

Regular (Phosphorus) Menu

★ GUEST MEAL VOUCHER PROCESS ★

1. Visit chop.catertrax.com or scan the QR Code to order a meal voucher(s)
2. Select quantity of vouchers you would like to receive
3. One \$5 voucher entitles you to one guest meal tray
4. Complete ordering process and check out via web
5. Voucher(s) will be delivered to your room within 45 minutes
6. After you receive your vouchers, you may call 4-FOOD or 215-590-FOOD to place your order
7. When your meal arrives, provide the nutrition host with your purchased voucher(s)

★ Try our patient meal ordering app! This is only available for patient meal ordering and not guest meals. Click the "Let's Eat" icon on your CHOP provided bedside tablet or down the free CBORD Patient App ★

CONDIMENTS

- Margarine (0)
- Butter (1)
- Caesar Dressing (0)
- Diet Italian Dressing (0)
- Lemon Wedge (1)
- Honey (1)
- Sugar (0)
- Splenda (0)
- Salt (0)
- Pepper (0)
- Herb Seasoning (0)
- Ketchup (0)
- Lite Mayo (10)
- Mustard (0)
- Jelly (2)
- Parmesan Cheese (24)
- Brown Sugar (1)
- BBQ Sauce (0)
- Sour Cream (0)
- Regular Cream Cheese (28)
- Lite Cream Cheese (31)
- Syrup (Diet or Regular) (0)
- Honey Mustard (0)
- Peanut Butter (67)
- Hot Sauce (1)*

BEVERAGES

- Bottled Water(0)
- SELTZER WATER:** Cherry Bubbly(0)
- MILK:** Skim Milk(274) • 2% Milk(244) • Whole Milk(204) • 1% Chocolate Milk(218)* • Almond Milk(20) • Vanilla Soy Milk(243)
- JUICE:** Apple(6) • Cranberry(0*) • Orange(53) • Crystal Light Lemonade(0) • Crystal Light Fruit Punch(0) • Crystal Light Iced Tea(0)
- GATORADE:** Orange(9) or Lemon Lime(9)

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To place an order, dial extension **4FOOD** on your phone.
Please call between 6:30 am and 8:00 pm to choose your menu selections.

Family members may also order for you from home by calling **215-590-3663**.

★ For quest meal ordering and information about our patient meal ordering app please see reverse side ★

HOT CEREAL

- Oatmeal (185)
- Cream of Wheat (25)
- Add-- Brown Sugar (1)
- Raisins (29)* • Cinnamon (1)

COLD CEREAL

- Cheerios (108)
- Cinnamon Toast Crunch (57)
- Honey Nut Cheerios (76)
- Corn Flakes (21)
- Rice Krispies (22)

BUILD YOUR OWN OMELET

- Choose Your Egg ---
Regular Eggs (193) • Egg Whites (0)*
- Choose Your Toppings ---
Cheddar (65) • Swiss (81) • American (106) • Provolone (66)
Turkey Sausage (6) • Bacon (80)
 - Turkey Bacon (20) • Plant-Based Sausage (116)
 - Sautéed Mushrooms (18) • Sautéed Onions (11)
 - Green Peppers (6) • Tomatoes (7) • Spinach (14)

***3 Toppings Only**

BUILD YOUR OWN BREAKFAST SANDWICH

- Choose Your Bread ---
Whole Wheat Bagel(0) • Bagel (47) • English Muffin (0)
White Bread (55) • Wheat Bread (0)
- Choose Your Egg ---
Regular (193) • Egg Whites (0)
- Choose Your Cheese ---
American (106) • Provolone (66) • Swiss (81) • Cheddar (65)
- Choose Your Protein ---
Bacon (72) • Sausage Patty (0)* • Turkey Bacon (14) • Plant Based Sausage (116)

FRUIT & YOGURT

- Apple Slices(6)
- Banana(26)
- Orange(14)
- Fresh Berries(14)
- Red Grapes (11)
- Diced Peaches(0)
- Mandarin Oranges(8)
- Lite Yogurt:
Strawberry(125), Vanilla (125)
- Low Fat Cottage Cheese(0)
- Greek Yogurt(0)
- Applesauce(0*)
- Avocado (1/2) (7)

BREAKFAST ENTREES

- Scrambled Eggs (193)
- Scrambled Egg Whites (0)
- French Toast Sticks (16)
- Fruit & Greek Yogurt Plate(41)
- Pancakes: whole wheat (75) or buttermilk(200) or blueberry (260) or chocolate chips(200)

SIDES

- Hard Cooked Egg (100)
- Hashbrown Patty (0) (6)
- Bacon (2=72)
- Turkey Bacon (2=28)
- Scrambled Eggs (193)
- Turkey Sausage (6)
- Plant Based Sausage (116)

