

Gluten Free Diet

MedStar Franklin Square Medical Center

667-416-2245

Our Promise to You

Welcome to the menu viewing system for MedStar Health. You are currently looking at the Gluten Free Menu for MedStar Franklin Square Medical Center. Registered Dietitians worked in partnership with our culinary team to create chef-inspired meals to deliver nutrition that heals.

Please note that our kitchen is not allergen free, however, our culinary team is extensively trained in the industry standards to avoid cross contamination during meal preparation.

How to Place Your Order

We encourage you to try one of our [featured chef entrees](#). A host/hostess will make contact with you throughout the day to take your order.

Using This Menu

This menu was designed to show you the items available on the gluten free diet. You can scroll through to review all of the items available. The blue links at the bottom of the page will allow you to skip around to different sections. Please note the Featured Chef Entrée link below.

[Featured Chef Entrée](#)

Abbreviation Key

Low Sodium	LS	No Sugar Added	NSA
Low Fat	LF	Sugar Free	SF



[Breakfast](#) [Featured Chef Entree](#) [Soup/Salad/Sides](#)
[Grill/Deli](#) [Dessert](#) [Beverages](#)

Gluten Free Diet

MedStar Franklin Square Medical Center

Breakfast

Hot & Cold Cereals

Cream of Rice

Grits

Cheerios®

Rice Chex®

Entrees

Cage-Free Eggs: (Scrambled · Cholesterol-Free · Hard Cooked)

Scrambled Tofu

Sides

Sausage (Pork Patty · Turkey Link)

Home Fried Potatoes

GF English Muffin

Greek Yogurt (Blueberry · Strawberry · Vanilla)

Cottage Cheese

Whole Fruit

Banana

Seasonal Apple

Orange

Chilled Fruit

Fresh Fruit Salad

Diced Pears

Red Grapes

Pineapple Tidbits

Applesauce

Mandarin Oranges

Diced Peaches



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Gluten Free Diet

MedStar Franklin Square Medical Center

Grill/Deli

For the daily featured chef entree specials,
please click [HERE](#)

Hot Entrees & Grill

Grilled Chicken Breast

Pot Roast

Lemon Dill Cod

Burgers: (Natural Beef · Cheeseburger ·
Turkey)

Chicken Breast on GF Bread Sandwich

Grilled Cheese on GF Bread

GF Penne Pasta in Marinara

Simple Quinoa Primavera

Falafel Fritters

Deli Sandwiches

Turkey

Roast Beef

Chicken Salad

Tuna Salad

Egg Salad

Entrée Salads

Cottage Cheese Fruit Plate

Chef Salad



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Gluten Free Diet

MedStar Franklin Square Medical Center

Soups, Side Salads & Sides

Soups

Vegetable
Beef Broth
Chicken Broth
Vegetable Broth

Side Salads

Garden Side Salad
Carrot & Celery Sticks

Salad Dressings

Fat Free Italian	Ranch
Caesar	Fat Free Ranch
Balsamic Vinaigrette	French

Vegetables

Green Beans
Baby Carrots
Broccoli Florets
Corn

Starches

Mashed Potatoes
GF Penne Pasta
Steamed Rice (White · Brown)



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Gluten Free Diet

MedStar Franklin Square Medical Center

Desserts

Frozen

Ice Cream (Vanilla · Chocolate · Strawberry)
Fruit Ice (Lemon · Cherry · Orange)

Pudding

Vanilla (Reg · NSA)
Chocolate (Reg · NSA)

Gelatin

Cherry (Reg · SF)
Strawberry (Reg · SF)
Orange (Reg · SF)

Whole Fruit

Banana	Seasonal Apple
Orange	Pear

Chilled Fruit

Fresh Fruit Salad	Diced Pears
Red Grapes	Pineapple Tidbits
Applesauce	Mandarin Oranges
Diced Peaches	

Gluten Free Diet

MedStar Franklin Square Medical Center

Beverages

Juice

Apple
Cranberry
Orange
Grape
Prune

Milk

1%
Fat Free
Whole
Low Fat
Chocolate
Lactose Free
Soy
Almond

Hot

Coffee (*Regular · Decaf*)
Tea (*Regular · Decaf*)

Cold

Iced Tea
Lemonade (*Reg or SF*)
Gingerale (*Reg or Diet*)
Lemon Lime Soda (*Reg or Diet*)
Cola Soda (*Reg or Diet*)



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Gluten Free Diet

MedStar Franklin Square Medical Center

Featured Chef Entrée

We are pleased to provide you with a variety of Chef Specials throughout the week. Please note, these items are only available on the specified meal and day listed. Please click one of the day links below or scroll down to see the Specials.

[Monday](#)

[Tuesday](#)

[Wednesday](#)

[Thursday](#)

[Friday](#)

[Saturday](#)

[Sunday](#)



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Gluten Free Diet

MedStar Franklin Square Medical Center

Monday Specials

Breakfast

Scrambled Eggs, Cream of Rice, Bacon & Home Fried Potatoes

Served with GF English Muffin and Applesauce.

