

# UPMC Jameson

## Meal Service Times

**Breakfast** - 7:30 to 8:30 a.m.

**Lunch** - 11:30 a.m. to 12:30 p.m.

**Dinner** - 4:30 to 5:30 p.m.

## How To Place Your Order

**There are 2 ways to place your order:**

1. A meal service host will personally contact you each day for your meal selections.
2. If your host is unavailable to take your meal selection, please contact the Diet Office at **Ext. 5247**.

### 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 **Ext. 5247**.

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.

**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 (♥).

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# 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)
- 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 ♥ (1½ carbs)
  - 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)
- Pancakes (2½ 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)
- Blueberry Muffin (2 carbs)
- Nutri-Grain® Bar
  - Apple (1½ carbs)
  - Blueberry (1½ carbs)
  - Strawberry (1½ 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.

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# 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)

Cut Green Beans ♥ (½ carb)

### Desserts

Diced Peaches ♥ (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 ♥ (½ carb)

Baked Salmon ♥

### Sides

Steamed Rice ♥ (1 carb)

Broccoli Florets ♥ (½ carb)

### Desserts

Sugar Cookie (1 carb)

Fresh Fruit Cup ♥ (1 carb)

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# 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 ♥

### 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)

Diced Pears ♥ (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.*

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# Tuesday

## LUNCH

### Soup of the Day

Beef Barley Soup ♥ ( $\frac{1}{2}$  carb)

### Salad

Mandarin and Beet Salad ♥ ( $\frac{1}{2}$  carb)

### Your Choice of Entrée

Hot Roast Beef Sandwich with Gravy ♥  
(1 carb)

Trio Salad Platter ( $1\frac{1}{2}$  carbs)  
(Chicken, Tuna, and Egg Salads with Crackers)

### Sides

Mashed Potatoes ♥ (1 carb)

Mixed Vegetables ♥ ( $\frac{1}{2}$  carb)

### Desserts

Pineapple Tidbits ♥ (1 carb)

Chocolate Layer Cake ( $2\frac{1}{2}$  carbs)

## DINNER

### Soup of the Day

Beef Barley Soup ♥ ( $\frac{1}{2}$  carb)

### Salad

Cottage Cheese and Diced Peaches ♥  
( $1\frac{1}{2}$  carbs)

### Your Choice of Entrée

Stuffed Chicken Breast with Gravy (1 carb)

Crumb-topped Tilapia ♥ ( $\frac{1}{2}$  carb)

### Sides

Rice Pilaf ♥ (1 carb)

Cut Green Beans ♥ ( $\frac{1}{2}$  carb)

### Desserts

Vanilla Ice Cream (1 carb)

Fresh Fruit Cup ♥ (1 carb)

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# Wednesday

## LUNCH

### Soup of the Day

Cream of Tomato Soup ( $1\frac{1}{2}$  carbs)

### Salad

Garden Salad ♥

*Dressing: Italian, Ranch, or French*

### Your Choice of Entrée

Grilled Cheese Sandwich (2 carbs)

Beef Stew ( $1\frac{1}{2}$  carbs)

*with a Biscuit (add  $1\frac{1}{2}$  carbs)*

### Sides

Chopped Spinach ♥

### Desserts

SnackWell's® Vanilla Cookies ♥ (1 carb)

Applesauce ♥ (1 carb)

Banana Cream Cup ♥ ( $\frac{1}{2}$  carb)

## DINNER

### Soup of the Day

Cream of Tomato Soup ( $1\frac{1}{2}$  carbs)

### Salad

Tropical Fruit Cup ♥ (1 carb)

### Your Choice of Entrée

Swiss Steak (1 carb)

Roasted Vegetable Lasagna ♥ ( $1\frac{1}{2}$  carbs)

### Sides

Mashed Potatoes ♥ (1 carb)

Broccoli and Cauliflower ♥ ( $\frac{1}{2}$  carb)

### Desserts

Vanilla Pudding ♥ ( $1\frac{1}{2}$  carbs)

Cherry Pie ( $3\frac{1}{2}$  carbs)

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# 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*)

## 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*)

Diced Peaches ♥ (*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-crust Cod ♥ (*½ carb*)

