

Very Low Fat Menu (10-20g/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)
- 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

- Skim Milk (0) • Lactose Free Milk (0) • Vanilla Almond Milk (0)
- Apple Juice (0) • Cranberry Juice (0) • Orange Juice (0)
- Iced Tea (0) • Lemonade (0)
- Gatorade: Orange (0) or Lemon Lime (0) • Ginger Ale (0) • Diet
Ginger Ale • Bottled Water (0) • Hot Chocolate (2)
- Crystal Light Lemonade (0) • Crystal Light Fruit Punch (0)
- Crystal Light Iced Tea (0)
- Cherry Bubly (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)

BREAKFAST ENTREES

- Scrambled Egg Whites (0)
- French Toast Sticks (2 baked=6)
- Buttermilk Pancakes (2=4)
- Whole Wheat Pancakes (2=5)
- Blueberry Pancakes (2=4)

COLD CEREAL

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

SIDES

- Turkey Bacon (1=2)
- Plant-Based Sausage (4)
- Scrambled Egg Whites (0)

BUILD YOUR OWN OMELET

---- Choose Your Egg ----

Egg Whites (0)

---- Choose Your Toppings ----

- Turkey Bacon (2) • Plant-Based Sausage (4)
- Sautéed Mushrooms (5) • Sautéed Onions (1)
- Green Peppers (1) • Tomatoes (0) • Spinach (0)

****3 Toppings Only****

FRUIT & YOGURT

- Apple Slices (0)
- Banana (0)
- Orange (0)
- Fresh Berries (0)
- Red Grapes (0)
- Diced Peaches (0)
- Mandarin Oranges (0)
- Lite Strawberry Yogurt (<1)
- Lite Vanilla Yogurt (<1)
- Applesauce (0)
- Low Fat Cottage Cheese (1)
- Vanilla Greek Non-Fat Yogurt (0)

BREAD & BAKERY

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

SOUP & SALAD

- Chicken Noodle (2) • Tomato Basil (2)
- Beef Broth (1) • Chicken Broth (0)
- Side Caesar Salad (2) • Side Garden Salad (0)

ENTREES

- Chicken Nuggets (3=9)
- Marinated Grilled Chicken (4)
- Individual Kraft Mac & Cheese (4)
- Pan-seared Tofu (6)

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) • Tuna Salad (3)

---- 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 ----

Grilled Chicken Breast (4) • Sliced Roasted Turkey (3oz=1)

Sliced Ham (3oz=3)

---- Choose Your Toppings ----

Sautéed Onions (1) • Tomato Slice (0)

Pickle Slice (1) • Lettuce Leaf (0) • Sliced Red Onion (0)

BUILD YOUR OWN STIR FRY

---- Choose Rice or Noodles ----

Brown Rice (1) • White Rice (0) • Lo Mein (1)

---- Choose Your Protein ----

Chicken (4) • Tofu (6)

---- 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) • 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)
- Mashed Potatoes (6)
- Poultry Gravy (1)
- Brown Gravy (1)
- Brown Rice (1)
- Lay's Baked Potato Chips (3)
- Pretzels (1)
- Carrots & Celery Sticks (0)
- Whole Grain Penne (1)

SWEETS

- Vanilla Pudding (2)
- Chocolate Pudding (2)
- Cherry Gelatin (0)
- Raspberry Sherbet (1)
- Cherry Fruit Ice (0)
- Lemon Fruit Ice (0)
- Applesauce (0)
- Strawberry Popsicle (0)
- Blue Raspberry Ice Pop (0)