



## Low Protein Menu

### --- Breakfast ---

Buttermilk Pancakes (1 Pancake=3)  
Chocolate Chip Pancakes (1 Pancake=3)  
Blueberry Pancakes (1 Pancake=3)  
Gluten Free Pancakes (2 Pancakes=2)  
Gluten Free Waffles (2 Waffles=2)  
Hashbrown Patty (1)

### --- Cereal ---

Cheerios (4) •  
Cinnamon Toast Crunch (3)  
Honey Nut Cheerios (2) • Rice Krispies (1)

### --- Fruit ---

Apple Slices (0) • Banana (1) • Orange (1)  
Fresh Berries (1) • Red Grapes (0.5) • Diced Peaches (0.5)  
Mandarin Oranges (1)  
Applesauce (0) • Half Avocado (1)

### --- Bread & Bakery ---

White Bread (2) • Wheat Bread (3) • Blueberry Muffin (2)  
Banana Muffin (2) • GF Udi's Soft White Bread (1)

### --- Soup & Salad ---

Beef Broth (1)  
Chicken Broth (1) • Side Caesar Salad (2)  
Side Garden Salad (1)

### --- BYO Stir Fry ---

#### --- Choose Rice ---

Brown Rice (2) • White Rice (3)

#### --- Choose Your Toppings ---

Mushrooms (1) • Broccoli (1) • Carrots (<1) • Peppers (0)

#### --- Choose Your Sauce ---

Teriyaki (1) • Sweet and Sour (2)

### --- Vegetables & Sides ---

Broccoli (1) • Green Beans (2) • Carrots (1)  
French Fries (1) • Poultry Gravy (0) • Brown Gravy (0)  
Tortilla Chips & Salsa (4)  
GF Pretzels (1) • Brown Rice (2.5) • White Rice (2.5)  
Goldfish Crackers (2) • Lay's Baked Potato Chips (2)  
Pretzels (2) • Carrots, Celery & Ranch (1) • Mashed Potatoes (3)



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--- Dessert ---

- Mini Chocolate Chip Cookies (2) • Mini Sugar Cookies (2)
- Teddy Grahams® (1) • Brownie (2)
- Chocolate Pudding (3) • Rice Krispie® Treat (1)
- Cherry Gelatin (1)
- Vanilla Ice Cream (2) • Chocolate Ice Cream (2)
- Raspberry Sherbet (1) • Applesauce (0)
- Cherry (0) or Lemon (0) Fruit Ice •
- Apple Pie (2) • Caramel Pretzel Cupcake (2.5) • M&M Cupcake (3)
- Strawberry Popsicle (0)
- Blue Raspberry Ice Pop (0)

--- Beverages ---

- Almond Milk (1) • Apple Juice (0)
- Cranberry Juice (1) • Orange Juice (1)
- Lemon Iced Tea (0) • Lemonade (0)
- Gatorade: Orange (0) or Lemon Lime (0) • Ginger Ale (0)
- Bottled Water (0) • Hot Chocolate (1)
- Crystal Light Lemonade (0) Crystal Light Fruit Punch (0)
- Crystal Light Iced Tea (0)
- Cherry Bubbly (0)

--- Condiments ---

- Margarine (0) • Butter (0) Ranch Dressing (0) • FF Italian Dressing (0)
- Italian Dressing (0) • Caesar Dressing (1)
- Fat Free French Dressing (0)
- Lemon Wedge (0) • Honey (0) • Sugar (0) • Splenda (0)
- Salt (0) • Pepper (0) • Herb Seasoning (0) • Ketchup (0)
- Nutella (1) • Lite Mayo (0) • Mustard (0) • Jelly (0)
- Parmesan Cheese (1) • BBQ Sauce (0) Brown Sugar (0)
- Regular Cream Cheese (1)
- Lite Cream Cheese (2) • Syrup (Diet or Regular) (0)
- Honey Mustard (0) • Buffalo Sauce (0) • Sour Cream (1)
- Hot Sauce (0)

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 options please see below

To purchase a guest voucher:

- Scan QR code or visit [chop.catertrax.com](http://chop.catertrax.com)
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