### Sides

Rice Pilaf ♥ (*1 carb*)

Stewed Tomatoes (*½ carb*)

Broccoli Florets ♥ (*½ carb*)

### Desserts

Fudge Brownie (*2½ carbs*)

Diced Pears ♥ (*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.  
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# 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 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 (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)

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# Always Available

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

## SOUP

Chicken Noodle Soup ♥ (½ carb)

Tomato Soup (1½ carbs)

## CEREALS

Instant Oatmeal ♥ (1 carb)

Instant Cream of Wheat® ♥ (1 carb)

## COLD ENTREES

Grilled Chicken Salad ♥ (½ carb)

*Dressing: Lite Italian or Lite Ranch (add ½ carb)*

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)

Hard Cooked Egg

Trio Salad Platter (1 carb)

## SIDES

Baked Potato ♥ (2 carbs)

Mashed Potatoes ♥ (1 carb)

Carrots ♥ (½ carb)

Green Beans ♥ (½ carb)

Garden Salad ♥

*Dressing: Italian, Ranch, or French*

White Rice (1 carb)

Seashell Noodles (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)*

Stuffed Pepper (1 carb)

Stuffed Cabbage (1½ carbs)

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# Always Available (continued)

## 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 Swiss Cheese on Wheat Bread ♥  
(1½ 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)

Plain Bagel ♥ (2 carbs)

Saltine Crackers (3 packets = 1 carb)

Unsalted Soda Crackers ♥ (3 packets = 1 carb)

Nutri-Grain® Bar

*Apple (1½ carbs)*

*Blueberry (1½ carbs)*

*Strawberry (1½ carbs)*

Chocolate Chip Cookie (1 carb)

Sugar Cookie (1 carb)

Angel Food Cake (1½ carbs)

## SNACKS

Carrot and Celery Sticks ♥ (½ carb)

Hummus Cup ♥ (½ carb)

Pretzels (1 carb)

White Cheddar Popcorn (½ carb)

Baked Potato Chips (1½ carbs)

SnackWell's® Vanilla Cookies ♥ (1 carb)

Shortbread Cookies (1½ carbs)

Nabisco® Fig Newtons ♥ (2½ carbs)

## FRUIT

Applesauce ♥ (1 carb)

Diced Peaches ♥ (1 carb)

Mandarin Oranges ♥ (1 carb)

Banana ♥ (2 carbs)

Red Grapes ♥ (1 carb)

Fresh Fruit Cup ♥ (1 carb)

Diced Pears

## 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)*

## GELATIN

Orange ♥ (1½ carbs)

Strawberry ♥ (1½ carbs)

Diet Orange ♥

Diet Strawberry ♥

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# Always Available (continued)

## PUDDING

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

## 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)

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## Condiments

|                        |                         |                         |
|------------------------|-------------------------|-------------------------|
| Salt                   | Assorted Jelly (½ carb) | Hot Sauce               |
| Pepper                 | Assorted Diet Jelly     | Barbecue Sauce (1 carb) |
| Mrs. Dash®             | Lemon                   | Sour Cream              |
| Margarine or Butter    | Ketchup                 | Tartar Sauce            |
| Lite Cream Cheese      | Mustard                 | Parmesan Cheese         |
| Peanut Butter (½ carb) | Lite Mayonnaise         |                         |

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## Beverages

### COFFEE

Regular  
Decaf ♥

### TEA

Regular: *Black or Green*  
Decaf ♥: *Black*

### HOT COCOA

Regular (1 carb)  
Diet (½ carb)

### ACCOMPANIMENTS

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

### MILK

Skim ♥ (1 carb)  
2% (1 carb)  
Whole (1 carb)  
Fat-free Lactaid® ♥ (1 carb)  
1% Chocolate (1½ carbs)  
Vanilla Soy ♥ (1 carb)

### SODA

Pepsi® (2 carbs)  
Diet Pepsi®  
Ginger Ale (1½ carbs)  
Diet Ginger Ale

### OTHER

Unsweetened Iced Tea  
    (1½ carbs)  
Unsweetened Decaf Iced Tea  
Lemonade (2 carb)  
Diet Lemonade