

Chopped 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
- 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

CHOPPED Menu

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   • Cream of Wheat 
- Add--* • Brown Sugar
Raisins • Cinnamon

COLD CEREAL

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

BREAKFAST ENTREES

- Scrambled Eggs 
- Scrambled Egg Whites 
- French Toast Sticks *chopped* 
- Pancakes: *whole wheat or buttermilk add: blueberries or chocolate chips* *chopped*

SIDES- CHOPPED

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

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****

FRUIT & YOGURT

- Banana- *chopped*
- Fresh Berries- *pureed*
- Diced Peaches
- Applesauce
- Avocado (1/2)
- Lite Yogurt: *Strawberry, Vanilla*
- Low Fat Cottage Cheese
- Vanilla Greek Non-Fat Yogurt
- Chobani Yogurt Drink: *Peach or Mixed Berry*

SOUP & SALAD

Chicken Noodle • Tomato Basil 
Beef Broth • Chicken Broth

• Chopped Side Caesar Salad  • Chopped Side Garden Salad 

ENTREES

- Fish Sticks - *chopped*
- Chicken Parmesan *chopped*
- Marinated Grilled Chicken Breast *chopped*
- Hot Dog *chopped*
- Chicken Tenders *chopped*
- Chicken Nuggets *chopped*
- Baked Cod  *flaked*
- Penne with Meat Sauce *chopped*
- Penne with Marinara Sauce  *chopped*
- Chicken Quesadilla *chopped*
- Cheese Quesadilla *chopped*
- Chicken Salad Scoop
- Tuna Salad Scoop

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

VEGETABLES & SIDES

- Broccoli *chopped*
- Carrots *chopped*
- Green Beans *chopped*
- Brown Rice  
- White Rice  
- Buttered Penne  *chopped*
- Mashed Potatoes  
- Poultry Gravy • Brown Gravy*
- Macaroni & Cheese 

DESSERTS

- Frozen---
- Berry Smoothie
- Strawberry Popsicle
- 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