

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 ♥✓R(17.7)
- Rice Chex ♥✓R(24.1)
- Cheerios ♥R(13.9)
- Frosted Flakes ♥✓R(25)
- Frosted Mini-Wheats ♥R(24)
- Raisin Bran ♥✓R(27.6)
- Oatmeal ♥✓R(13.4)
- Cream of Wheat ♥✓R(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)

Fruit

- Banana ♥✓V(27)
- Fresh Fruit Cup ♥✓V(13.2)
- Canned Fruit Cup ♥✓R(16.7)
- Mandarin Oranges ♥✓R(15.9)
- Whole Orange ♥✓V(11.2)
- Applesauce ♥✓R(12.8)
- Whole Apple ♥✓R(19.1)
- Diced Peaches ♥✓R(15.8)
- Diced Pears ♥✓R(17.6)
- Sliced Strawberry Cup ♥✓V(8.7)
- Watermelon ♥✓R(9.4)

Yogurt

- Strawberry ♥R(21)
- Light Peach ♥R(13)
- Strawberry Almond Milk ♥✓R(18)
- Greek Fino Lemon ♥(11)
- Greek Banana Cream ♥(7)

Bakery

- English Muffin ♥R(28)
- Plain Bagel ♥✓R(27)
- Wheat Bread ♥✓R(14)
- Blueberry Muffin ♥R(28)
- Apple Cinnamon Muffin ♥R(30)
- White Bread ♥✓R(14)

♥ - Heart Healthy ✓ - Vegan Friendly R - Renal Friendly

UPMC
TRAYLINE MENU



Regular Menu



Sweet and Savory Summer
blends sun-kissed flavors and savory sides
for a taste of summer.

Chef Selects

	Lunch	Dinner
SUN	Tomato Soup ^(11.2) Spinach Salad ^(2.8) Open-Faced Hot Turkey Sandwich ^(15.1) Mashed Potatoes & Gravy ^(17.2) Garlic & Herb Roasted Carrots ^(7.1) Cheesecake & Strawberry Sauce ^(36.3) Sugar Cookie ^(18.3)	Tomato Soup ^(11.2) Spinach Salad ^(2.8) Zesty Mediterranean Chicken ^(4.9) Steamed Rice ^(18.7) Broccoli ^(4.3) Cheesecake & Strawberry Sauce ^(36.3) Sugar Cookie ^(18.3)
	Chicken Noodle Soup ^(2.7) Garden Salad ^(3.4) Strawberry Summer Salad With Chicken ^(8.1) Potato Wedges ^(24.4) Italian Blend Vegetables ^(11.3) Orange Dreamsicle Whip ^(25.1) Shortbread Cookie Bites ⁽²⁰⁾	Chicken Noodle Soup ^(2.7) Garden Salad ^(3.4) Beef Stroganoff Over Bowtie Pasta ⁽²⁴⁾ Prince Charles Vegetables ^(3.2) Orange Dreamsicle Whip ^(25.1) Shortbread Cookie Bites ⁽²⁰⁾
MON	Broccoli Cheese Soup ^(14.3) Strawberry Summer Side Salad ^(3.7) Open-Faced Hot Roast Beef Sandwich ^(13.7) Mashed Potatoes & Gravy ^(17.2) Green Beans ^(6.4) Strawberry Layer Cake ^(28.1) Vanilla Ice Cream ⁽¹⁶⁾	Broccoli Cheese Soup ^(14.3) Strawberry Summer Side Salad ^(3.7) Stuffed Chicken & Gravy ^(26.6) Carrots ⁽⁷⁾ Strawberry Layer Cake ^(28.1) Vanilla Ice Cream ⁽¹⁶⁾
	Minestrone Soup ^(8.6) Coleslaw ^(8.1) BBQ Pulled Pork Sandwich ^(32.9) Ranch-Seasoned Potato Wedges ^(21.4) Broccoli ^(4.3) Fudge Brownie ⁽³⁸⁾ Fresh Fruit Cup ^(13.2)	Minestrone Soup ^(8.6) Coleslaw ^(8.1) Roasted Vegetable Lasagna ^(20.9) Italian Blend Vegetables ^(11.3) Fudge Brownie ⁽³⁸⁾ Fresh Fruit Cup ^(13.2)
TUES	Italian Wedding Soup ^(4.3) Broccoli Salad with Bacon ^(17.6) Roast Turkey Breast ^(7.1) Mashed Sweet Potatoes ^(20.1) Bread Stuffing ^(20.6) Green Beans ^(6.4) Apple Pie ^(48.4) Chocolate Ice Cream ⁽¹⁶⁾	Italian Wedding Soup ^(4.3) Broccoli Salad with Bacon ^(17.6) Beef Pot Roast ^(2.4) Mashed Potatoes & Gravy ^(17.2) Garlic & Herb Roasted Carrots ^(7.1) Apple Pie ^(48.4) Chocolate Ice Cream ⁽¹⁶⁾
	Garden Vegetable Soup ^(4.3) Strawberry Summer Side Salad ^(3.7) Stuffed Shells & Red Sauce ^(39.5) Prince Charles Vegetables ^(3.2) Blueberry Lemon Crisps ⁽²¹⁾ Angel Food Cake & Strawberry Sauce ^(34.2)	Garden Vegetable Soup ^(4.3) Strawberry Summer Side Salad ^(3.7) Cornflake Crusted Chicken ⁽²⁰⁾ Parmesan Roasted Potatoes ^(20.4) Broccoli ^(4.3) Blueberry Lemon Crisps ⁽²¹⁾ Angel Food Cake & Strawberry Sauce ^(34.2)
WED	Beef Barley Soup ⁽⁹⁾ Garden Salad ^(3.4) Meatloaf & Gravy ⁽⁸⁾ Parslied Potatoes ^(15.8) Italian Blend Vegetables ^(11.3) Lemon Layer Cake ^(32.3) Raspberry Sherbet ⁽²⁷⁾	Beef Barley Soup ⁽⁹⁾ Garden Salad ^(3.4) Penne Pasta with Turkey Meatballs & Red Sauce ^(57.2) Green Beans ^(6.4) Lemon Layer Cake ^(32.3) Raspberry Sherbet ⁽²⁷⁾
THU		
FRI		
SAT		

