

UPMC Western Maryland

September 14th – September 20th 2025

Breakfast Served 4:30a-10a	Sunday 9/14	Monday 9/15	Tuesday 9/16	Wednesday 9/17	Thursday 9/18	Friday 9/19	Saturday 9/20
Breakfast Grill	Omelet Bar Oatmeal Creamed Chipped Beef Egg and Cheese Muffin Breakfast Potatoes	Omelet Bar Oatmeal Creamed Chipped Beef Egg & Cheese Muffin Western Egg Bake Breakfast Potatoes	Oatmeal Sausage Gravy Egg & Cheese Muffin Blueberry Pancakes Tater Tots	Oatmeal Creamed Chipped Beef Egg & Cheese Muffin Ham, Egg & Cheese Croissant Breakfast Potatoes	Oatmeal Sausage Gravy Egg & Cheese Muffin Meatlover's Breakfast Wrap Tater Tots	Omelet Bar Oatmeal Creamed Chipped Beef Egg & Cheese Muffin French Toast Breakfast Potatoes	Omelet Bar Oatmeal Sausage Gravy Egg & Cheese Muffin Tater Tots
Breakfast Special	Breakfast BLT All American Breakfast	Breakfast BLT All American Breakfast	Breakfast BLT All American Breakfast	Breakfast BLT All American Breakfast	Breakfast BLT American Breakfast	Breakfast BLT All American Breakfast	Breakfast BLT American Breakfast
Fruit and Yogurt Breakfast Bar (Self-Serve)	NA	Open 6a-10a	Open 6a-10a	Open 6a-10a	Open 6a-10a	Open 6a-10a	NA

Lunch begins at 11 am	Sunday 9/14	Monday 9/15	Tuesday 9/16	Wednesday 9/17	Thursday 9/18	Friday 9/19	Saturday 9/20
Pizza Area	Pepperoni Cheese	Pepperoni Cheese BBQ Chicken Ham & Cheese Calzone Soft Pretzels	Sub Day	Pepperoni Cheese BBQ Chicken Ham & Cheese Calzone Soft Pretzels	Toasted Croissants with Chips	Pepperoni Cheese BBQ Chicken Ham & Cheese Calzone Soft Pretzels	Pepperoni Cheese
Soups	Tomato Chicken Noodle	Baked Lasagna Chicken Noodle	Cheesy Yukon Gold Potato Chicken Noodle	Chicken Tortilla Chicken Noodle	Tomato Tortellini Chicken Noodle	Broccoli Cheddar Chicken Noodle	Beef Barley Chicken Noodle
Grill Specials	Octoberfest Pretzel Panini Hot Dog Chili Dog Sloppy Joe	Octoberfest Pretzel Panini Philly Cheesesteak Sandwich Philly Steak Salad Pittsburg Steak Salad	Octoberfest Pretzel Panini Hot Dog Chili Dog Sloppy Joe	Octoberfest Pretzel Panini	Italian w/ Red Pepper Panini Hot Dog Chili Dog Sloppy Joe	Italian w/ Red Pepper Panini Philly Chicken Cheesesteak Hoagie Philly Chicken Salad Pittsburg Chicken Salad	Italian w/ Red Pepper Panini Hot Dog Chili Dog Sloppy Joe
Home Zone Entree	Cheesy Baked Tortellini Chicken Pot Pie	Popcorn Chicken Bowl Veggie Baja Burger	Pulled Pork Nachos Macaroni & Cheese	Chicken Cobb Salad California Cobb Salad	Maple Glazed Salmon Vegetarian Stuffed Pepper	Beef Fajitas Meatless Fajitas	Meatloaf Vegetarian Lasagna Southern Shrimp Salad
Home Zone Sides	Steamed Broccoli Breadstick	Mashed Potatoes Seasoned Corn Roasted Carrots Sweet Potatoes	Refried Beans Seasoned Corn Baked Potato	Broccoli & Cauliflower White Rice Breadstick Sweet Potato	White Rice Garlic Roasted Broccoli Baked Potatoes	Cilantro Lime Rice Corn & Black Beans Sweet Potatoes	Mashed Potatoes Italian Blend Vegetables Breadstick
Salad Bar	N/A	Open 11-2	Open 11-2	Open 11-2	Open 11-2	Open 11-2	N/A
Evening Grill Special 4p-8p	Chicken Caesar Bowl Breadstick Steamed Broccoli	Buffalo Wings Roasted Carrots	Walking Tacos Black Bean Walking Tacos Corn	Pulled BBQ Pork Broccoli Coleslaw Macaroni & Cheese	Meatloaf Mashed Potatoes Green Beans	Stuffed Chicken Mashed Potatoes Peas & Carrots	Stuffed Cabbage Mashed Potatoes Italian Blend of Veggies