

# Gluten Free 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

# Gluten Free 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 (GF Packet)

Add-- Brown Sugar\*  
Raisins\* • Cinnamon\*

## COLD CEREAL

- Cheerios
- Honey Nut Cheerios

## BREAKFAST ENTREES

- Scrambled Eggs\*
- Scrambled Egg Whites\*
- GF Pancakes\*
- GF Waffles\*
- GF Tofu Breakfast Wrap

## SIDES (Gluten Free Friendly)

- Hard Cooked Egg\*
  - Bacon\*
  - Turkey Bacon\*
  - Turkey Sausage\*
  - Scrambled Eggs\*



## BUILD YOUR OWN OMELET (Gluten Free Friendly)

--- Choose Your Egg ---

Regular Eggs\* • Egg Whites\*

--- Choose Your Toppings ---

Cheddar\* • Swiss\* • American\* • Provolone\*

Turkey Sausage\*

Bacon\* • Turkey Bacon\*

Sautéed Mushrooms\* • Sautéed Onions\*

Green Peppers\* • Tomatoes\* • Spinach\*

**\*\*3 Toppings Only\*\***



## FRUIT & YOGURT

- Apple Slices • Banana
- Orange • Fresh Berries\* • ½ Avocado\*
- Red Grapes\* • Diced Peaches
- Mandarin Oranges
- Lite Yogurt: **Strawberry, Vanilla**
  - Low Fat Cottage Cheese\*
- Vanilla Nonfat Greek Yogurt
  - Applesauce
- Chobani Yogurt Drink: **Peach or Mixed Berry**
  - Fruit & Greek Yogurt Plate\*

## BREAD & BAKERY

- GF Blueberry Muffin • GF White Bread
- GF Bagel
- GF English Muffin

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

## SOUP & SALAD

- Tomato Basil\*
- Beef Broth\* • Chicken Broth\*
- Side Garden Salad\*

## Certified Gluten Free Entrees

### Pre-Packaged Entrees:

- GF Broccoli Cheddar Bake
- GF Chicken Tikka Masala
- GF Vegetable Lasagna
- GF Bean, Rice, & Cheese Burrito
- GF Mexican Casserole
- GF Margherita Pizza
- GF Macaroni & Cheese
- GF Tofu Breakfast Wrap

## BUILD YOUR OWN SANDWICH (Gluten Free Friendly)

--- Choose Your Bread ---

GF Bread\*

--- Choose Your Protein ---

Sliced Ham\* • Sliced Turkey\*

Chicken Salad\* • Tuna Salad\* • Hamburger Patty\*

--- Choose Your Cheese ---

American\* • Cheddar\* • Provolone\* • Swiss\*

--- Choose Your Toppings ---

Hummus\* • Pickle Slice\* • Tomato Slice\* • Lettuce Leaf\*

Sliced Red Onion\* • Bacon\*



## GLUTEN FREE "FRIENDLY" ENTREES

- Marinated Grilled Chicken Breast\*
- Baked Cod\*
- Pan-seared Tofu\*
- GF Pasta w/ Marinara Sauce\*
- GF Pasta w/ Butter\*



## PIZZA (Gluten Free Friendly)

### 8" GF Margherita Pizza

--- Choose Your Toppings ---

Pepperoni\* • Sautéed Mushrooms\*  
Sautéed Onions\* • Sautéed Peppers\*

## BUILD YOUR OWN STIR FRY (Gluten Free Friendly)

--- Choose Rice or Noodles ---

Brown Rice\* • White Rice\*

--- Choose Your Protein ---

Tofu\* • Chicken\*

--- Choose Your Toppings ---

Mushrooms\* • Broccoli\* • Carrots\* • Peppers\*

--- Choose Your Sauce ---

Sweet and Sour\*

## BUILD YOUR OWN SALAD

--- 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 • Black Beans

--- Choose Your Dressing ---

Balsamic • FF Italian • Italian • Ranch • Caesar

## VEGETABLES & SIDES

- Broccoli\*
- Carrots\*
- Green Beans\*
- Carrots, Celery & Ranch\*
- Black Beans\*
- Brown Rice\*
- White Rice\*
- French Fries\*
- Mashed Potatoes\*
- Poultry Gravy\* • Brown Gravy\*
- Lay's Regular Potato Chips
- Lay's Baked Potato Chips
- GF Pretzels
- Baked Tortilla Chips & Salsa

## DESSERTS

---Frozen---

- Berry Smoothie
- Strawberry Popsicle
- Blue Raspberry Ice Pop
- Vanilla Ice Cream
- Chocolate Ice Cream
- Raspberry Sherbet
- Cherry or Lemon Fruit Ice

---Pudding---

- Vanilla & Chocolate

---Gelatin---

- Red

---Cookies & Cakes---

- GF Chocolate Chip Cookie
- GF Brownie

## Legend

**Normal Bold = Certified Gluten Free**

*Italics and \** = Gluten Free "Friendly"

When ordering gluten "friendly" options, please note:

**Disclaimer:** Although our gluten-free menu items are made and cooked using dedicated kitchen utensils and equipment, they are prepared in the same facility as our regular, gluten-containing menu items. We cannot guarantee that our menu items are 100% free of gluten as there is always a possibility of trace amounts crossing over from other kitchen areas. **Individuals with severe gluten allergies should consider ordering our pre-packaged entrees.**