

Name: Room: Date:

*** Gluten Free Menu ***

Starting the Day:Breakfast

Please Circle Your Selections.

Eggs And Breakfast Sides

Scrambled Eggs Regular Low Cholesterol

Hard Boiled Egg Breakfast Meat of The Day

Gluten Free Breads

White Corn Bread Biscuit French Toast

Cereal

Hot Cream of Rice

Fruits

Banana, Apple Sauce, Stewed Pruned

Fresh Seasonal Fruit

Yogurt

Plain , Vanilla, Fruited

Condiments

Sugar Brown Sugar Honey Sugar Substitute

Maple Syrup Jelly Regular or Sugar Free

Creamer Lemon

Salt Pepper Ketchup Salt Substitute

Beverages

Coffee or Tea Regular or Decaf

Orange, Apple, White Cranberry, Prune Juice

Milk: Skim, 2%, Whole, Lactaid, Soy Milk

Name: Room: Date:

*** Gluten Free Menu ***

Mid Day Lunch/Dinner

Please Circle Your Selections.

Beef or Chicken Broth

Tomato Juice Tossed Salad with Dressing

Sandwich Board

Ham, Turkey , Tuna or Egg Salad, PB&J, BLT

Mayo Mustard Lettuce Tomato

Grilled Cheese Add-Ins: Ham, Bacon, Tomato

Hot Entrées

Call Ext. ___ for Gluten Free Status of Daily Selection

Baked Fish with Lemon

Baked Chicken Breast or Chopped Sirloin With Gravy

Vegetable D'jour and Sides

Baked or Mashed Potato: Sour Cream, Gravy, or Butter

GF Elbow Macaroni: Butter or Parm Cheese

Rice with Soy Sauce

Potato Chips GF Macaroni Salad Cole Slaw

Gluten Free Breads

White Corn Bread Biscuit

Desserts

Iced Vanilla Cake, Ice Cream, Sherbet, Jell-O

Beverages

Hot or Iced Tea Coffee: Regular or Decaf

Orange, Apple, Cranberry Juice or Punch

Milk: Skim, 2% , Whole, Lactaid, Soy Milk

Name: Room: Date:

*** Gluten Free Menu ***

Evening Supper

Please Circle Your Selections.

Beef or Chicken Broth

Tomato Juice Tossed Salad with Dressing

Sandwich Board

Ham, Turkey , Tuna or Egg Salad, PB&J, BLT

Mayo Mustard Lettuce Tomato

Grilled Cheese Add-Ins: Ham, Bacon, Tomato

Hot Entrées

Call Ext. ___ for Gluten Free Status of Daily Selection

Baked Fish with Lemon

Baked Chicken Breast or Chopped Sirloin With Gravy

Vegetable D'jour and Hot Sides

Baked or Mashed Potato: Sour Cream, Gravy, or Butter

GF Elbow Macaroni: Butter or Parm Cheese

Rice with Soy Sauce

Potato Chips GF Macaroni Salad Cole Slaw

Gluten Free Breads

White Corn Bread Biscuit

Desserts

Iced Vanilla Cake, Ice Cream, Sherbet, Jell-O

Beverages

Hot or Iced Tea Coffee: Regular or Decaf

Orange, Apple, Cranberry Juice or Punch

Milk: Skim, 2% , Whole, Lactaid, Soy Milk

Snacks Available

Fresh Fruit in Season

Jell-O

Ice Cream

Pudding

Carrot and Celery with Dip

Potato Chips

Individual Iced Cake

Corn bread

Coffee

Tea

Milk

Punch

Iced Tea

Soda: Cola or Caffeine Free

*Snacks are always available;
please contact the kitchen for
gluten free items not on the list*

Gluten Free Select Menu

DATE:

Name:

Room Number:

Diet Order:

Gluten Free Select Menu

*Our Food Service Staff is trained
to provide you safe, nutritious
and delicious meals.*

*Your meals will be prepared to
minimize the risk of contact with
gluten-containing ingredients.*

*Please call if you have any
questions.*

For Dietary Call:
