

Renal 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 (30,1,0)
- Butter (32,1,1)
- Diet Italian Dressing (20,0,0)
- Lemon Wedge (0,10,1)
- Honey (1,7,1)
- Sugar (0,0,0)
- Splenda (0,0,0)
- Sour Cream (43,47,0)
- Pepper (0,1,0)
- Herb Seasoning (0,7,0)
- Ketchup (96,24,0)
- Lite Mayo (89,0,0)
- Mustard (68,0,0)
- Diet Jelly (2,7,5)
- Jelly (5,12,2)
- Brown Sugar (4,18,1)
- Lite Cream Cheese (83,41,31)
- Syrup (22,0,0)

BEVERAGES

- Bottled Water(0,0,0)
- SELTZER WATER: Cherry Bubbly(0,0,0)
- MILK: Skim Milk(4oz=57,210,137) • 2% Milk(4oz=63,198,122) • Whole Milk(4oz=52,168,102) • Almond Milk(170,180,20) • Vanilla Soy Milk(85,389,243) • Lactose Free Milk(112,366,0*)
- JUICE: Apple(4oz=8,85,6) • Cranberry (4oz=15,20,0*)
- Crystal Light Lemonade(87,0,0) • Crystal Light Fruit Punch(10,160,0) • Crystal Light Iced Tea(13,0,0)
- SODA: Ginger Ale(28,26,0) • Diet Ginger Ale(26,37,0)

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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 quest meal ordering and information about our patient

meal ordering app please see reverse side ★

HOT CEREAL

- Oatmeal (8oz=7,35,0)
- Cream of Wheat (8oz=8,34,0)

Add-- Brown Sugar (4,18,1)
Cinnamon (0,5,1)

BREAKFAST ENTREES

- Scrambled Eggs (½c=210,91,129)
- Scrambled Egg Whites (½c=104,98,0)
- French Toast Sticks (4=458,11,16)
- Buttermilk Pancakes (1=230,107,100)
- Chocolate Chip Pancakes (1=230,107,100)
- Blueberry Pancakes (1=295,146,130)

COLD CEREAL

- Cheerios (136,179,108)
- Corn Flakes (153,31,21)
- Rice Krispies (89,16,22)
- Cinnamon Toast Crunch (162,53,57)

SIDES

- Hard Cooked Egg (1=69,63,100)
- Scrambled Eggs (½c=210,91,129)
- Scrambled Egg Whites (½c=104,98,0)

BUILD YOUR OWN OMELET

--- Choose Your Egg ---

- Regular Eggs (½c=210,91,129)
- Egg Whites (½c=104,98,0)

--- Choose Your Toppings ---

- Sautéed Mushrooms (1oz=33,69,18)
- Sautéed Onions (1oz=35,53,11)
- Green Peppers (1oz=35,55,6)

****3 Toppings Only****

FRUIT & YOGURT

- Apple Slices (1,61,6)
- Fresh Berries (½c=1,92,14)
- Red Grapes (½c=1,108,11)
- Diced Peaches (1,166,0)
- Lite Strawberry Yogurt (75,260,125)
- Lite Vanilla Yogurt (75,260,125)
- Applesauce (0,0,0)

BREAD BASKET

- ½ Plain Bagel (145,24,23)
- ½ Cin Raisin Bagel (136,47,0)
- ½ English Muffin (57,22,0)
- White Bread (1=118,17,27)
- Dinner Roll (1=168,26,23)

SOUP & SALAD

- 4oz Beef Broth (73,27,0)
- 4oz Chicken Broth (77,8,0)

- Side Caesar Salad (119,93,22)
- Side Garden Salad with no tomato or cucumber (15,202,25)

ENTREES

- Chicken Nuggets (3=310,110,466)
- Grilled Chicken Breast (1=116,218*,194*)
- Pan-seared Tofu (4oz=13,126,12)
- Penne with Butter
- Plain Chicken Taco(1=251,145,92)
- Add: lettuce (72,14,18) or sour cream(43,47,0)

BUILD YOUR OWN SANDWICH

--- Choose Your Bread ---

- White Bread (2=236,34,55)
- Lettuce Wrap (3,18,3)

--- Choose Your Protein ---

- Sliced Turkey (3oz=733,133,93) • Tuna Salad (3oz=335,184,105)
- Chicken Salad (3oz=240,439,189)

--- Choose Your Toppings ---

- Sautéed Onions (1oz=35,53,11) • Sliced Onion (1oz=0,10,2)
- Lettuce Leaf (4,27,4)

FROM THE GRILL

- Grilled Chicken(1=116,218*,194*)
- Hamburger(1=58,216,133)
- Sliced Roasted Turkey(3oz=733,133,93)
- Turkey Burger(1=287,157,124)

--- Choose Your Bread ---

- White Bread (2=236,34,55) • Hamburger Roll (1=270,56,30)
- Lettuce Wrap (3,18,3)

--- Choose Your Toppings ---

- Sautéed Onions (1oz=35,53,11) • Lettuce Leaf (4,27,4)
- Sliced Red Onion (1oz=0,10,2)

BUILD YOUR OWN STIR FRY

--- Choose Rice or Noodles ---

- White Rice (½c=5,52,0)

--- Choose Your Protein ---

- Chicken (3oz=93,176,157)
- Tofu (4oz=13,126,12)

--- Choose Your Toppings ---

- Mushrooms (1oz=33,69,18)
- Broccoli (1oz=11,79,18)
- Carrots (1oz=10,45,5)
- Peppers (1oz=35,55,6)

BUILD YOUR OWN SALAD

--- Choose Your Lettuce ---

- Romaine(1oz=3,70,9)

--- Choose Your Protein ---

- Grilled Chicken(1=116,218*,194*)

- Chicken Salad(3oz=240,439,189) • Tuna Salad(3oz=335,184,105)
- Tofu (4oz=13,126,12)

--- Choose Your Toppings ---

- Hard Boiled Egg(1=62,64,100) • Cucumbers(1oz=1,42,7)
- Peppers(1oz=1,60,7) • Broccoli(1oz=9,90,19) • Onions(1oz=0,10,2)

--- Choose Your Dressing ---

- FF Italian(20,0,0)

SIDES

- Broccoli (½c=22,158,36)
- Green Beans (½c=1,130,26)
- Carrots (½c=48,155,25)
- Buttered Wheat Penne (½c=10,124,97)
- White Rice (½c=5,52,0)
- Baked Tortilla Chips (95,40,1*)
- Saltines (85,6,0)
- Carrots & Celery (80,302,30)

SWEETS

- Mini Chocolate Chip Cookies (2=190,70,0)
- Mini Sugar Cookies (2=250,11,0)
- Teddy Grahams® (97,26,27)*
- Cherry Gelatin (10,94,0)
- Raspberry Sherbet (23,108,0)
- Cherry (16,16,1) or Lemon (10,4,0) Fruit Ice
- Applesauce (0,0,0)
- Strawberry Popsicle (10,62,0)