

# Carbohydrate Counting 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 download the free CBORD Patient App ★

## CONDIMENTS

- Margarine (0)
- Butter (0)
- Lemon Wedge (1)
- Splenda (1)
- Salt (0)
- Pepper (0)
- Herb Seasoning (0)
- Ketchup (3)
- Hot Sauce (1)
- Lite Mayo (1)
- Nutella (9)
- Marinara Sauce (6)
- Mustard (0)
- Jelly (9)
- Diet Jelly (3)
- Peanut Butter (5)
- Parmesan Cheese (0)
- BBQ Sauce (8)
- Lite Cream Cheese (1)
- Regular Cream Cheese (1)
- Regular Syrup (28)
- Diet Syrup (4)
- Honey Mustard (4)
- Buffalo Sauce (1)
- Sunflower Seed Spread (7)
- Sour Cream (2)

## BEVERAGES

- Bottled Water (0)
- Diet Hot Chocolate (10)
- SELTZER WATER:** Cherry Bubbly (0)
- MILK:** Skim Milk (12) • 2% Milk (12) • Whole Milk (12) • 1% Chocolate Milk (21) • Almond Milk (13) • Vanilla Soy Milk (19) • Lactose Free Milk (12)
- JUICE:** Apple (14) • Cranberry (14) • Orange (13) • Iced Tea (22) • Lemonade (30) • Crystal Light Lemonade (0) • Crystal Light Fruit Punch (2) • Crystal Light Iced Tea(2)
- SODA:** Diet Ginger Ale (0)

## Carbohydrate Counting 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 (27)
- Cream of Wheat (27)
- Add-- Raisins (22)
- Cinnamon (1)

## COLD CEREAL

- Cheerios (21)
- Cinnamon Toast Crunch (45)
- Honey Nut Cheerios (23)
- Corn Flakes (18)
- Rice Krispies (16)

## BREAKFAST ENTREES

- Scrambled Eggs (1)
- Scrambled Egg Whites (1)
- French Toast Sticks (50)
- Pancakes: whole wheat or buttermilk (2=36) **add: blueberries** (2=52) or **chocolate chips** (2=50)

## SIDES

- Hard Cooked Egg (1)
- Hashbrown Patty (10)
- Bacon (0)
- Turkey Bacon (0)
- Turkey Sausage (1)
- Plant Based Sausage (9)
- Scrambled Eggs (1/2c=<1)

## BUILD YOUR OWN OMELET

--- Choose Your Egg ---

Regular Eggs (<1) • Egg Whites (0)

--- Choose Your Toppings ---

- Cheddar (0) • Swiss (0) • American (1) • Provolone (0)
- Turkey Sausage (1) • Bacon (0) • Turkey Bacon (0)
- Plant Based Sausage (9)

- Sautéed Mushrooms (1) • Sautéed Onions (3)
- Green Peppers (1) • Tomatoes (1) • Spinach (1)

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

## BUILD YOUR OWN BREAKFAST SANDWICH

--- Choose Your Bread ---

- Whole Wheat Bagel (29) • Plain Bagel (33) • Wheat Bread (24) • English Muffin (23) • White Bread (26) • Biscuit (34)

--- Choose Your Egg ---

Regular (1) • Egg Whites (2)

--- Choose Your Cheese ---

- Cheddar (0) • Swiss (0) • American (1) • Provolone (0)

--- Choose Your Protein ---

- Bacon (0) • Turkey Sausage Patty (1) • Turkey Bacon (0)
- Plant Based Sausage (3)

## FRUIT & YOGURT

- Apple Slices (8)
- Banana (27)
- Orange (12)
- Fresh Berries (7)
- Red Grapes (10)
- Diced Peaches (12)
- Mandarin Oranges (16)
- Applesauce (13)
- Avocado (1/2) (2)
- Lite Yogurt: Strawberry (17) Vanilla (18)
- Low Fat Cottage Cheese (7)
- Vanilla Greek Yogurt (11)
- Chobani Yogurt Drink: Peach (16) or Mixed Berry (17)

## BREAD BASKET

- Bagels: Whole Wheat (29), Plain (33), Cinnamon Raisin (37)
- Muffins: Blueberry (27) & Banana (31)
- English Muffin (23)
- Biscuit (34)

## SOUP & SALAD

- Tomato Basil (19) • Chicken Noodle (9)
- Beef Broth (1) • Chicken Broth (2)
- Side Caesar Salad (6) • Side Garden Salad (4)

