

Nutrition plays a crucial role in maintaining your health and aiding in the healing process. Your physician or dietitian will prescribe a specific diet during your stay with us. This diet may include therapeutic restrictions such as:

♥ Cardiac/Heart Healthy Diet

This diet focuses on foods lower in sodium and fat. It may also limit caffeine. Items with a ♥ next to them are suitable for a Cardiac/Heart Healthy diet.

✓ Vegan-Friendly Items

Items with a ✓ next to them are vegan-friendly items.

Consistent Carbohydrate Diet

This meal plan ensures a consistent amount of carbohydrates at each meal, often prescribed for individuals with diabetes.

Diets like Consistent Carbohydrate 45, 60, and 75 provide 45, 60, and 75 grams of carbohydrates per meal, respectively.

Carbohydrate counts (in grams) are provided next to items with significant carbohydrate content.

R Renal Diet

This diet emphasizes foods that are lower in salt and potassium, and it may also limit phosphorus and protein. Items with a R next to them are suitable for a Renal Diet.

NPO (Nothing By Mouth)

This diet is ordered when a person cannot have any solid or liquid foods by mouth.

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Clear Liquid Diet

Hot: Coffee, Decaf Coffee, Tea, Decaf Tea, Chicken, Beef, or Vegetable Broth

Cold: Cranberry, Apple, or Grape Juice. Lemonade or Diet Lemonade Regular or Diet Ginger Ale, Lime or Cherry Bubly, Unsweetened or Diet Decaf Iced Tea.

Desserts: Any Fruit Ice. Regular or Diet Gelatin.

Full Liquid Diet:

Includes all Clear Liquids above, and the following:

Hot: Cream of Wheat, Tomato Soup, Cream of Potato or Cream of Chicken Soup.

Cold: Whole, 1%, or Fat Free Chocolate Milk. Vanilla Almond, Soy Milk or, Lactaid Milk. Orange Juice, V-8, or Prune Juice.

Desserts: Regular or Diet Pudding, Any Ice cream, Any Sherbet, Regular or Greek Yogurt.

Breakfast

Hot & Cold Cereal

Corn Flakes ♥VR(17.7)

Rice Chex ♥VR(24.1)

Cheerios ♥R(13.9)

Frosted Flakes ♥VR(25)

Frosted Mini-Wheats ♥R(24)

Raisin Bran ♥VR(27.6)

Oatmeal ♥VR(13.4)

Cream of Wheat ♥VR(12.9)

Hot Entrees

Scrambled Eggs ♥R(1.4)

Low-Cholesterol

Scrambled Eggs♥R(1.3)

Cheese Scrambled Eggs ♥(1.9)

Egg & Cheese Sandwich ♥(29.5)

Bacon Egg, &

Cheese Sandwich (29.7)

Turkey Sausage, Egg, &

Cheese Sandwich (30.5)

Cinnamon French Toast ♥R(25)

Pancakes ♥R(32.1)

Sides

Hard Cooked Egg ♥R(1)

Bacon Strips (0.2)

Turkey Sausage Patty ♥R(1)

Breakfast Potatoes ♥V(20.4)

Low-Fat Cottage Cheese ♥R(5)

Fruit

Banana ♥V(27)

Fresh Fruit Cup ♥V(13.2)

Canned Fruit Cup ♥VR(16.7)

Mandarin Oranges ♥VR(15.9)

Whole Orange ♥V(11.2)

Applesauce ♥VR(12.8)

Whole Apple ♥VR(19.1)

Diced Peaches ♥VR(15.8)

Diced Pears ♥VR(17.6)

Yogurt

Strawberry ♥R(21)

Light Peach ♥R(13)

Strawberry Almond Milk ♥VR(18)

Greek Fino Lemon ♥(11)

Greek Banana Cream ♥(7)

Bakery

English Muffin ♥R(28)

Plain Bagel ♥VR(27)

Wheat Bread ♥VR(14)

