

# Regular Dairy 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
- Lemon Wedge
- Honey
- Sugar
- Splenda
- Salt
- Pepper
- Herb Seasoning
- Ketchup
- Hot Sauce
- Balsamic
- FF Italian
- Italian
- Lite Mayonnaise
- Mustard
- Jelly
- Peanut Butter
- BBQ Sauce
- Brown Sugar
- Syrup (Diet or Regular)
- Honey Mustard
- Buffalo Sauce
- Sunflower Seed Spread

## BEVERAGES

- Bottled Water
- SELTZER WATER: Cherry Bubly
- 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

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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

## COLD CEREAL

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

## BREAKFAST ENTREES

- Scrambled Eggs
- Scrambled Egg Whites

## 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 ---*

- Turkey Sausage
- Bacon • Turkey Bacon • Plant Based Sausage
- Sautéed Mushrooms • Sautéed Onions
- Green Peppers • Tomatoes • Spinach

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

## BUILD YOUR OWN BREAKFAST SANDWICH

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

*--- Choose Your Egg ---*  
Regular • Egg Whites

- Choose Your Protein ---*  
Bacon • Sausage Patty • Turkey Bacon • Plant Based Sausage

## FRUIT

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

## BREAD & BAKERY

- Bagels: *Whole Wheat, Plain, Cinnamon Raisin*
- Dinner Roll
- Flour Tortilla

## SOUP & SALAD

- Chicken Noodle
- Beef Broth • Chicken Broth
- Side Garden Salad

## ENTREES

- Fish Sticks
- Boneless Wings (Buffalo or BBQ)
- Marinated Grilled Chicken Breast
- Hot Dog
- Chicken Tenders
- Chicken Nuggets
- Baked Cod
- Hummus, Vegetable & Pita Plate
- Uncrustable
- Penne with Meat Sauce
- Penne with Marinara Sauce

## 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 Toppings ---*  
Hummus • Pickle Slice • Tomato Slice • Lettuce Leaf  
Sliced Red Onion • Bacon • Avocado

## FROM THE GRILL

- Hamburger
- Turkey Burger
- Veggie Burger
- Grilled Chicken Sandwich
- Breaded Chicken Sandwich

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

- Choose Your Toppings ---*  
Hummus • Pickle Slice • Tomato Slice  
Lettuce Leaf • Sliced Red Onion • Bacon • Avocado

## 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 • Hard Boiled Egg  
Cucumbers • Peppers • Broccoli • Onions • Croutons  
• Black Beans  
*--- Choose Your Dressing ---*  
Balsamic • FF Italian • Italian

## VEGETABLES & SIDES

- Broccoli
- Carrots
- Green Beans
- Carrots & Celery
- Black Beans
- Brown Rice
- White Rice
- French Fries
- Baked Potato Chips
- Pretzels
- Tortilla Chips & Salsa

## DESSERTS

- Frozen---*  
• Strawberry Popsicle  
• Blue Raspberry Ice Pop  
• Cherry or Lemon Fruit Ice  
*---Gelatin---*  
• Red