

How To Place Your Order

There are 3 steps to place your order:

1. Dial **641-6325** between the hours of 6:30 a.m. and 9 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. The Food and Nutrition Department is closed from 9 p.m. to 6:30 a.m. However, you can still get snacks and boxed meals after hours by asking your nurse.

If a family member would like to assist with meal selections from outside of the hospital, please dial **412-641-6325**. Identify yourself; verify the patient's name, room number, your relationship to the patient, and their doctor-prescribed diet, and then place the order. Patient trays include 1 entrée, 4 sides, 1 dessert, 2 beverages, and are included in the hospital bill. Patients can have 3 meals and 1 snack a day. All meals depend on your doctor-prescribed diet.

Guest trays are available to be purchased by family and visitors for \$9* by calling **641-6325**. Guest trays include 1 entrée, 4 sides, 1 dessert, and 2 beverages. A large pizza from our wood stone pizza oven is available for purchase for family or guests between the hours of 11 a.m. and 9 p.m. The cost is \$10* for a plain cheese pizza, and \$1* for each additional topping.

In addition to our regular menu selections, we offer a gourmet menu available to patients or guests for \$15* each. Gourmet trays include 1 starter, 1 entrée, 2 sides, 1 dessert, and 1 beverage.

Guest trays can be purchased by credit card, debit card, or meal voucher. Meal vouchers can be purchased in the cafeteria or the Garden View Café.

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

Hospitality Requests

At UPMC Magee-Women’s Hospital, we also take nonmedical requests through our 24-hour Hospitality Call Center. Our services include:

Housekeeping

If your area needs extra care, please let us know and we will clean it.

Patient Transport

If there is somewhere in the hospital you would like to go, we can take you there. Please ask your doctor if it is safe for you to request patient transport.

Maintenance Requests

If something in your room is not working, please let us know and we can fix it.

Food & Nutrition

When you are ready for your next meal, we are here to take your order. Orders can be placed anytime from 6:30 a.m. to 9 p.m.

To place a hospitality request, dial **641-6325** and tell the call center agent your name. He or she will identify your name and room number. Then, you will tell the agent what service you are requesting.

If a family member would like to help you place a request from outside the hospital, please dial **412-641-6325**. Non-food requests will be completed within 30 minutes of your call.

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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

Special menus are available for **kosher** and **gluten-free** diets.

Vegetarian selections are included throughout the menu.

If you have a food allergy/intolerance or other special dietary needs, please call **641-6325**.

The nutritional content of the menu items, including the carb numbers, may vary due to food product changes.

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				
	Liberalized	Low	Standard	High
Breakfast	3-5	3	4	5
Lunch	3-5	3	4	5
Dinner	3-5	3	4	5

Gestational Diabetic Diets				
Gestational Diet Name	Low	Standard	Moderate	High
Breakfast	2	2	2	2
Lunch	3	4	4	5
Dinner	3	4	4	5
Morning Snack	1	1	1	1
Afternoon Snack	1	1	2	2
Evening Snack	2	2	2	2

Cardiac/Heart-Healthy Diet

This diet is lower in fat and sodium. It is recommended that you choose items designated with a heart symbol (♥).

Breakfast

Served all day

Juice

Orange ♥ (1 carb)

Cranberry ♥ (1 carb)

V8® (½ carb)

Apple ♥ (1 carb)

Prune ♥ (1 carb)

Fruit

Banana ♥ (2 carbs)

Canned Fruit Cup ♥ (1 carb)

Fresh Fruit Cup ♥ (1 carb)

Mandarin Oranges ♥ (1 carb)

Hot and Cold Cereals

Oatmeal ♥ (1 carb)

with Brown Sugar (add 1 carb)

Cheerios® ♥ (1 carb)

Corn Flakes® ♥ (1 carb)

Creamy Wheat Farina ♥ (1 carb)

Rice Krispies® ♥ (1 carb)

Kellogg's® Mini-Wheats ♥
(2 carbs)

Raisin Bran® ♥ (2 carbs)

