

High Protein High Calorie 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

- Butter
 - Margarine
 - Peanut Butter
 - Sunflower Seed Spread
 - Nutella
 - Chocolate Syrup
 - Honey
 - Regular Cream Cheese
 - Regular Syrup
 - Brown Sugar
 - Honey Mustard
 - BBQ Sauce
 - Buffalo Sauce
 - Sour Cream
 - Mayonnaise
- Higher Calorie Condiments Bolded*
- Ranch Dressing
 - Italian Dressing
 - Caesar Dressing
 - French Dressing
 - Jelly
 - Parmesan Cheese
 - Lemon Wedge
 - Sugar
 - Splenda
 - Salt/Pepper
 - Herb Seasoning
 - Ketchup
 - Mustard
 - Hot Sauce

BEVERAGES

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

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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 • Cream of Wheat

Add-- Brown Sugar
Raisins • Cinnamon

**Please Request
Double Portions
When Ordering**

COLD CEREAL

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

BREAKFAST ENTREES

• Scrambled Eggs
• Scrambled Egg Whites
• French Toast Sticks (4)
• Fruit & Greek Yogurt Plate
• Pancakes: *whole wheat or buttermilk* *add: blueberries or chocolate chips*

SIDES

• Hard Cooked Egg • Turkey Sausage
• Hash Brown Patty • Plant Based Sausage
• Bacon • Scrambled Eggs
• Turkey Bacon

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****

BUILD YOUR OWN BREAKFAST SANDWICH

Please Request Double Portions When Ordering

--- Choose Your Bread ---

Whole Wheat Bagel • Plain Bagel • Biscuit

White Bread • Wheat Bread • English Muffin

--- Choose Your Egg ---

Regular • Egg Whites

--- Choose Your Cheese ---

American • Provolone • Swiss • Cheddar

--- Choose Your Protein ---

Bacon • Sausage Patty • Turkey Bacon • Plant Based Sausage

FRUIT & YOGURT

• Apple Slices
• Banana
• Orange
• Fresh Berries
• Red Grapes
• Diced Peaches
• Mandarin Oranges
• Applesauce
• Avocado (1/2)

• Lite Yogurt:
Strawberry, Vanilla
• Low Fat Cottage Cheese
• Vanilla Greek Non-Fat Yogurt
• Plain Whole Milk Yogurt
• Chobani Yogurt
Drink: *Peach or Mixed Berry*

BREAD BASKET

• Bagels: *Whole Wheat, Plain, Cinnamon Raisin*
• Muffins: *Blueberry & Banana*
• English Muffin
• Pop Tart
• Dinner Roll
• Biscuit

SOUP & SALAD

Chicken Noodle • Tomato Basil • Beef Broth • Chicken Broth
Side Caesar Salad • Side Garden Salad

ENTREES

Please Request Double Portions When Ordering

• Fish Sticks
• Chicken Parmesan
• Boneless Wings (Buffalo or BBQ)
• Marinated Grilled Chicken Breast
• Hot Dog
• Chicken Tenders
• Chicken Nuggets
• Chicken or Beef Taco
Add: salsa, sour cream, lettuce, and shredded cheese

• Garden-Style Baked Cod
• Quesadilla: *Cheese or Chicken*
• Hummus, Vegetable & Pita Plate
• Chicken Caesar Wrap
• Uncrustable
• Penne with Meat Sauce
• Penne with Marinara Sauce
• Philly Cheesesteak w/ Onion

BUILD YOUR OWN SANDWICH

Please Request Double Portions When Ordering

--- Choose Your Bread ---

Whole Wheat Bread • White Bread

Flour Tortilla • Hoagie Roll

--- Choose Your Protein ---

Sliced Ham • Sliced Turkey

Chicken Salad • Tuna Salad

--- Choose Your Cheese ---

American • Cheddar • Provolone • Swiss

--- Choose Your Toppings ---

Hummus • Pickle Slice • Tomato Slice • Lettuce Leaf

Sliced Red Onion • Bacon • Avocado

BUILD YOUR OWN GRILL

Please Request Double Portions When Ordering

• Grilled Cheese
• Cheeseburger
• Grilled Chicken Sandwich
• Breaded Chicken Sandwich

• Hamburger
• Turkey Burger
• Veggie Burger

--- Choose Your Bread ---

Whole Wheat Bread • White Bread • Whole Wheat Hamburger Roll • Hamburger Roll

--- Choose Your Cheese ---

American • Cheddar • Provolone • Swiss

--- Choose Your Toppings ---

Hummus • Pickle Slice • Tomato Slice • Lettuce Leaf • Sliced Red Onion • Bacon • Avocado

--- Personal Pizza ---

• Cheese
• Pepperoni
• Veggie (mushrooms, peppers, onions)

BUILD YOUR OWN STIR FRY

Please Request Double Portions When Ordering

--- Choose Rice or Noodles ---

Brown Rice • White Rice • Lo Mein

--- Choose Your Protein ---

Tofu • Chicken

--- Choose Your Toppings ---

Mushrooms • Broccoli • Carrots • Peppers

--- Choose Your Sauce ---

Teriyaki • Sweet and Sour

BUILD YOUR OWN SALAD

Please Request Double Portions When Ordering

--- Choose Your Lettuce ---

Spinach • Romaine

--- Choose Your Protein ---

Grilled Chicken • Tofu

Chicken Salad • Tuna Salad

--- Choose Your Toppings ---

Hummus • Avocado

Tomatoes • Cheddar Cheese • Hard Boiled Egg
Cucumbers • Peppers • Broccoli • Onions • Croutons
• Black Beans

--- Choose Your Dressing ---

Balsamic • FF Italian • Italian • Ranch • Caesar

VEGETABLES & SIDES

**Please Request Double
Portions When Ordering**

• Broccoli
• Carrots
• Green Beans
• Carrots, Celery & Ranch
• Black Beans
• Brown Rice
• White Rice
• Buttered Wheat Penne
• Buttered Penne
• Potato Salad
• French Fries
• Mashed Potatoes
Poultry Gravy • Brown Gravy
• Macaroni & Cheese
• Mozzarella Sticks
• Goldfish Crackers
• Baked Potato Chips
• Pretzels
• Tortilla Chips & Salsa
• Lays Potato Chips

DESSERTS

**Please Request Double
Portions When Ordering**

---Frozen---

• Berry Smoothie
• 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
• M&M Cupcake

Breakfast available all day 6:30a-8:00p