BREAD BASKET

- Bagels: Whole Wheat(0), Plain(47), Cinnamon Raisin(0)
- Muffins: Blueberry(0) & Banana(0)
- English Muffin (0)
- Pop Tart(21)
- Dinner Roll(23)

Breakfast available all day 6:30a-8:00p

SOUP & SALAD

- Chicken Noodle (5) • Tomato Basil (0) • Beef Broth (0) • Chicken Broth (0)
- Side Caesar Salad (22) • Side Garden Salad (25)

ENTREES

- Chicken Parmesan (321)
- Fish Sticks (6=375)
- All Beef Hot Dog (137)
- Chicken Tenders (3=184)
- Chicken Nuggets (6=952)
- Baked Cod (241)
- Quesadilla: Cheese (387)
- Marinated Grilled Chicken Breast (190)
- Hummus, Vegetable & Pita Plate (89)
- Chicken Caesar Wrap (330)
- Philly Cheese Steak w/ Onions (106)
- Penne with Meat Sauce (134)
- Penne with Marinara Sauce *
- Chicken(2=183) or Beef Taco(2=102) *
Add: salsa(0), sour cream(0), lettuce(18), and shredded cheese(63)

BUILD YOUR OWN SANDWICH

- Choose Your Bread ---
Whole Wheat Bread (0) • White Bread (55) • Hoagie Roll (0)
- Choose Your Protein ---
Sliced ham (130) • Sliced Turkey (93)
Chicken Salad (189) • Tuna Salad (105)
- Choose Your Cheese ---
American (106) • Cheddar (65) • Provolone (66) • Swiss (81)
- Choose Your Toppings ---
Hummus (29) • Pickle Slice (0) • Tomato Slice (3) • Lettuce Leaf (4)
Sliced Red Onion (2) • Bacon (36)

FROM THE GRILL

- Grilled Chicken Sandwich(194)
 - Breaded Chicken Sandwich(303)
 - Hamburger(133)
 - Turkey Burger(124)
 - Veggie Burger(103)
- Choose Your Bread ---
Whole Wheat Bread (0) • White Bread (55) • Hamburger Roll (30)
Whole Grain Hamburger Roll (127)
- Choose Your Cheese ---
American (106) • Cheddar (65) • Provolone (66) • Swiss (81)
- Choose Your Toppings ---
Sautéed Onions (11) • Hummus (29) • Tomato Slice (3)
Pickle Slice (7) • Lettuce Leaf (4) • Sliced Red Onion (2) • Bacon (36)

BUILD YOUR OWN STIR FRY

- Choose Rice or Noodles ---
Brown Rice (0) • White Rice (0)
- Choose Your Protein ---
Tofu (126)* • Chicken (157)
- Choose Your Toppings ---
Mushrooms (18) • Broccoli (18) • Carrots (5) • Peppers (6)

BUILD YOUR OWN SALAD

- Choose Your Lettuce ---
Spinach(7) • Romaine(9)
- Choose Your Protein ---
Grilled Chicken(*) • Tofu (12)*
Chicken Salad(189) • Tuna Salad(105)
- Choose Your Toppings ---
Hummus(29) • Avocado(7) • Tomatoes(7)
Cheddar Cheese(125) • Hard Boiled Egg(100)
Cucumbers(7) • Peppers(7) • Broccoli(19)
Onions(2) • Black Beans(*)
- Choose Your Dressing ---
Balsamic(*) • FF Italian(0) • Caesar Dressing(0)

VEGETABLES & SIDES

- Broccoli(36)
- Carrots(25)
- Green Beans(26)
- Carrots, Celery & Ranch(30)
- Black Beans(*)
- Brown Rice(0)
- White Rice(0)
- Buttered Wheat Penne(97)
- French Fries(100)
- Mashed Potatoes(245)
- Poultry Gravy(0) • Brown Gravy(0)
- Macaroni & Cheese(30)
- Goldfish Crackers(0)
- Baked Potato Chips(0)
- Regular Potato Chips(0)
- Pretzels(57)
- Baked Tortilla Chips & Salsa*

DESSERTS

- Frozen---
- Vanilla/Chocolate Swirl Cone (108)
 - Vanilla Ice Cream(0)
 - Chocolate Ice Cream(0)
 - Raspberry Sherbet(0)
 - Cherry(1) or Lemon(0) Fruit Ice
- Pudding---
- Vanilla(91) & Chocolate(102)
- Gelatin---
- Red(0)
- Cookies---
- Mini Chocolate Chip(0) or Sugar(0)
- Cake & Pies---
- Rice Krispie® Treat(14)
 - Mini Oreo Parfait(5)
 - Apple Pie(23)
 - Caramel Pretzel Cupcake(0)
 - M&M Cupcake(0)