Frosted Flakes® ♥ (1½ carbs)

Yogurt

Fruited Yogurt

Strawberry ♥
(1½ carbs)

Harvest Peach ♥
(1½ carbs)

Light Yogurt

Very Vanilla ♥ (1 carb)

Strawberry 'n Banana
♥ (1 carb)

Greek Yogurt

Vanilla ♥ (½ carb)

Strawberry ♥ (1 carb)

Whipped Yogurt

Strawberry Mist ♥
(1½ carbs)

Orange Crème ♥
(1½ carbs)

Hot Entrées

Scrambled Eggs

Scrambled Egg Whites ♥

Low-cholesterol
Scrambled Eggs ♥

Breakfast Sandwich on
an English Muffin (2 carbs)
Egg and Cheese

Bacon, Egg, and Cheese

Homestyle French Toast ♥
(1½ carbs)

Buttermilk Pancakes (2 carbs)

Create Your Own Omelet

Eggs - Whole, Egg Whites ♥,
Low-cholesterol ♥

Cheese - Cheddar, Swiss,
American

Vegetables ♥ - Peppers,
Mushrooms, Spinach,
Tomatoes, Onions

Meats - Bacon, Ham,
Turkey Sausage

Sides

Bacon Strips

Breakfast Potatoes ♥ (1 carb)

Hard Cooked Egg

Turkey Sausage Links

Low-fat Cottage Cheese

Breakfast (continued)

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)

Syrup (2 carbs)

Ketchup

Assorted Diet Jelly

Diet Syrup

Hot Sauce

Lunch and Dinner 11 a.m. to 9 p.m.

Hot Entrées

Roast Turkey Breast with Gravy ♥ (½ carb)

Baked Chicken Breast ♥

Chicken Tenders (1½ carbs)

Macaroni and Cheese (2 carbs)

Roasted Vegetable Lasagna ♥ (1½ carbs)

Baked Salmon ♥

Lemon Chicken ♥ (½ carb)

Potato-crust Cod ♥ (½ carb)

Crumb-topped Tilapia ♥ (½ carb)

Salisbury Steak with Gravy ♥ (½ carb)

Penne Pasta with Marinara ♥ (3 carbs)

Starches

Mashed Potatoes ♥ (1 carb)

Herb Roasted Red Skin Potatoes ♥ (1½ carbs)

Baked Sweet Potato ♥ (2 carbs)

Baked Potato ♥ (2 carbs)

Bread Stuffing (2 carbs)

Steamed Rice ♥ (1 carb)

Noodles ♥ (1 carb)

Vegetables

Cut Green Beans ♥ (½ carb)

Baby Carrots ♥ (½ carb)

Broccoli Florets ♥ (½ carb)

Midori Vegetable Blend ♥ (1 carb)

Prince Charles Blend Bean and Carrot Medley ♥

Whole Kernel Corn ♥ (1 carb)

Italian Blend Vegetables ♥ (1 carb)

Lunch and Dinner (continued)

Soups

Chicken Noodle ♥ (*½ carb*)

Cream of Tomato (*1½ carbs*)

Soup of the Month

Entrée Salads

Traditional Chef Salad (*½ carb*)

Turkey Chef Salad ♥ (*½ carb*)

Trio Salad Platter (*1½ carbs*)
(Chicken, Tuna, and Egg Salads with Crackers)

Grilled Chicken Caesar Salad (*1 carb*)

Grilled Chicken Salad ♥ (*½ carb*)

Fresh Fruit and Cheese Plate ♥ (*1 carb*)

Chicken Apple Almond Plate (*1 carb*)

Hot Sandwiches

Roast Open-faced Turkey Sandwich
with Gravy ♥ (*1 carb*)

Roast Open-faced Beef Sandwich
with Gravy ♥ (*1 carb*)

Grilled Chicken Sandwich
on a Wheat Bun ♥ (*1½ carbs*)

Grilled Cheese (*2 carbs*)

Hamburger (*2 carbs*)

Cheeseburger (*2 carbs*)

