

Low Sodium 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 (30)
- Butter (32)
- Diet Italian Dressing (20)
- Lemon Wedge (0)
- Honey (1)
- Sugar (0)
- Splenda (0)
- Pepper (0)
- Herb Seasoning (0)
- Lite Mayo (97)
- Jelly (3)
- Peanut Butter (89)
- Parmesan Cheese (54)
- Brown Sugar (4)
- Lite Cream Cheese (83)
- Syrup (24)
- Sour Cream (47)
- Ketchup (90)
- Mustard (67)
- Nutella (7)

BEVERAGES

- Bottled Water (0)
- SELTZER WATER:** Cherry Bubly (0)
- MILK:** Skim Milk (105) • 2% Milk (115) • Whole Milk (100) •
- Almond Milk (170) • Vanilla Soy Milk (80) • Lactose Free Milk (130)
- JUICE:** Apple (12) • Cranberry (15) • Orange (0) Lemonade (10)
- Iced Tea (15) • Crystal Light Lemonade (90) • Crystal Light Fruit Punch (20) • Crystal Light Iced Tea (35)
- SODA:** Ginger Ale (40) • Diet Ginger Ale (70)

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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

HOT CEREAL

- Oatmeal (8) • Cream of Wheat (20)
- Add-- Brown Sugar (4)
- Raisins (3) • Cinnamon (1)

COLD CEREAL

- Cheerios (94)
- Cinnamon Toast Crunch (160)
- Honey Nut Cheerios (161)
- Rice Krispies (89)

BREAKFAST ENTREES

- Scrambled Eggs (210)
- Scrambled Egg Whites (104)
- French Toast Sticks (4=460)
- Whole Wheat Pancakes (1=135)
- Buttermilk Pancakes (1=230)
- Chocolate Chip Pancakes (1=230)
- Blueberry Pancakes (1=230)
- Fruit & Yogurt Plate (195)

SIDES

- Hard Cooked Egg (69)
- Turkey Bacon (1=116)
- Hashbrown Patty (237)
- Scrambled Eggs (210)

BUILD YOUR OWN OMELET

- Choose Your Egg ---
- Regular Eggs (210) • Egg Whites (104)
- Choose Your Toppings ---
- Swiss (1=27)
- Turkey Bacon (131)
- Sautéed Mushrooms (33) • Sautéed Onions (36)
- Green Peppers (36) • Tomatoes (1) • Spinach (22)
- **3 Toppings Only****

BUILD YOUR OWN BREAKFAST SANDWICH

- Choose Your Bread ---
- English Muffin (237) • Flour Tortilla (438)
- Wheat Bread (2=288) • White Bread (2=248)
- Choose Your Egg ---
- Regular (131) • Egg Whites (166)
- Choose Your Cheese ---
- Swiss (1=27)
- Choose Your Protein ---
- Turkey Bacon (1=116)

FRUIT & YOGURT

- Apple Slices (1)
- Banana (1)
- Orange (0)
- Fresh Berries (1)
- Red Grapes (1)
- Diced Peaches (15)
- Mandarin Oranges (0)
- Avocado (1/2 =3)
- Lite Yogurt:
- Strawberry (75) Vanilla (80)
- Applesauce (0)
- Chobani Yogurt Drink:
- Peach (85)
- Mixed Berry (87)
- Vanilla Greek Non-Fat Yogurt (53)

BREAD & BAKERY

- Bagels: Plain (1/2=143)
- Cinnamon Raisin (1/2=128)
- Whole Wheat (1/2=142)
- Muffins:
- Blueberry (131) Banana (132)
- English Muffin (237)
- White Bread (124)
- Wheat Bread (144)
- Dinner Roll (183)

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

SOUP & SALAD

- Tomato Basil (6oz=324)
- Beef Broth (124) • Chicken Broth (121)
- Side Caesar Salad (142) • Side Garden Salad (15)

ENTREES

- Baked Cod (210)
- Fish Sticks (3=198)
- Chicken Nuggets (3=310)
- Marinated Grilled Chicken Breast (61)
- Uncrustable® (280)
- Pan-seared Tofu (13)
- Chicken Taco (1=252)
- Beef Taco (1=219)

BUILD YOUR OWN SANDWICH

- Choose Your Bread ---
- Whole Wheat Bread (2=288) • White Bread (2=248)
- Choose Your Protein ---
- Sliced Turkey (1oz=244) • Chicken Salad (200)
- Choose Your Cheese ---
- Swiss (1=27)
- Choose Your Toppings ---
- Tomato Slice (1) • Lettuce Leaf (4)
- Sliced Red Onion (1)

FROM THE GRILL

- Choose Your Bread ---
- Whole Wheat Bread (2=288) • White Bread (2=248)
- Whole Grain Hamburger Roll (261)
- Choose Your Protein ---
- Beef Patty (58) • Turkey Patty (287) • Grilled Chicken Breast (116)
- Sliced Roasted Turkey (1oz=244)
- Choose Your Cheese ---
- Swiss (1=27)
- Choose Your Toppings ---
- Sautéed Onions (36) • Tomato Slice (1)
- Lettuce Leaf (0) • Sliced Red Onion (1)

BUILD YOUR OWN STIR FRY

- Choose Rice or Noodles ---
- Brown Rice (4) • White Rice (4) • Lo Mein (153)
- Choose Your Protein ---
- Tofu (13) • Chicken (115)
- Choose Your Toppings ---
- Mushrooms (33) • Broccoli (11) • Carrots (10) • Peppers (36)

BUILD YOUR OWN SALAD

- Choose Your Lettuce ---
- Spinach (11) • Romaine (3)
- Choose Your Protein ---
- Grilled Chicken (116)
- Chicken Salad (200)
- Choose Your Toppings ---
- Avocado (3)
- Tomatoes (3) • Hard Boiled Egg (60) • Black Beans (140)
- Cucumbers (1) • Peppers (2) • Broccoli (18) • Onions (2)
- Choose Your Dressing ---
- FF Italian (20)

VEGETABLES & SIDES

- Broccoli (22)
- Green Beans (1)
- Carrots (48)
- Buttered Wheat Penne (10)
- Buttered Penne (11)
- Brown Rice (4)
- Lay's Baked Potato Chips (140)
- Carrots & Celery Sticks (80)
- Baked Tortilla Chips (22)

DESSERTS

- Frozen---
- Berry Smoothie (49)
- Vanilla/Chocolate Swirl Cone (115)
- Blue Raspberry Ice Pop (0)
- Cherry (10) or Lemon (10) Fruit Ice
- Strawberry Popsicle (10)
- Raspberry Sherbet (30)
- Pudding---
- Vanilla (143) or Chocolate (139)
- Gelatin---
- Cherry (10)
- Cake---
- Brownie (76)