Always Available Items

Soups & Salads

Garden Salad ^(3.4)
Chicken Noodle Soup ^(2.7)
Tomato Soup ^(11.2)
Beef Broth ^(0.6)

Chicken Broth ^(0.4)
Vegetable Broth ^(0.9)
Low-Fat Cottage Cheese ⁽⁵⁾

Hot Entrees

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

Grilled Chicken Sandwich ^(22.7)
Grilled Cheese Sandwich ⁽²⁹⁾
Grilled Swiss Cheese ⁽²⁹⁾
Hamburger on Bun ^(23.5)
Cheeseburger on Bun ⁽²⁴⁾
Veggie Burger on Bun ^(43.7)

Entree Salads & Sandwiches

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 ^(8.1)
Entree Garden Salad ^(8.4)

- With Black Beans ^(31.4)
- With Chickpeas ^(25.0)
- With Chicken ^(8.4)

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

- With Pretzels ^(52.1)

Sides & Vegetables

Mashed Potatoes ^(12.5)

- With Gravy ^(17.2)

Steamed Rice ^(18.7)
Penne Pasta ^(16.6)

- With Red Sauce ^(22.1)

Ditalini Pasta ^(14.3)

- With Red Sauce ^(20.5)

Macaroni & Cheese ⁽¹¹⁾
Carrots ⁽⁷⁾
Green Beans ^(6.4)
Broccoli Florets ^(4.3)

Bakery

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

Desserts

Fruit Ice: Strawberry Mango ⁽²²⁾ or Raspberry Lemon ⁽²²⁾
Ice Cream: Vanilla ⁽¹⁶⁾ or Chocolate ⁽¹⁶⁾
Sherbet: Orange ⁽²³⁾ or Raspberry ⁽²⁷⁾
Pudding: Vanilla ⁽²²⁾ or Chocolate ⁽²²⁾
Diet Pudding: Vanilla ⁽¹³⁾ or Chocolate ⁽¹³⁾
Gelatin: Orange ⁽²⁵⁾ or Strawberry ⁽²⁵⁾
Diet Gelatin: Orange ⁽¹⁾ or Strawberry ⁽¹⁾
Sugar Cookie ^(18.3)
Chocolate Chip Cookie ⁽¹⁸⁾
Shortbread Cookie Bites ⁽²⁰⁾
Blueberry Lemon Crisps ⁽²¹⁾

Chocolate Layer Cake ^(35.4)
Angel Food Cake ^(20.7)

- With Strawberry Sauce ^(34.2)

Cheesecake & Raspberry
Sauce Parfait ^(21.2)

Beverages

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

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

- Heart Healthy - Vegan Friendly - Renal Friendly

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.