Hot Dog (*1½ carbs*)

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

Pizza (*4½ carbs*)

Cheese

Pepperoni

Cold Sandwiches

Create Your Own Sandwich

Bread ♥ - *Italian (2 carbs), Whole Wheat (1½ carbs), Wheat Wrap (3 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*

Peanut Butter and Jelly Sandwich (*3 carbs*)

Scoop of Chicken Salad with Crackers (*1 carb*)

Scoop of Tuna Salad with Crackers (*1 carb*)

Scoop of Egg Salad with Crackers (*1 carb*)

Lunch and Dinner (continued)

Side Salads

Garden Salad

Small ♥ or Large ♥ (½ carb)

Coleslaw *(½ carb)*

Potato Salad *(1½ carbs)*

Spinach Salad ♥

Cottage Cheese and Peaches ♥ *(1½ carbs)*

Hard Cooked Egg

Carrot and Celery Sticks ♥ *(½ carb)*

Mandarin and Beet Salad ♥ *(½ carb)*

Bakery

Dinner Roll ♥ *(1 carb)*

Whole Wheat Bread ♥ *(1 carb)*

White Bread ♥ *(1 carb)*

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)*

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

Barbecue Sauce
(1 carb)

Sour Cream

Tartar Sauce

Parmesan Cheese

Hot Sauce

Salad Dressings

Italian

Ranch

French

Lite Italian

Lite Ranch *(½ carb)*

Fat-free Raspberry

Vinaigrette
(½ carb)

Snacks

White Cheddar Popcorn *(½ carb)*

Baked Potato Chips *(1½ carbs)*

Pretzels *(1 carb)*

Carrot and Celery Sticks ♥ *(½ carb)*

Stacy's® Pita Chips 1.5 oz *(2 carbs)*

Peanut Butter and Crackers *(1 carb)*

Cheese and Crackers *(1 carb)*

Hummus Cup ♥ *(½ carb)*

Desserts

Fruit

Applesauce ♥ (1 carb)

Pears ♥ (1 carb)

Banana ♥ (2 carbs)

Red Grapes ♥ (1 carb)

Peach Slices ♥ (1 carb)

Mandarin Oranges ♥
(1 carb)

Apple Wedges ♥
(1 carb)

Fresh Fruit Cup ♥
(1 carb)

Cookies

Sugar Cookie (1 carb)

SnackWell's® Vanilla Cookies ♥ (1 carb)

Chocolate Chip Cookie (1 carb)

Shortbread Cookies (1½ carbs)

Cake and Pie

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

Bread Pudding Bites ♥ (2 carbs)

Cheesecake (1½ carbs)
with Strawberry Sauce
(add 1 carb)

Chocolate Layer Cake (2½ carbs)

Apple Pie (3 carbs)

Fudge Brownie (2½ carbs)

Cherry Pie (3½ carbs)

Yogurt

Fruited Yogurt

Strawberry ♥
(1½ carbs)

Harvest Peach ♥
(1½ carbs)

Light Yogurt

Very Vanilla ♥ (1 carb)

Strawberry 'n Banana ♥
(1 carb)

Greek Yogurt

Vanilla ♥ (½ carb)

Strawberry ♥ (1 carb)

Whipped Yogurt

Strawberry Mist ♥
(1½ carbs)

Orange Crème ♥
(1½ carbs)

Pudding

Vanilla ♥ (1½ carbs)

Diet Vanilla ♥ (1 carb)

Tapioca ♥ (1½ carbs)

Chocolate ♥ (1½ carbs)

Diet Chocolate ♥ (1 carb)

Vanilla Custard ♥ (1½ carbs)

Gelatin

Orange ♥ (1½ carbs)

Diet Orange ♥

Strawberry ♥ (1½ carbs)

Diet Strawberry ♥

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)

Raspberry ♥ (2 carbs)

Lemon ♥ (1½ carbs)

Beverages

Coffee

Regular

Decaf ♥

Tea

Regular

Decaf

Black

Black ♥

Green

Chamomile ♥

Accompaniments

Sugar (2 packets = ½ carb)

