

UPMC Shadyside

Meal Service Times

Breakfast - 7 to 9 a.m.

Lunch - Noon to 1:30 p.m.

Dinner - 5 to 6:30 p.m.

How To Place Your Order

There are 3 ways to place your order:

1. A meal service host will personally contact you each day for your meal selections.
2. Complete the menu selection sheet delivered by your host, and a member of our staff will pick it up.
3. You may call your host at _____ to place an order. If your host is unavailable, please call **623-1659** from a hospital phone for assistance.

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**, **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 **623-1659**.

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 (♥).

Breakfast

JUICE

Orange ♥ (1 carb)

Cranberry ♥ (1 carb)

Prune ♥ (1 carb)

Apple ♥ (1 carb)

Grape ♥ (1 carb)

V8® (½ carb)

FRUIT

Banana ♥ (2 carbs)

Canned Fruit Cup ♥ (1 carb)

Stewed Prunes ♥ (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)

Mini-Wheats® ♥ (2 carbs)

Raisin Bran® ♥ (2 carbs)

Creamy Wheat Farina ♥
(1 carb)

Rice Krispies® ♥ (1 carb)

Frosted Flakes® ♥ (1½ 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)

Breakfast (continued)

HOT ENTREES

Scrambled Eggs

Low-cholesterol
Scrambled Eggs ♥

Cheese Omelet

Belgian Waffle (2 carbs)

Cinnamon French Toast ♥
(1½ carbs)

Roasted Vegetable
Egg White Omelet ♥ (½ carb)

Breakfast Sandwich on
an English Muffin (2 carbs)

Egg and Cheese

Bacon, Egg, and Cheese

SIDES

Bacon Strips

Turkey Sausage Links

Breakfast Potatoes ♥ (1 carb)

Low-fat Cottage Cheese

Hard Cooked Egg

BAKERY

English Muffin ♥ (2 carbs)

Plain Bagel ♥ (2 carbs)

Whole Wheat Bread ♥ (1 carb)

White Bread ♥ (1 carb)

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

Assorted Jelly (½ carb)

Syrup (2 carbs)

Peanut Butter (½ carb)

Ketchup

Assorted Diet Jelly

Diet Syrup

Hot Sauce

Lunch and Dinner

SOUPS

Chicken Noodle ♥ (*½ carb*)

Italian Wedding (*½ carb*)

Chicken Broth

Potato Chowder (*1½ carbs*)

Cream of Tomato (*1½ carbs*)

Beef Broth

HOT ENTREES

Roast Turkey Breast with Gravy ♥ (*½ carb*)

Roasted Vegetable Lasagna ♥ (*1½ carbs*)

Baked Chicken Breast ♥

Baked Salmon ♥

Stuffed Chicken Breast with Gravy (*1 carb*)

Potato-crust Cod ♥ (*½ carb*)

Chicken Tenders (*1½ carbs*)

Baked Tilapia ♥

Macaroni and Cheese Casserole (*1½ carbs*)

Meatloaf with Gravy (*½ carb*)

Asian Vegetable Blend ♥ (*1 carb*)
(*Green Soy Beans, Pea Pods, Baby Corn, Red Pepper, Water Chestnuts*)

Beef Pot Roast ♥

Swiss Steak (*1 carb*)

STARCHES

Mashed Potatoes ♥ (*1 carb*)

Bread Stuffing (*1½ carbs*)

Potato Wedges (*1½ carbs*)

Macaroni and Cheese (*1 carb*)

Herb Roasted Red Skin Potatoes ♥ (*1½ carbs*)

Rice Pilaf ♥ (*1 carb*)

Roasted Sweet Potatoes (*1 carb*)

VEGETABLES

Cut Green Beans ♥ (*½ carb*)

Whole Kernel Corn ♥ (*1 carb*)

Whole Baby Carrots ♥ (*½ carb*)

Chopped Spinach ♥

Broccoli Florets ♥ (*½ carb*)

SIDE SALADS

Garden Salad ♥

Dressing: Italian, Ranch, or French

Coleslaw (*½ carb*)

Mandarin and Beet Salad ♥ (*½ carb*)

Cottage Cheese and Peaches ♥ (*1½ carbs*)

Dressing: Fat-free Raspberry Vinaigrette (add ½ carb)

Hard Cooked Egg

Greek Salad

Dressing: Italian, Ranch, or French

Lunch and Dinner (continued)

HOT SANDWICHES

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 (2 carbs)

Hamburger (2 carbs)

Cheeseburger (2 carbs)

Hot Dog (1½ carbs)

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

COLD SANDWICHES

Sandwiches are made on your choice of Whole Wheat (1½ carbs) or Italian Bread (2 carbs)

Ranch Turkey Wrap (1½ carbs)

Turkey Sandwich ♥

Turkey and Provolone Sandwich

Roast Beef Sandwich ♥

Roast Beef and Swiss Sandwich ♥

Peanut Butter and Jelly Sandwich (3 carbs)

Chicken Salad Sandwich

Tuna Salad Sandwich

Egg Salad Sandwich

Scoop of Chicken Salad with Crackers (1 carb)

Scoop of Tuna Salad with Crackers (1 carb)

Scoop of Egg Salad with Crackers (1 carb)

ACCOMPANIMENTS

Lettuce and Tomato

Dill Pickles

Red Onions

ENTREE SALADS

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)

Trio Salad Platter (1 carb)

Chicken, Tuna, and Egg Salads with Crackers

Grilled Chicken Caesar Salad (1 carb)

Grilled Chicken Salad ♥ (½ carb)

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

Fresh Fruit and Cottage Cheese Plate ♥
(2½ carbs)

Lunch and Dinner (continued)

BAKERY

Dinner Roll ♥ (1 carb)

Whole Wheat Bread ♥ (1 carb)

White Bread ♥ (1 carb)

Soft Pretzel ♥ (2½ carbs)

Plain Bagel ♥ (2 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

SNACKS

Carrot and Celery Sticks ♥ (½ carb)

Hummus ♥ (½ carb)

Pretzels (1 carb)

White Cheddar Popcorn (½ carb)

Baked Potato Chips (1½ carbs)

Desserts

FRUIT

Applesauce ♥ (1 carb) Pear Slices ♥ (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)
Fudge Brownie (2½ carbs)

CAKE AND PIE

Angel Food Cake ♥ (1½ carbs) Bread Pudding Bites ♥ (2 carbs) Cherry Pie (3½ carbs)
with Strawberry Sauce (add 1 carb)
Apple Pie (3 carbs) Chocolate Layer Cake (2½ carbs) Cheesecake (1½ carbs) with Strawberry Sauce (add 1 carb)

YOGURT

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

PUDDING

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

GELATIN

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

FROZEN DESSERTS

Ice Cream Frozen Yogurt Sherbet Fruit Ice
Vanilla (1 carb) Vanilla ♥ (1 carb) Orange ♥ (1½ carbs) Orange ♥ (1½ carbs)
Chocolate (1 carb) Raspberry ♥ (2 carbs) Raspberry ♥ (2 carbs)
Strawberry (1 carb) 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

HOT COCOA

Regular (1 carb)

Diet (½ carb)

MILK

Skim ♥ (1 carb)

Fat-free Lactaid® ♥
(1 carb)

Fat-free Chocolate
(1½ carbs)

Vanilla Soy ♥ (1 carb)

2% (1 carb)

Whole (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