥ (½ carb)	

OTHER

Sugar ♥ (2 pkt = ½ carb)	Splenda® ♥	Lemon Juice ♥
	Honey ♥ (1 carb)	Sweet'N Low® ♥

Full Liquid Diet

 Includes all of the Clear Liquid offerings above plus the following:

BEVERAGES

Milk	Diet Hot Chocolate ♥ (½ carb)
Skim ♥ (1 carb)	
1% ♥ (1 carb)	Milkshake (4 carbs)
2% (1 carb)	Juice
Fat-free Chocolate ♥ (1½ carbs)	Orange ♥ (1 carb)
Fat-free Lactaid® ♥ (1 carb)	V8® (½ carb)
Vanilla Soy ♥ (1 carb)	Prune ♥ (1½ carbs)
Hot Chocolate ♥ (1 carb)	Pepsi (2 carbs)
	Diet Pepsi

SOUP/CEREAL

Cream of Wheat ♥ (1 carb) with Brown Sugar (add 1 carb)	Cream of Tomato Soup (1½ carbs)
	Strained Cream of Mushroom Soup (1 carb)

DESSERTS

Pudding	Frozen Yogurt
Vanilla ♥ (1½ carbs)	Vanilla ♥ (1 carb)
Diet Vanilla ♥ (1 carb)	Ice Cream
Chocolate ♥ (1½ carbs)	Vanilla (1 carb)
Diet Chocolate ♥ (1 carb)	Chocolate (1 carb)
Tapioca ♥ (1½ carbs)	Strawberry (1 carb)
Sherbet	Yogurt
Orange ♥ (1½ carbs)	Light Vanilla ♥ (1 carb)
Raspberry ♥ (2 carbs)	Greek Vanilla ♥ (½ carb)

OTHER

Non-dairy Creamer ♥	Margarine ♥
	Syrup ♥ (2 carbs)