Lemon

Sweet'N Low® or Splenda®

Honey (1 carb)

Half and Half Creamer

Non-dairy Creamer

Hot Cocoa

Regular (1 carb)

Diet (½ carb)

Milk

Skim ♥ (1 carb)

Fat-free Lactaid® ♥ (1 carb)

2% (1 carb)

Fat-free Chocolate (1½ carbs)

Whole (1 carb)

Vanilla Soy ♥ (1 carb)

Soda

Pepsi® (2 carbs)

Diet Pepsi®

Ginger Ale (1½ carbs)

Diet Ginger Ale

Other

Sweet Iced Tea
(1½ carbs)

Diet Decaf Iced Tea

Lemonade (2 carbs)

Diet Lemonade

Gourmet Menu Available 11 a.m. to 9 p.m.

A meal from this menu costs \$15*.

Soups and Starters (choose 1)

Fruit and Cheese Plate ♥
(1 carb)

Chicken Noodle Soup ♥
(½ carb)

Cream of Tomato Soup
(1½ carbs)

Garden Salad ♥

Soup of the Month

Entrées (choose 1)

Crab Cakes (½ carb)

Surf and Turf 6 oz. Flat Iron
Steak and Chili Lime Shrimp

Charbroiled Flat Iron Steak

Creamy Roasted Vegetable
Risotto (3½ carbs)

Chicken Breast Marsala
(2 carbs)

Veal Piccata (1½ carbs)

Sides (choose 2)

Mashed Potatoes ♥ (1 carb)

Baked Potato ♥ (2 carbs)

Roasted Brussels
Sprouts ♥ (½ carb)

Grilled Asparagus
Spears ♥ (½ carb)

Penne Pasta with
Marinara ♥ (1½ carbs)

Baked Sweet Potato ♥
(2 carbs)

Sautéed Squash Medley
(½ carb)

Creamy Risotto (1½ carbs)

Desserts (choose 1)

Apple Bavarian (8 carbs)

Salted Caramel Tart (3½ carbs)

Cheesecake Tart (3½ carbs)

White Chocolate
Raspberry Torte (7 carbs)

Chocolate Tuxedo Cake
(3½ carbs)

*Price is subject to change at any time.

Clear Liquid Menu

If your doctor has ordered a Clear Liquid diet for you, please select from the following:

Broths

Beef Broth ♥

Chicken Broth ♥

Vegetable Broth ♥

Desserts

Gelatin

Orange ♥ (1½ carbs)

Diet Orange ♥

Strawberry ♥ (1½ carbs)

Diet Strawberry ♥

Fruit Ice

Lemon ♥ (1½ carbs)

Raspberry ♥ (2 carbs)

Orange ♥ (1½ carbs)

Beverages

Soda

Ginger Ale (1½ carbs)

Diet Pepsi®

Bottled Water

Diet Ginger Ale

Lemonade (2 carbs)

Pepsi® (2 carbs)

Diet Lemonade

Coffee

Regular

Decaf ♥

Hot Tea

Regular

Decaf

Black

Black ♥

Green

Chamomile ♥

Iced Tea

Regular Sweet Tea (1½ carbs)

Decaf Diet Tea

Juice (1 carb)

Apple ♥

Cranberry ♥

Condiments

Salt

Sugar Substitute

Sugar (2 packets = ½ carb)

Lemon Juice

Full Liquid Menu

If your doctor has ordered a Full Liquid diet for you, you may choose from the Clear Liquid menu and also select from the following:

Soups and Cereals

Cream of Tomato Soup
(1½ carbs)

Creamy Wheat Farina ♥
(1 carb)

Yogurt

Lite Vanilla ♥ (1 carb)

Orange Crème ♥ (1½ carbs)

Strawberry Whipped ♥
(1½ carbs)

Greek Vanilla ♥ (½ carb)

Desserts

Ice Cream

Vanilla (1 carb)

Chocolate (1 carb)