## ENTREES

- Chicken Parmesan (17)
- Fish Sticks (4=27)
- All Beef Hot Dog (26)
- Chicken Tenders (3=18)
- Chicken Nuggets (6=13)
- Boneless Wings (6=25)
- Marinated Grilled Chicken Breast (0)
- Baked Cod (11)
- Chicken Quesadilla (39)
- Cheese Quesadilla (34)
- Hummus, Vegetable & Pita Plate (37)
- Chicken Caesar Wrap (40)
- Philly Cheese Steak w/ Onions (42)
- Uncrustable® (32)
- Penne with Meat Sauce (43)
- Penne with Marinara Sauce (43)
- Chicken Tacos (34) or Beef Tacos (34)
- Add: salsa (7), sour cream (2), lettuce (<1) and shredded cheese (0)

## BUILD YOUR OWN SANDWICH

--- Choose Your Bread ---

- Whole Wheat Bread (24) • White Bread (26) • Hoagie Roll (35)
- Whole Grain Hamburger Roll (27)

--- Choose Your Protein ---

- Sliced Ham (1) • Sliced Turkey (1)
- Chicken Salad (3) • Tuna Salad (2)

--- Choose Your Cheese ---

- Cheddar (0) • Swiss (0) • American (1) • Provolone (0)

--- Choose Your Toppings ---

- Hummus (9) • Pickle Slice (0) • Tomato Slice (1) • Lettuce Leaf (0)
- Sliced Red Onion (1) • Bacon (0) • Avocado (2)

## FROM THE GRILL

- Grilled Cheese (26)
- Cheeseburger (1)
- Grilled Chicken Sandwich (0)
- Breaded Chicken Sandwich (16)
- Hamburger (0)
- Turkey Burger (0)
- Veggie Burger (21)

--- Choose Your Bread ---

- Whole Wheat Bread (24) • White Bread (26) • Hamburger Roll (35)
- Whole Grain Hamburger Roll (27)

--- Choose Your Cheese ---

- Cheddar (0) • Swiss (0) • American (1) • Provolone (0)

--- Choose Your Toppings ---

- Hummus (9) • Tomato Slice (1)
- Pickle Slice (0) • Lettuce Leaf (0) • Sliced Red Onion (1) • Bacon (0) • Avocado (2)

--- Personal Pizza---

- Cheese (102) • Pepperoni (102) • Veggie (Mushrooms, Onions, Peppers) (104)

(#) = Grams Total Carbohydrate per serving

## BUILD YOUR OWN STIR FRY

--- Choose Rice or Noodles ---

- Brown Rice (22) • White Rice (26) • Lo Mein (31)

--- Choose Your Protein ---

Tofu (3) • Chicken (1)

--- Choose Your Toppings ---

- Mushrooms (1) • Broccoli (2) • Carrots (1) • Peppers (2)

--- Choose Your Sauce ---

Teriyaki (14) • Sweet and Sour (13)

## BUILD YOUR OWN SALAD

--- Choose Your Lettuce ---

Spinach (<1) • Romaine (2)

--- Choose Your Protein ---

Grilled Chicken (0) • Tofu (3)

Chicken Salad (3) • Tuna Salad (2)

--- Choose Your Toppings ---

Hummus (9) • Avocado (2)

- Tomatoes (1) • Cheddar Cheese (1) • Hard Boiled Egg (1)
- Cucumbers (1) • Peppers (1) • Broccoli (2) • Onions (1)
- Black Beans (6)

--- Choose Your Dressing ---

- Balsamic (4) • FF Italian (1) • Italian (1) • Ranch (1)
- Caesar (1)

## VEGETABLES & SIDES

- Broccoli (7)
- Green Beans (7)
- Carrots (7)
- Carrots, Celery & Ranch (8)
- Black Beans (23)
- Brown Rice (22)
- White Rice (26)
- Buttered Wheat Penne (20)
- French Fries (26)
- Mashed Potatoes (15)
- Poultry Gravy (8) • Brown Gravy (5)
- Macaroni & Cheese (16)
- Mozzarella Sticks (21)
- Potato Chips (15)
- Baked Potato Chips (22)
- Pretzels (23)
- Baked Tortilla Chips & Salsa (26)

## DESSERTS

---Frozen---

- Berry Smoothie (40)
- Vanilla Ice Cream (16)
- Chocolate Ice Cream (17)
- Raspberry Sherbet (33)
- Cherry (19) or Lemon (20) Fruit Ice
- Blue Raspberry Ice Pop (11)

---Pudding---

- Vanilla (22) • Chocolate (24)

---Gelatin---

- Sugar-Free Orange Gelatin (2)

---Cookies---

- Mini Chocolate Chip (36)
- Mini Sugar (34)