Lunch

Grilled Chicken Breast

Served with Spanish White Rice, Green Beans, Gravy and Diced Pears.

Chef Salad

Served with Tomato Florentine Soup, Green Beans and Diced Pears.

Dinner

Simple Quinoa Primavera

Served with carrots and a Tropical Fruit Cup.

Grilled Chicken Breast

Served with Carrots and a Tropical Fruit Cup.



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Gluten Free Diet

MedStar Franklin Square Medical Center

Tuesday Specials

Breakfast

Scrambled Eggs, Rice Chex and Scrambled Eggs

Served with a Banana, Cinnamon Apples and GF English Muffin.

Lunch

Braised Beef Pot Roast Style

Carved Slow Roasted Beef Top Round. Served with Mashed Potatoes, Peas and Carrots and Diced Peaches.

Fresh Fruit and Cottage Cheese

Served with Tomato Basil Soup and Peas and Carrots.

Dinner

Grilled Chicken Breast

Served with Mashed Potatoes, Gravy, Cauliflower and Pineapple Tidbits.

Roast Beef on GF Bread

Served with Vegetable Soup, Cauliflower and Pineapple Tidbits.



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Gluten Free Diet

MedStar Franklin Square Medical Center

Wednesday Specials

Breakfast

Scrambled Eggs with Vegetables & Cheese, Cream of Rice, & Home Fried Potatoes

Served with a GF English Muffin, & Mandarin Oranges.

Lunch

Simple Quinoa Primavera

Served with Green Peas and Diced Pears.

Egg Salad on GF Bread

Served with a Green Salad and Diced Pears.

Dinner

Braised Beef Pot Roast Style

Carved Slow Roasted Beef Top Round. Served with Mashed Potatoes, Carrots, Gravy and Applesauce.

Chicken Thigh Cacciatore

Chicken Thighs, Mushrooms & Peppers Sauteed with Garlic, finished with Marinara Sauce. Served with Mashed Potatoes and Applesauce.



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Gluten Free Diet

MedStar Franklin Square Medical Center

Thursday Specials

Breakfast

Scrambled Eggs, Bacon & Rice Chex.

Served with a Banana

Lunch

GF Penne Pasta in Marinara Sauce

Served with Broccoli and Diced Peaches.

Tuna Salad on GF Bread

Served with Broccoli and Diced Peaches.

Dinner

Maple Apple Roasted Turkey

Oven roasted turkey brushed with maple apple glaze. Served with Garlic Mashed Potatoes, Green Beans with Red Pepper and Tropical Fruit Cup.

Roast Beef on GF Bread

Served with Green Beans with Red Pepper and Tropical Fruit Cup.



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Gluten Free Diet

MedStar Franklin Square Medical Center

Friday Specials

Breakfast

Scrambled Egg, Turkey Sausage, & Cream of Rice

Served with Diced Pears and GF English Muffin.

Lunch

Citrus and Herb Crusted Salmon

Citrus garlic marinated salmon fillet roasted in a crispy citrus herb crust. Served with Steamed White Rice, Garlic Pepper Parmesan Brussels Sprouts and Mandarin Oranges.

Chicken Salad on GF Bread

Served with Garlic Pepper Parmesan Brussels Sprouts and Mandarin Oranges.

Dinner

GF Penne Pasta in Marinara Sauce

Served with Broccoli Florets and Pineapple Tidbits.

Citrus Herb Pollock

Served with Steamed White Rice, Broccoli Florets, and Pineapple Tidbits.



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Gluten Free Diet

MedStar Franklin Square Medical Center

Saturday Specials

Breakfast

Scrambled Eggs with Vegetables & Cheese, Rice Chex & Home Fried Potatoes

Served with a GF English Muffin and a Banana.

Lunch

Herb Crusted Pork Loin

Pork Loin Roasted with Honey, Mustard and Herb Rub. Served with Dijon Roasted Potatoes, Roasted Zucchini and Diced Peaches.

Turkey and Swiss on GF Bread

Served with Dijon Roasted Potatoes, Roasted Zucchini and Diced Peaches.

Dinner

Falafel Fritters

Served with Steamed White Rice, Corn and Vanilla Pudding.

Grilled Chicken Breast

Served with Steamed White Rice, Corn and Vanilla Pudding.



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Gluten Free Diet

MedStar Franklin Square Medical Center

Sunday Specials

Breakfast

Cream of Rice, Scrambled Egg and Bacon

Served with GF English Muffin and Mandarin Orange Slices.

Lunch

BBQ Chicken Breast

Baked Chicken marinated in Barbeque Sauce, Garlic and Oil. Served with Oven Roasted Herb Red Potatoes, Corn, Coleslaw and a Tropical Fruit Cup.

Egg Salad on GF Bread

Served with Mediterranean Vegetable Soup, Coleslaw and Tropical Fruit Cup.

Dinner

Grilled Zucchini Steak

Served with Brown Rice, Roasted Carrots, and Diced Peaches.

GF Penne Pasta in Marinara Sauce

Served with Roasted Carrots, a Garden Salad and Diced Peaches.



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)