Blueberry Muffin ♥R(28)

Apple Cinnamon Muffin ♥R(30)

White Bread ♥VR(14)

♥ - Heart Healthy

✓ - Vegan Friendly

R - Renal Friendly

UPMC TRAYLINE



Regular Menu

Chef Selects

	Lunch	Dinner
SUN	Tomato Soup ♥V (11.2) Caesar Salad ♥R (7.3) Hot Turkey Sandwich ♥VR (15.1) Maple Glazed Salmon ♥ (4.8) Mashed Potatoes & Gravy ♥ (17.2) Garlic & Herb Roasted Carrots ♥VR (7.1) Cheesecake & Strawberry Sauce (36.3) Sugar Cookie ♥R (18.3)	Tomato Soup ♥V (11.2) Caesar Salad ♥R (7.3) Beef Stroganoff ♥R (24) Baked Chicken & Gravy ♥R (5.9) Bowtie Pasta ♥VR (17.8) Broccoli ♥V (4.3) Cheesecake & Strawberry Sauce (36.3) Sugar Cookie ♥R (18.3)
	Chicken Noodle Soup ♥R (2.7) Coleslaw R (8.1) BBQ Pulled Pork Sandwich R (32.9) Veggie Cobb Salad ♥VR (20) White Cheddar Popcorn R (9) Key West Vegetables ♥VR (6.4) Blueberry Lemon Crisps ♥R (21) Red Velvet Roll R (32.8)	Chicken Noodle Soup ♥R (2.7) Coleslaw R (8.1) Chicken Italiano ♥ (6.3) Potato Crusted Cod ♥ (10) Penne Pasta & Red Sauce ♥V (22.1) Prince Charles Vegetables ♥VR (3.2) Blueberry Lemon Crisps ♥R (21) Red Velvet Roll R (32.8)
MON	Broccoli Cheese Soup (14.3) Apple, Walnut & Spinach Salad ♥R (17.7) Hot Roast Beef Sandwich ♥R (13.7) Turkey Chef Salad ♥R (8.1) Parsley Potatoes ♥V (14.5) Green Beans ♥VR (6.4) Strawberry Layer Cake R (28.1) Vanilla Ice Cream ♥R (16)	Broccoli Cheese Soup (14.3) Apple, Walnut & Spinach Salad ♥R (17.7) Stuffed Chicken & Gravy ♥R (17.9) Mushroom Swiss Burger (24.9) Peas & Carrots ♥VR (9.5) Mashed Potatoes ♥ (17.2) Strawberry Layer Cake R (28.1) Vanilla Ice Cream ♥R (16)
	Three Bean Chili ♥V (17.6) Garden Salad ♥VR (2.8) Southwest Chicken Salad ♥R (24.8) Veggie Burger ♥V (43.7) Cornbread Muffin R (24) Baked Lays Chips ♥V (24) Fudge Brownie R (38) Fresh Fruit Cup ♥V (13.2)	Three Bean Chili ♥V (17.6) Garden Salad ♥VR (2.8) Stuffed Shells & Red Sauce ♥ (39.5) Vegan Cacciatore Over Rice ♥V (33) Italian Blend Vegetables ♥VR (11.3) Fudge Brownie R (38) Fresh Fruit Cup ♥V (13.2)
TUES	Italian Wedding Soup ♥R (4.3) Spinach Salad ♥ (2.8) Roast Turkey Breast ♥R (7.1) Chicken Tenders ♥ (13.9) Mashed Sweet Potatoes ♥ (20.1) Bread Stuffing ♥ (20.6) Green Beans ♥VR (6.4) Apple Pie (48.4) Chocolate Ice Cream ♥R (16)	Italian Wedding Soup ♥R (4.3) Spinach Salad ♥ (2.8) Beef Pot Roast ♥R (2.4) Sesame Tilapia ♥R (6.9) Mashed Potatoes ♥ (17.2) Carrots ♥VR (7) Apple Pie (48.4) Chocolate Ice Cream ♥R (16)
	Garden Vegetable Soup ♥VR (4.3) Mandarin & Beet Salad ♥R (5.9) Cornflake Crusted Chicken ♥ (20) Plant Based Meatballs & Red Sauce ♥V (14) Penne Pasta & Red Sauce ♥V (22.1) Broccoli ♥V (4.3) Shortbread Cookie Bites ♥R (20) Angel Food Cake & Glazed Apples ♥R (28.6)	Garden Vegetable Soup ♥VR (4.3) Mandarin & Beet Salad ♥R (5.9) Cornflake Crusted Chicken ♥ (20) Plant Based Meatballs & Red Sauce ♥V (14) Penne Pasta & Red Sauce ♥V (22.1) Broccoli ♥V (4.3) Shortbread Cookie Bites ♥R (20) Angel Food Cake & Glazed Apples ♥R (28.6)
WED	Beef Barley Soup ♥R (9) Garden Salad ♥VR (2.8) Pesto Chicken Caprese Sandwich ♥R (24.2) Egg Salad Sandwich ♥R (32.4) Baked Potato Chips ♥V (24) Italian Blend Vegetables ♥VR (11.3) Vanilla Pudding ♥R (22) Raspberry Sherbet ♥R (27)	Beef Barley Soup ♥R (9) Garden Salad ♥VR (2.8) Meatloaf with Gravy ♥R (8) Vegetable Lasagna ♥ (32) Mashed Potatoes ♥ (17.2) Corn ♥VR (17.7) Vanilla Pudding ♥R (22) Raspberry Sherbet ♥R (27)

