

Regular 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

Regular 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  • Cream of Wheat 
- Add--* • Brown Sugar
Raisins • Cinnamon






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

- Bacon 
- Turkey Bacon 
- Turkey Sausage 
- Scrambled Eggs 
- Plant Based Sausage 
- Hard Cooked Egg 
- Hashbrown Patty 

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 

Green Peppers  • Tomatoes  • Spinach 

****3 Toppings Only****

BUILD YOUR OWN BREAKFAST SANDWICH

- Choose Your Bread ---*
Whole Wheat Bagel • Plain Bagel • Biscuit
Wheat Bread • White 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 Nonfat Greek Yogurt
- Chobani Yogurt
- Drink: *Peach or Mixed Berry*







BREAD & BAKERY

- 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

- Fish Sticks
- Chicken Parmesan
- Boneless Wings (Buffalo or BBQ)
- Marinated Grilled Chicken
- Hot Dog
- Chicken Tenders
- Chicken Nuggets
- Chicken or Beef Taco
- Add: salsa, sour cream, lettuce and shredded cheese*
- Garden-Style Cod 
- Quesadilla: *Cheese  or Chicken *
- Hummus, Vegetable & Pita Plate 
- Chicken Caesar Wrap
- Uncrustable 
- Penne with Meat Sauce
- Penne with Marinara Sauce 
- Philly Cheesesteak with Onions

BUILD YOUR OWN SANDWICH

- Choose Your Bread ---*
Whole Wheat Bread • White Bread
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

FROM THE GRILL

- 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

- 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

- 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

VEGETABLES & SIDES

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

DESSERTS

- 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