

Low Fat Menu (30-60g/Day)

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 (3)
- Fat-Free Ranch Dressing (0)
- Diet Italian Dressing (0)
- Fat Free French Dressing (0)
- Lemon Wedge (0)
- Honey (0)
- Sugar (0)
- Splenda (0)
- Salt (0)
- Pepper (0)
- Buffalo Sauce (4)
- Nutella (5)
- Herb Seasoning (0)
- Ketchup (0)
- Lite Mayo (3)
- Mustard (0)
- Jelly (0)
- Parmesan Cheese (1)
- BBQ Sauce (0)
- Brown Sugar (0)
- Lite Cream Cheese (4)
- Syrup (0)
- Hot Sauce (0)

BEVERAGES

- Bottled Water (0)
- Hot Chocolate (2)
- Milk:** Skim Milk (0) • 1% Chocolate Milk (3) • Vanilla Soy Milk (4) • Vanilla Almond Milk (0)
- Juice:** Apple Juice (0) Cranberry Juice (0) • Orange Juice (0) Crystal Light Lemonade (0) • Crystal Light Fruit Punch (0) Crystal Light Iced Tea (0) Iced Tea (0) • Lemonade (0)
- Seltzer Water:** Cherry Bubbly (0)
- Gatorade:** Orange (0) or Lemon Lime (0)
- Soda:** Ginger Ale (0) Diet Ginger Ale (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 (3) • Cream of Wheat (0)
Add-- Brown Sugar (0)
 Raisins (0) • Cinnamon (0)

COLD CEREAL

•Cheerios (1)
 •Cinnamon Toast Crunch (3)
 •Honey Nut Cheerios (1)
 •Corn Flakes (1)
 •Rice Krispies (0)

BREAKFAST ENTREES

•Scrambled Eggs (9)
 •Scrambled Egg Whites (0)
 •French Toast Sticks (2=6)
 •Whole Wheat Pancakes (1=2.5)
 •Buttermilk Pancakes (2=4)
 •Chocolate Chip Pancakes (2=10)
 •Blueberry Pancakes (2=4)
 •Fresh Fruit & Granola Plate (5)

SIDES

•Hard Cooked Egg (1=5)
 •Turkey Bacon (1=2)
 •Turkey Sausage (1=6)
 •Plant-Based Sausage (1=4)

BUILD YOUR OWN OMELET

--- Choose Your Egg ---
 Regular Eggs (9) • Egg Whites (0)
--- Choose Your Toppings ---
 Swiss (4)
 Turkey Sausage (5)
 Turkey Bacon (2) • Plant-Based Sausage (4)
 Sautéed Mushrooms (5) • Sautéed Onions (1)
 Green Peppers (1) • Tomatoes (0) • Spinach (0)

****3 Toppings Only****

BUILD YOUR OWN BREAKFAST SANDWICH

--- Choose Your Bread ---
 Bagel (1) • Whole Wheat Bagel (1) • English Muffin (1)
 White Bread (2) • Wheat Bread (2)
--- Choose Your Egg ---
 Regular (5) • Egg Whites (0)
--- Choose Your Cheese ---
 Swiss (4)
--- Choose Your Protein ---
 Turkey Bacon (2) • Plant-Based Sausage (4)

FRUIT & YOGURT

•Apple Slices (0) •Banana (0)
 •Orange (0) •Fresh Berries (0)
 •Red Grapes (0) •Diced Peaches (0)
 •Mandarin Oranges (0) •Vanilla Non-Fat Greek Yogurt (0)
 •Applesauce (0) •Chobani Yogurt Drink: Peach or Mixed Berry (3.5)
 •Low Fat Cottage Cheese (1)
 •Lite Yogurt: Vanilla, Strawberry (<1)

SOUP & SALAD

Chicken Noodle (2) • Tomato Basil (2)
 Beef Broth (1) • Chicken Broth (0)
 Side Caesar Salad (2) • Side Garden Salad (0)
 FF Italian Dressing (<1)

ENTREES

•Baked Fish Sticks (6=9) •Chicken Soft Taco (2=8)
 •Baked Chicken Tenders (3=17) •Hummus, Vegetable & Pita Plate (11)
 •Baked Chicken Nuggets (6=18) •Individual Kraft Mac & Cheese (4)
 •Marinated Grilled Chicken Breast (3)

BUILD YOUR OWN SANDWICH

--- Choose Your Bread ---
 Whole Wheat Bread (2) • White Bread (2) • Hoagie Roll (1)
--- Choose Your Protein ---
 Sliced Ham (3oz=3) • Sliced Turkey (3oz=1)
 Chicken Salad (6) • Tuna Salad (3)
--- Choose Your Cheese ---
 Swiss (4)
--- Choose Your Toppings ---
 Pickle Slice (1) • Tomato Slice (0) • Lettuce Leaf (0)
 Sliced Red Onion (0)

FROM THE GRILL

--- Choose Your Bread ---
 Whole Wheat Bread (2) • White Bread (2) • Hamburger Roll (3)
 Whole Grain Hamburger Roll (2)
--- Choose Your Protein ---
 Beef Patty (11) • Turkey Patty (13) • Garden burger (8)
 Marinated Grilled Chicken (4) • Sliced Turkey (3oz=1)
 Sliced Ham (3oz=3)
--- Choose Your Cheese ---
 Swiss (4)
--- Choose Your Toppings ---
 Sautéed Onions (1) • Tomato Slice (0)
 Pickle Slice (1) • Lettuce Leaf (0) • Sliced Red Onion (0)

BREAD & BAKERY

Plain Bagel (1) • Cinnamon Raisin Bagel (2) • Whole Wheat Bagel (1) • English Muffin (1)
 White Bread (1) • Wheat Bread (1)
 Hamburger Roll (3) • Hoagie Roll (1)
 Whole Wheat Hamburger Roll (2) • Dinner Roll (4)

BUILD YOUR OWN STIR FRY

--- Choose Rice or Noodles ---
 Brown Rice (1) • White Rice (0) • Lo Mein (1)
--- Choose Your Protein ---
 Tofu (6) • Chicken (4)
--- Choose Your Toppings ---
 Mushrooms (5) • Broccoli (0) • Carrots (0) • Peppers (1)
--- Choose Your Sauce ---
 Teriyaki (1) • Sweet and Sour (1)

BUILD YOUR OWN SALAD

--- Choose Your Lettuce ---
 Spinach (<1) • Romaine (<1)
--- Choose Your Protein ---
 Grilled Chicken (3)
 Chicken Salad (6.5) • Tuna Salad (3)
--- Choose Your Toppings ---
 Black Beans (<1) • Tomatoes (<1) • Cucumbers (<1)
 Peppers (<1) • Broccoli (<1) • Onions (<1)
--- Choose Your Dressing ---
 • FF Italian (<1)

SIDES

•Broccoli (0)
 •Green Beans (0)
 •Carrots (1)
 •Black Beans (<1)
 •Mashed Potatoes (6)
 •Poultry Gravy (1)
 •Brown Gravy (1)
 •Brown Rice (1)
 •Goldfish Crackers (4)
 •Lay's Baked Potato Chips (3)
 •Pretzels (1)
 •Carrots & Celery Sticks (0)

DESSERTS

•Berry Smoothie (2)
 •Vanilla Pudding (2)
 •Chocolate Pudding (2)
 •Rice Krispie® Treat (4)
 •Cherry Gelatin (0)
 •Raspberry Sherbet (1)
 •Cherry (0) or Lemon Fruit Ice (0)
 •Applesauce (0)
 •Strawberry Popsicle (0)
 •Blue Raspberry Ice Pop (0)