Always Available Items

Starters

Garden Salad **♥VR**(2.8)
 Chicken Noodle Soup **♥R**(2.7)
 Tomato Soup **♥V**(11.2)
 Beef Broth (0.6)

Chicken Broth (0.4)
 Vegetable Broth **V**(0.9)
 Low-Fat Cottage Cheese **♥R**(5)

Hot Entrees

Baked Chicken Breast **♥R**
 Baked Salmon **♥R**
 Baked Tilapia **♥R**
 Cheese Pizza **♥**(31)
 Meatloaf & Gravy **♥R**(8)
 Chicken Tenders **♥**(13.9)
 Macaroni & Cheese **♥**(22.1)

Grilled Chicken Sandwich **♥R**(22.7)
 Grilled Cheese Sandwich **♥R**(29)
 Grilled Swiss Cheese **♥R**(29)
 Hamburger on Bun **♥R**(23.5)
 Cheeseburger on Bun **♥R**(24)
 Veggie Burger on Bun **♥V**(43.7)

Cold Entrees

Fruit & Cottage Cheese **♥**(34.2)
 Canned Fruit & Cottage Cheese **♥**(40)
 Chicken Salad & Crackers (17.2)
 Tuna Salad & Crackers (16.9)
 Egg Salad & Crackers (19.4)
 Turkey Chef Salad **♥R**(8.1)
 Entree Garden Salad **♥R**(8.4)

- With Black Beans **♥V**(31.4)
- With Chickpeas **♥VR**(25.0)
- With Chicken **♥R**(8.4)

Turkey Sandwich **♥R**(28.8)
 Roast Beef Sandwich **♥R**(28)
 Ham Sandwich **♥**(30)
 Peanut Butter & Jelly Sandwich **♥VR**(48.4)
 Peanut Butter Sandwich **♥VR**(35.1)
 Chicken Salad Sandwich **♥R**(30.2)
 Tuna Salad Sandwich **♥R**(29.9)
 Egg Salad Sandwich **♥R**(32.4)
 Hummus Plate **♥V**(28.7)

- With Pretzels **♥V**(52.1)

Sides

Mashed Potatoes **♥**(12.5)

- With Gravy **♥**(17.2)

 Steamed Rice **♥VR**(18.7)
 Penne Pasta **♥VR**(16.6)

