

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 Krispies ♥VR(16)

Cheerios ♥R(13.9)

Frosted Flakes ♥VR(25)

Raisin Bran ♥VR(27.6)

Oatmeal ♥VR(13.34)

Cream of Wheat ♥VR(12.9)

Hot Entrees

Scrambled Eggs ♥R(1.4)

Low-Cholesterol

Scrambled Eggs♥R(1.3)

Cheese Omelet (4)

Roasted Vegetable &

Egg White Omelet ♥(4.8)

Cinnamon French Toast ♥R(25)

Pancakes ♥R(32.1)

Sides

Bacon Strips (0.2)

Turkey Sausage Links

Breakfast Potatoes ♥V(20.4)

Low-Fat Cottage Cheese ♥R(3.8)

Fruit

Banana ♥V(27)

Fresh Fruit Cup ♥V(13.2)

Canned Fruit Cup ♥VR(16.7)

Mandarin Oranges ♥VR(15.9)

Applesauce ♥VR(12.8)

Diced Peaches ♥VR(15.8)

Diced Pears ♥VR(17.6)

Yogurt

Stawberry Banana ♥(21)

Strawberry ♥(21)

Light Peach ♥R(13)

Greek Fino Lemon ♥(11)

Greek Banana Cream ♥(7)

Bakery

English Muffin ♥R(28)

Plain Bagel ♥VR(27)

Cinnamon Raisin Bagel ♥(42)

Wheat Bread ♥VR(14)

White Bread ♥VR(14)

Blueberry Muffin ♥R(28)

Apple Cinnamon Muffin ♥R(30)

Banana Muffin ♥(30)

♥ - Heart Healthy

✓ - Vegan Friendly

R - Renal Friendly

**UPMC
LONG TERM CARE**



Regular Menu

Chef Selects

Week 1 Entrees

	Lunch	Dinner
SUN	Grilled Ham Steak (2.7) Chicken Marsala ♥R(7.2)	Sloppy Joe on Bun ♥R(36.4) Turkey & Swiss Sandwich ♥R(29.6)
MON	Grilled Chicken Breast ♥R(2) Tuna Salad Sandwich ♥R(29.9)	Pork Loin ♥R Cheeseburger on Bun (25.7)
TUES	Cheese Ravioli ♥(40.4) Breaded Fish (16)	Chef Salad (12.9) Chicken Fingers ♥(16.2)
WED	Crumb-Topped Cod ♥R(6.8) Turkey a la King ♥R(14.7)	BBQ Pulled Pork on Bun (49.9) Meatloaf with Gravy ♥(8)
THU	Hot Roast Beef Sandwich ♥R(13.7) Tuna Salad Sandwich ♥R(29.9)	Glazed Pork Chop ♥R(8.6) Egg Salad Sandwich ♥R(32.4)
FRI	Roast Turkey Breast & Gravy ♥R(7.1) Grilled Cheese Sandwich ♥R(29.5)	Chicken Broccoli Casserole ♥R(21.7) Canned Fruit & Cottage Cheese ♥R(29)
SAT	Spaghetti & Meat Sauce ♥(31.1) Baked Cod ♥R(0.2)	Hot Dog (23.2) Macaroni & Cheese ♥(22.1)

Week 2 Entrees

	Lunch	Dinner
SUN	Brie & Apple Stuffed Chicken ♥R(28.9) Hamburger on Bun ♥R(23.5)	Meatloaf with Gravy ♥(8) Turkey & Provolone Hoagie ♥R(16.2)
MON	French Dip & Cheddar Sauce ♥R(26.5) Chicken Salad Sandwich ♥R(30.2)	Ham & Swiss Sandwich (30.5) Baked Salmon ♥R
TUES	Hot Roast Beef Sandwich ♥R(13.7) Cheese Pizza (31)	Breaded Chicken Breast ♥R(12.9) Crumb-Topped Cod ♥R(6.8)
WED	Chicken Stew ♥(25.7) Grilled Cheese Sandwich ♥R(29.5)	Pork Loin ♥R Chef Salad (12.9)
THU	Sloppy Joe on Bun ♥R(36.4) Chicken Parmesan ♥(18.3)	Beef Pot Roast ♥R(2.5) Fish Sticks ♥(18.4)
FRI	Beer Battered Haddock ♥R(13) Hot Roast Turkey Sandwich ♥R(14.1)	Baked Ziti & Meat Sauce ♥(45.2) Canned Fruit & Cottage Cheese ♥R(29)
SAT	Lemon Chicken ♥R(8.1) Cheeseburger on Bun (25.7)	Honey Glazed Chicken ♥R(24.9) Swiss Steak ♥R(10)

Beverages

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
Whole Milk (11.7)

Skim Milk ♥(12.2)
Fat Free Chocolate Milk ♥(24)
Vanilla Soy Milk ♥VR(17.9)
Fat-free Lactaid ♥(13)
Bottled Water ♥VR
Unsweetened Iced Tea VR
Decaf Iced Tea ♥VR

