

Carbohydrate Counting Menu

GUEST MEAL VOUCHER PROCESS

1. Visit order.mashgin.com/kopguesttray or scan the QR Code to order a meal voucher(s).
2. Select Guest Tray or Purchase Vouchers for Future use.
3. One \$5 voucher entitles you to one guest meal tray
4. Select choices for your meal. There is also an option to schedule delivery for later.
5. Complete ordering process to include Patient's Last Name, Phone Number and **ROOM NUMBER**.
6. If you have already received your vouchers, you may call 8-FOOD or 215-590-FOOD to place your order.
7. We are happy to serve you from 630am to 7pm.



CONDIMENTS

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

BEVERAGES

- Bottled Water (0)
- Diet Hot Chocolate (11)
- 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 (13)
- JUICE:** Apple (14) • Cranberry (14) • Orange (13) • Iced Tea (22) • Lemonade (30)) • Crystal Light Lemonade (4) • Crystal Light Fruit Punch (2) • Crystal Light Iced Tea(2)
- SODA:** Diet Ginger Ale (0)

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Revised 4/15/26

To place an order, dial extension **4FOOD** on your phone.
Please call between 6:30 am and 7:00 pm to choose your menu selections.

Family members may also order for you from home by calling **215-590-3663**.

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 (16)
•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 (7)
• 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 (13)
Vanilla (18)
• Low Fat Cottage Cheese (7)
• Vanilla Greek Yogurt (11)
• Chobani Yogurt Drink: Peach (17) or Mixed Berry (17)

BREAD BASKET

• Bagels: Whole Wheat (29), Plain (33), Cinnamon Raisin (37)
• Muffins: Blueberry (28) & 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 (17)
• 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)