- With Red Sauce **♥V**(22.1)

 Ditalini Pasta **♥VR**(14.3)

- With Red Sauce **♥V**(20.5)

Macaroni & Cheese **♥**(11)
 Carrots **♥VR**(7)
 Green Beans **♥VR**(6.4)
 Broccoli Florets **♥V**(4.3)

♥ - Heart Healthy **V** - Vegan Friendly **R** - Renal Friendly

Bakery

Dinner Roll **♥VR**(18)
 English Muffin **♥R**(28)
 Plain Bagel **♥VR**(27)
 Wheat Bread **♥VR**(14)
 Blueberry Muffin **♥R**(28)
 Apple Cinnamon Muffin **♥R**(30)
 White Bread **♥VR**(14)
 Saltine Crackers **V**(4.4)
 Unsalted Crackers **♥VR**(4.5)

Snacks

Carrot Sticks **♥V**(9.3)
 Hummus **♥VR**(8.1)
 Pretzels **V**(23.2)
 White Cheddar Popcorn **R**(9)
 Baked Potato Chips **♥V**(24)
 Walnuts **♥VR**(4.1)
 String Cheese **♥R**(1)

Desserts

Fruit Ice: Orange Cream **♥VR**(22), Strawberry Mango **♥VR**(22),
 or Raspberry Lemon **♥VR**(22)
 Ice Cream: Vanilla **♥R**(16) or Chocolate **♥R**(16)
 Sherbet: Orange **♥R**(23) or Raspberry **♥R**(27)
 Pudding: Vanilla **♥R**(22) or Chocolate **♥R**(22)
 Diet Pudding: Vanilla **♥R**(13) or Chocolate **♥R**(13)
 Gelatin: Orange **♥VR**(25) or Strawberry **♥VR**(25)
 Diet Gelatin: Orange **♥VR**(1) or Strawberry **♥VR**(1)
 Sugar Cookie **♥R**(18.3)
 Chocolate Chip Cookie **♥R**(18)
 Shortbread Cookie Bites **♥R**(20)
 Blueberry Lemon Crisps **♥R**(21)
 Chocolate Layer Cake (35.4)
 Angel Food Cake **♥R**(20.7)

- With Glazed Apples **♥R**(28.6)

Beverages

Regular Coffee **VR**
 Decaf Coffee **♥VR**
 Hot Black Tea **VR**(0.1)
 Hot Green Tea **VR**
 Hot Decaf Black Tea **♥VR**
 Hot Decaf Chamomile Tea **♥VR**
 Hot Chocolate **♥**(15.1)
 Sugar Free Hot Chocolate **♥**(5)
 Whole Milk (11.7)
 1% Milk **♥**(12)
 Fat Free Chocolate Milk **♥**(24)
 Vanilla Almond Milk **♥VR**(13)
 Vanilla Soy Milk **♥V**(17.9)
 Fat-free Lactaid **♥**(13)
 Bottled Water **♥VR**

Unsweetened Iced Tea **VR**(0.7)
 Diet Decaf Iced Tea **♥VR**(0.7)
 Lemonade **♥VR**(27.4)
 Diet Lemonade **♥VR**(1)
 Cherry Bibly **♥VR**
 Lime Bibly **♥VR**
 Ginger Ale **♥VR**(18.6)
 Diet Ginger Ale **♥VR**(0.2)
 Pepsi **V**(26)
 Diet Pepsi **V**
 Orange Juice **♥**(13.1)
 Apple Juice **♥VR**(12.8)
 Cranberry Juice **♥VR**(15.3)
 Grape Juice **♥VR**(18.7)
 Prune Juice **♥V**(19.8)
 Low Sodium V8 **♥V**(7.5)

Lunch/Dinner includes up to 1 entree, 4 starters or sides, 1 dessert, & 2 beverages.

The nutritional content of the menu, including carb numbers, may vary due to product changes. Substitutions may also be necessary due to current availability.