Week 3 Entrees

	Lunch	Dinner
SUN	Pork Loin ♥R Chicken Fingers ♥(16.2)	Meatball Hoagie ♥R(47.5) Egg Salad Sandwich ♥R(32.4)
MON	Cheese Pizza (31) Beef Pot Roast ♥R(2.5)	Chicken Alfredo (9.4) Chef Salad (12.9)
TUES	Herb Roasted Chicken ♥(1.3) Macaroni & Cheese ♥(22.1)	Grilled Ham Steak & Pineapple Ham Gravy (7.2) Grilled Montreal Salmon ♥
WED	Cheese Tortellini & Red Sauce ♥(33.5) Grilled Chicken Salad ♥(9.3)	Fried Shrimp ♥R(8.7) Mushroom Swiss Burger (24.9)
THU	Beef Pot Roast ♥R(2.5) Chicken Salad Sandwich ♥R(30.2)	Sweet & Sour Chicken (30.5) Hot Dog (23.2)
FRI	Chicken & Waffles R(21.1) Breaded Fish Sandwich (38.9)	Apple BBQ Chicken ♥R(15.6) Grilled Cheese Sandwich ♥R(29.5)
SAT	Beer Battered Haddock ♥R(13) Breaded Chicken Breast ♥R(12.9)	Meatloaf with Gravy ♥(8) Turkey Chef Salad ♥R(8.1)

Week 4 Entrees

	Lunch	Dinner
SUN	Chili Con Carne ♥(17.7) Hamburger on Bun ♥R(23.5)	Grilled Chicken Breast ♥R(2) Roast Beef & Provolone Sandwich♥R(28.5)
MON	Roast Pork ♥R Baked Salmon ♥R	Brie & Apple Stuffed Chicken ♥R(28.9) Baked Fish Sandwich on Bun ♥R(38.7)
TUES	Sloppy Joe on Bun ♥R(36.4) Chicken Fingers ♥(16.2)	French Dip & Cheddar Sauce (30.6) Penne Pasta & Turkey Meatballs♥(57.2)
WED	Cheese Pizza (31) Swiss Steak ♥R(10)	Honey Glazed Chicken ♥R(24.9) Tuna Melt (16.4)
THU	Beef Lasagna (35) Egg Salad Sandwich ♥R(32.4)	Hot Roast Turkey Sandwich ♥R(14.1) Meatloaf with Gravy ♥(8)
FRI	Sweet & Sour Pork ♥(4.6) Herb Roasted Chicken ♥(1.3)	Chicken Caesar Salad (12.7) Potato Crusted Cod ♥(10)
SAT	Pulled Pork (4.1) Fried Shrimp ♥R(8.7)	Stuffed Cabbage (19.1) Turkey & Provolone Hoagie ♥R(16.2)

Ginger Ale ♥VR(18.6)
Diet Ginger Ale ♥VR(0.2)
Pepsi V(26)
Diet Pepsi V
V8 ♥V(7.5)

Orange Juice ♥(13.1)
Apple Juice ♥VR(12.8)
Cranberry Juice ♥VR(15.3)
Grape Juice ♥VR(18.7)
Prune Juice ♥VR(19.8)

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

Starters

Garden Salad ♥VR(2.8)
Chicken Noodle Soup ♥R(8)
Tomato Soup ♥(18.4)
Vegetable Soup ♥(14)
Pasta Salad ♥(22.5)
Coleslaw ♥(16.1)

Cold Entrees

Turkey Chef Salad ♥R(12.1)
Chef Salad (12.9)
Fruit & Cottage Cheese ♥(33.5)
Chicken Salad & Crackers ♥(17.2)
Tuna Salad & Crackers (16.9)
Egg Salad & Crackers (19.4)
Peanut Butter & Jelly ♥VR(48.4)

Hot Entrees

Grilled Chicken Breast ♥R(2)
Baked Herb Cod ♥R(6.8)
Cheese Pizza (31)
Pepperoni Pizza (31)
Chicken Tenders ♥(13.9)
Macaroni & Cheese ♥(22.1)
Grilled Chicken Sandwich ♥R(22.7)

Grilled Cheese Sandwich ♥R(29)
Grilled Ham & Cheese (30.5)
Hamburger on Bun ♥R(22.7)
Cheeseburger on Bun (23.2)
Veggie Burger on Bun ♥V(37.7)
Hot Dog (23.2)

Sides

Mashed Potatoes ♥(17.2)
Steamed Rice ♥VR(18.7)
French Fries (27)
Carrots ♥VR(7)
Green Beans ♥VR(6.4)

Bakery

English Muffin ♥R(28)
Plain Bagel ♥VR(27)
Cinnamon Raisin Bagel ♥(42)
Wheat Bread ♥VR(14)
White Bread ♥VR(14)
Blueberry Muffin ♥R(28)
Apple Cinnamon Muffin ♥R(30)
Banana Muffin ♥(30)
Dinner Roll ♥VR(18)
Saltine Crackers V(4.4)
Unsalted Crackers ♥VR(4.5)

Snacks

Peanut Butter & Crackers ♥V(18.1)
Pretzels V(23.2)
White Cheddar Popcorn R(9)
Baked Potato Chips ♥V(24)

Desserts

Fruit Ice: Orange Cream ♥VR(22), Strawberry Mango ♥VR(22), or Raspberry Lemon ♥VR(22)
Ice Cream: Vanilla ♥R(16), Vanilla ♥R(17) or Chocolate ♥R(16)
Sherbet: Orange ♥R(23) or Raspberry ♥R(27)
Pudding: Vanilla ♥R(22), Tapioca ♥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)

♥ - Heart Healthy

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