Strawberry (1 carb)

Frozen Yogurt

Vanilla ♥ (1 carb)

Sherbet

Orange ♥ (1½ carbs)

Raspberry ♥ (2 carbs)

Pudding

Vanilla ♥ (1½ carbs)

Diet Vanilla ♥ (1 carb)

Tapioca ♥ (1½ carbs)

Chocolate ♥ (1½ carbs)

Diet Chocolate ♥ (1 carb)

Vanilla Custard ♥ (1½ carbs)

Beverages

Milk

Whole (1 carb)

2% (1 carb)

Vanilla Soy ♥ (1 carb)

Skim ♥ (1 carb)

Fat-free Chocolate
(1½ carbs)

Fat-free Lactaid® ♥ (1 carb)

Juice

Orange ♥ (1 carb)

Prune ♥ (1 carb)

V8 (½ carb)

Hot Cocoa

Regular (1 carb)

Diet (½ carb)

Accompaniments

Half and Half Creamer

Non-dairy Creamer

Bariatric Phase 1 Clear Liquid Menu

If your doctor has ordered a Bariatric Clear Liquid diet for you, please select from the following. You can only select 2 items from below, every 4 hours.

Broths

Chicken Broth ♥

Beef Broth ♥

Vegetable Broth ♥

Desserts

Diet Gelatin

Orange ♥

Strawberry ♥

Beverages

Decaf Coffee ♥

Decaf Diet Iced Tea

Diet Lemonade

Decaf Hot Tea

Apple Juice ♥ (1 carb)

Bottled Water

Black ♥

Cranberry Juice ♥ (1 carb)

Chamomile ♥

Grape Juice ♥ (1 carb)

Condiments

Salt

Pepper

Lemon Juice

Sugar Substitute

Mrs. Dash

Bariatric Phase 2 Puréed Menu

If your doctor has ordered a Bariatric Phase II diet for you, please speak to a Room Service operator to help you through your selection. You may order your fluids with your meals, but remember liquids should be taken at least ½ hour before meals and ½ hour to 1 hour after meals. No bread is permitted on the Phase II diet.

Bariatric Phase 3 Adaptive/Soft Menu

If your doctor has ordered a Bariatric Phase III Adaptive/Soft diet for you, please refer to the Phase III menu given to you by your nurse or dietitian. This diet includes soft foods, such as tuna fish, mashed potatoes, oatmeal, cooked vegetables, and canned fruits.

Bariatric Phase 4 Stabilization/Regular Menu

If your doctor has ordered a Bariatric Phase IV Stabilization/Regular diet for you, please refer to the Phase IV menu given to you by your nurse or dietitian. This diet allows you to eat regular consistency foods, 3 meals per day with a balance of nutrient-rich foods, such as meats, poultry, pork, and dairy products, fruits, vegetables, and starches. Foods that are low in fat and sugar are recommended.

