

Gluten Intolerant

Take a moment to look through our menu. To place your order,
dial 6255

We are available to take orders from 7 AM - 5 PM daily.

Your nursing staff is available to assist you with menu selections during your stay.

Please allow up to 45 minutes for your meal to be delivered.

There is a limit of one guest tray per meal per room.

Your 100% satisfaction is our number one goal. If, for any reason, our meal service does not meet your expectations, please call the Dietary Manager at extension 3206 and let us know how we can better serve you, our guest.

Note: Items on this menu are naturally gluten-free. However, they may come in contact with surfaces that might have traces of gluten.

Step 1

Begin by making your beverage choice.

Beverages:

Choose a drink

- ▷ Coffee (*Reg. or Decaf*)
- ▷ Hot Tea (*Reg. or Decaf*)
- ▷ Iced Tea (*Sweet/Unsweet*)
- ▷ Milk (*Skim, 2%, Skim Choc.*)
- ▷ Variety Pop (*Reg/Diet*)
- ▷ Apple Juice
- ▷ Grape Juice
- ▷ Orange Juice
- ▷ Cranberry Juice
- ▷ Prune Juice (*Hot/Cold*)
- ▷ Hot Chocolate
- ▷ Crystal Light
- ▷ V-8 Juice
- ▷ Water

Step 2

Guests are encouraged to choose breakfast OR lunch/dinner items. However, all items are available to order at any time of the day. (Breakfast is served all day and lunch/dinner items can be ordered for breakfast.)

Breakfast:

Choose 1 item
from each
section.

OR

Go to the next
page and make
selections.

Entrées:

- ▷ Eggs
(poached, scrambled, or boiled)
- ▷ Omelet
(choice of cheese, ham, onion, green pepper, mushroom, or combo)

Sides:

- ▷ Bacon
- ▷ Hash Browns
- ▷ Yogurt (*variety*)

Fruit:

- ▷ Fresh Fruit
(apple, banana, grapes, orange, prunes, strawberries, seasonal fruit)
- ▷ Canned Fruit
(applesauce, fruit mix, peaches, pears, mandarin oranges)

Cereals:

- ▷ Cheerios

Step 2 continued

Build A Sandwich (without a bun)

Sandwiches:

- ▷ French Dip
- ▷ Grilled Chicken
- ▷ Hamburger
- ▷ Cheeseburger
- ▷ Chicken Salad
- ▷ Turkey
- ▷ Roast Beef
- ▷ Ham
- ▷ BLT

Toppings:

- ▷ American Cheese
- ▷ Swiss Cheese
- ▷ Onion
- ▷ Pickles
- ▷ Lettuce
- ▷ Tomatoes

Main Dishes

Entrées:

- ▷ Roasted Pork Loin
- ▷ Roasted Beef
- ▷ Roasted Turkey
- ▷ Chef Salad
- ▷ Grilled Chicken Breast

Soup:

- ▷ Beef Broth
- ▷ Chicken Broth

Side Dishes

- ▷ Mashed Potatoes
- ▷ California Blend
- ▷ Pickled Beets
- ▷ Veggie Plate
- ▷ Tossed Green Salad
- ▷ Corn
- ▷ Peas
- ▷ Broccoli
- ▷ Carrots
- ▷ Green Beans
- ▷ Hash Browns
- ▷ Baked Potato
- ▷ Cottage Cheese

Choose one
of the
following:

Build A Sandwich
(without a bun)

OR

Choose 1 item
from Main Dishes

AND

Side dish (All
above options
include 1 side
dish.)

Step 3

Choose any condiments you would like for your meal.

- ▷ Peanut Butter
- ▷ Jelly
- ▷ Syrup
- ▷ Honey
- ▷ Sour Cream
- ▷ Ketchup
- ▷ Mustard
- ▷ Margarine
- ▷ Mayonnaise
- ▷ Sugar

- ▷ Splenda
- ▷ Creamer (Non-Dairy)
- ▷ Cream Cheese
- ▷ Tartar Sauce
- ▷ Mrs. Dash Seasoning
- ▷ Parmesan Cheese
- ▷ Salt/Pepper

Salad Dressing:

- ▷ Ranch (Regular, Fat Free)
- ▷ French (Regular)
- ▷ Italian (Regular)
- ▷ Raspberry Vinaigrette

Step 4

Choose 1 dessert to go with your meal.

Desserts:

- ▷ Ice Cream (vanilla, chocolate, strawberry)
- ▷ Sherbet (orange, rainbow)
- ▷ Milkshake (vanilla, chocolate, strawberry)

Snacks:

- ▷ Pudding (vanilla, chocolate, butterscotch)
- ▷ Jell-O (orange, strawberry)
- ▷ Popcorn
- ▷ Italian Ice (strawberry, lemon)
- ▷ Lite Yogurt (assorted)
- ▷ Cheese Plate

About Your Diet

This diet is for individuals who have celiac disease, gluten sensitivity, or dermatitis herpetiformis. These conditions include an immune response from eating gluten and may cause tissue inflammation in the gut or on the skin. Limiting or completely avoiding gluten can help relieve symptoms and help heal the gut and skin.