

Safe Tray 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
- Butter
- Lemon Wedge
- Honey
- Sugar
- Splenda
- Salt
- Pepper
- Herb Seasoning
- Ketchup
- Nutella
- Sour Cream
- Hot Sauce
- Lite Mayonnaise
- Mustard
- Jelly
- Peanut Butter
- Parmesan Cheese
- BBQ Sauce
- Brown Sugar
- Lite Cream Cheese
- Regular Cream Cheese
- Syrup (Diet or Regular)
- Honey Mustard
- Buffalo Sauce
- Sunflower Seed Spread

BEVERAGES

- Bottled Water
- SELTZER WATER: Cherry Bubly
- MILK: Skim Milk • 2% Milk • Whole Milk • 1% Chocolate Milk
- Almond Milk • Vanilla Soy Milk • Lactose Free Milk
- JUICE: Apple • Cranberry • Orange • Lemonade • Iced Tea
- Crystal Light Lemonade • Crystal Light Fruit Punch
- Crystal Light Iced Tea
- GATORADE: Orange or Lemon Lime
- SODA: Ginger Ale • Diet Ginger Ale

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

COLD CEREAL

- Cheerios
- Cinnamon Toast Crunch
- Honey Nut Cheerios
- Corn Flakes
- Rice Krispies

BREAKFAST ENTREES

- Scrambled Eggs
- Scrambled Egg Whites
- French Toast Sticks (4)
- Pancakes: Buttermilk, Whole Wheat, Blueberry or Chocolate Chip *Chopped*
- Fruit & Yogurt Plate

SIDES

- Hard Cooked Egg
- Hashbrown Patty
- Bacon
- Turkey Bacon
- Turkey Sausage
- Plant Based Sausage
- Scrambled Eggs

BUILD YOUR OWN OMELET

--- Choose Your Egg ---

Regular Eggs • Egg Whites

--- Choose Your Toppings ---

Cheddar • Swiss • American • Provolone
Turkey Sausage

Bacon • Turkey Bacon • Plant Based Sausage

Sautéed Mushrooms • Sautéed Onions

Green Peppers • Tomatoes • Spinach

****3 Toppings Only****

BUILD YOUR OWN BREAKFAST SANDWICH

--- Choose Your Bread ---

Bagel • English Muffin • Biscuit

Wheat Bread • White Bread

--- Choose Your Egg ---

Regular • Egg Whites

--- Choose Your Cheese ---

American • Provolone • Swiss • Cheddar

--- Choose Your Protein ---

Bacon • Sausage Patty • Turkey Bacon • Plant Based Sausage

FRUIT & YOGURT

- Apple Slices
- Banana
- Orange Fresh Berries
- Red Grapes
- Diced Peaches
- Mandarin Oranges
- Lite Yogurt:
Strawberry, Vanilla

- Avocado (1/2)
- Vanilla Greek Non-Fat Yogurt
- Chobani Yogurt
- Drink: *Peach or Mixed Berry*
- Applesauce
- Low Fat Cottage Cheese

BREAD & BAKERY

- Bagels: *Whole Wheat, Plain, Cinnamon Raisin*
- Muffins: *Banana or Blueberry*
- English Muffin
- Pop Tart

SALAD

Chicken Caesar Salad *Chopped* •
Side Caesar Salad *Chopped* • Side Garden Salad *Chopped*

ENTREES

- Chicken Parm *Chopped*
- Fish Sticks
- Marinated Grilled Chicken
- All Beef Hot Dog
- Chicken Tenders (3)
- Chicken Nuggets (6)
- Boneless Wings (Buffalo or BBQ)
- Penne with Meat Sauce
- Baked Cod
- Chicken or Cheese Quesadilla
- Penne with Marinara Sauce
- Hummus, Vegetable & Pita Plate
- Chicken or Beef Taco
Add: salsa, sour cream, lettuce, and shredded cheese
- Chicken Caesar Wrap
- Philly Cheese Steak w/ Onion
- Uncrustable®

BUILD YOUR OWN SANDWICH

--- Choose Your Bread ---

Whole Wheat Bread • White Bread
Hoagie Roll • Flour Tortilla

--- Choose Your Protein ---

Sliced Ham • Sliced Turkey
Chicken Salad • Tuna Salad

--- Choose Your Cheese ---

American • Cheddar • Provolone • Swiss

--- Choose Your Toppings ---

Hummus • Pickle Slice • Tomato Slice • Lettuce Leaf
Sliced Red Onion • Bacon • Avocado

FROM THE GRILL

- Grilled Cheese
- Cheeseburger
- Grilled Chicken Sandwich
- Breaded Chicken Sandwich
- Hamburger
- Turkey Burger
- Veggie Burger

--- Choose Your Bread ---

- Whole Wheat Bread • White Bread • Whole Wheat Hamburger Roll • Hamburger Roll

--- Choose Your Cheese ---

- American • Cheddar • Provolone • Swiss

--- Choose Your Toppings ---

- Tomato Slice
Pickle Slice • Lettuce Leaf • Sliced Red Onion • Bacon
Avocado

--- Personal Pizza ---

Cheese
Pepperoni
Veggie (mushrooms, peppers, onions)

BUILD YOUR OWN STIR FRY

--- Choose Rice or Noodles ---

Brown Rice • White Rice

--- Choose Your Protein ---

Tofu • Chicken

--- Choose Your Toppings ---

Mushrooms • Broccoli • Carrots • Peppers

--- Choose Your Sauce ---

Teriyaki • Sweet and Sour

Build Your Own Salad

--- Choose Your Lettuce ---

Spinach *Chopped* • Romaine *Chopped*

--- Choose Your Protein ---

Grilled Chicken

Chicken Salad • Tuna Salad

--- Choose Your Toppings ---

Hummus • Avocado • Tomatoes • Cheddar Cheese •
Hard Boiled Egg

Cucumbers • Peppers • Broccoli • Onions • Croutons

--- Choose Your Dressing ---

Balsamic • FF Italian • Italian

• Ranch • Caesar

SIDES

- Broccoli
- Green Beans
- Carrots
- Black Beans
- Brown Rice
- White Rice
- French Fries
- Mashed Potatoes
•Poultry Gravy •Brown Gravy
- Buttered Wheat Penne
- Buttered Penne
- Macaroni & Cheese
- Mozzarella Sticks
- Goldfish Crackers
- Lay's Baked Potato Chips
- Pretzels
- Carrots, Celery & Ranch
- Tortilla Chips & Salsa

SWEETS

- Berry Smoothie
- Chocolate Milkshake
- Vanilla Milkshake
- Vanilla Ice Cream
- Chocolate Ice Cream
- Raspberry Sherbet
- Vanilla/Chocolate Swirl Cone
- Pudding---
- Vanilla & Chocolate
- Gelatin---
- Red
- Cookies---
- Mini Chocolate Chip Cookies or Sugar
- Cake & Pies---
- Brownie
- Rice Krispie® Treat
- Mini Oreo Parfait
- Apple Pie
- Caramel Pretzel Cupcake
- M&M Cupcake