Crossword Puzzle Answers

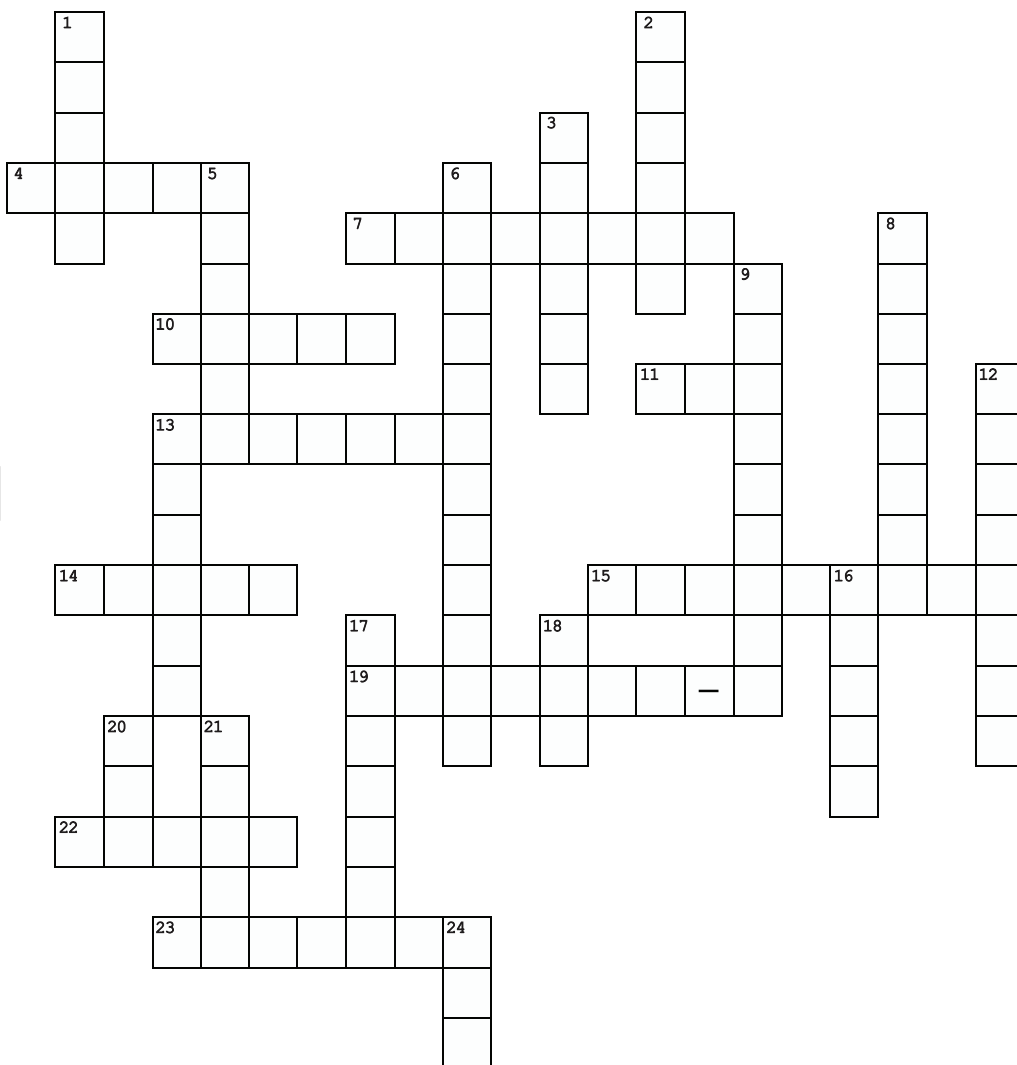
Down

1. Clark
2. Gluten
3. Cheese
4. Trans
5. Shrimp
6. Carbohydrate
7. Diabates
8. Zucchini
9. Saturated
10. Fiber
11. BLT
12. Balanced
13. Sodium
14. Olive
15. Dietitian
16. Tooth
17. Avocado
18. BMI
19. Vitamin-D
20. Tea
21. Omega
22. Water
23. Lactose
24. Egg

Across

4. Trans
7. Diabates
10. Fiber
11. BLT
13. Spinach
14. Olive
15. Dietitian
19. Vitamin-D
22. Water
23. Lactose

Food and Nutrition Crossword Puzzle



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 Registered _____.
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.

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.
5. The most popular seafood consumed in the U.S.
6. The healthy version of this nutrient should supply most of the energy your body needs on a daily basis.
8. Popular summer squash whose flowers are edible.
9. Coconut oil and palm oil are _____ fats.
12. A recommended diet that includes a variety of foods.
13. Reducing the amount of this mineral in your diet can help you keep your blood pressure at a healthy level.
16. A high consumption of sugar is directly linked to _____ decay.
17. A fruit with healthy fat that has twice as much potassium as a banana.
18. Calculated number used to estimate body fatness based on height and weight.
20. After water, it is the most widely consumed beverage in the world.
21. Flaxseed is a good source of this heart-healthy _____-3 fatty acids.
24. The protein found in this food is the highest quality of protein found in any food.

