

Fiber Restricted 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
- Buffalo Sauce
- Sunflower Seed Spread
- Lite Mayo
- Mustard
- Jelly
- Peanut Butter
- Parmesan Cheese
- BBQ Sauce
- Brown Sugar
- Regular Cream Cheese
- Lite Cream Cheese
- Syrup (Diet or Regular)
- Honey Mustard
- Sour Cream
- Hot Sauce

BEVERAGES

- Bottled Water
- Hot Chocolate
- SELTZER WATER: Cherry Bubbly
- 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 ★

HOT CEREAL

Cream of Wheat
Add-- Brown Sugar
Cinnamon

BREAKFAST ENTREES

- Scrambled Eggs
- Scrambled Egg Whites
- French Toast Sticks (4)
- Buttermilk Pancakes
- Chocolate Chip Pancakes

COLD CEREAL

- Corn Flakes
- Rice Krispies

SIDES

- Hard Cooked Egg
- Hashbrown Patty
- Bacon
- Turkey Bacon
- Scrambled Eggs

BUILD YOUR OWN OMELET

--- Choose Your Egg ---

Regular Eggs • Egg Whites

--- Choose Your toppings ---

Cheddar • Swiss • American • Provolone

Bacon • Turkey Bacon

****3 Toppings Only****

BUILD YOUR OWN BREAKFAST SANDWICH

--- Choose Your Bread ---

Bagel • English Muffin • Flour Tortilla • Biscuit
White Bread

--- Choose Your Egg ---

Regular • Egg Whites

--- Choose Your Cheese ---

American • Provolone • Swiss • Cheddar

--- Choose Your Protein ---

Bacon • Turkey Bacon

FRUIT & YOGURT

- Applesauce
- Banana
- Diced Peaches
- Lite Vanilla Yogurt
- Low Fat Cottage Cheese
- Chobani Yogurt Drink:
Peach or Mixed Berry

BREAD BASKET

- Plain Bagel
- White Bread
- English Muffin
- Dinner Roll
- Pop Tart
- Biscuit

SOUP

Chicken Noodle • Tomato Basil
Beef Broth • Chicken Broth

ENTREES

- Chicken Parmesan
- Fish Sticks
- Chicken Tenders (3)
- Chicken Nuggets (6)
- Boneless Wings (Buffalo or BBQ)
- Chicken or Beef Taco
Add: sour cream and shredded cheese
- Marinated Grilled Chicken Breast
- Baked Cod
- Chicken Quesadilla
- Cheese Quesadilla
- Philly Cheese Steak w/
Onions
- Penne with Meat Sauce
- Penne with Marinara Sauce
- Personal Cheese Pizza

BUILD YOUR OWN SANDWICH

--- Choose Your Bread ---

White Bread • Hoagie Roll

--- Choose Your Protein ---

Sliced Turkey

Chicken Salad • Tuna Salad

--- Choose Your Cheese ---

American • Cheddar • Provolone • Swiss
Bacon

BUILD YOUR OWN GRILL

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

--- Choose Your Bread ---

White Bread • Hamburger Roll
Flour Tortilla

--- Choose Your Cheese ---

American • Cheddar • Provolone • Swiss

--- Choose Your Toppings ---

Bacon

BUILD YOUR OWN STIR FRY

--- Choose Rice or Noodles ---

White Rice • Lo Mein

--- Choose Your Protein ---

Tofu • Chicken

--- Choose Your Sauce ---

Teriyaki • Sweet and Sour

VEGETABLES & SIDES

- White Rice 
- Buttered Penne 
- French Fries 
- Mashed Potatoes 
- Poultry Gravy • Brown Gravy*
- Macaroni & Cheese 
- Mozzarella Sticks 
- Goldfish Crackers 
- Potato Chips 
- Baked Potato Chips 
- Pretzels
- Baked Tortilla Chips &
Salsa

DESSERTS

---Frozen---

- Strawberry Popsicle
- Vanilla/Chocolate Swirl
Cone
- Blue Raspberry Ice Pop
- Vanilla Ice Cream
- Chocolate Ice Cream
- Raspberry Sherbet
- Cherry or Lemon Fruit Ice
- Vanilla or Chocolate
Milkshake

---Pudding---

- Vanilla & Chocolate

---Gelatin---

- Red

---Cookies---

- Mini Chocolate Chip or
Sugar

---Cake & Pies---

- Brownie
- Rice Krispie® Treat
- Mini Oreo Parfait
- Apple Pie
- Caramel Pretzel Cupcake