

# Gluten Free Diet

MedStar Franklin Square Medical Center

Room Service x72650

## 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



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## Breakfast

### Hot & Cold Cereals

Cream of Rice

Grits

Cheerios®

Rice Chex®

### Entrees

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

*GF Waffle*

### 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

Pear

### Chilled Fruit

Fresh Fruit Salad

Diced Pears

Red Grapes

Pineapple Tidbits

Applesauce

Mandarin Oranges

Diced Peaches



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## Grill/Deli

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

## Hot Entrees & Grill

Herb Baked Chicken Breast

Chop Beef Steak

Citrus Herb Tilapia

Burgers: (*Natural Beef · Cheeseburger ·  
Turkey*)

Chicken Breast on GF Bread Sandwich

Grilled Cheese on GF Bread

GF Mac & Cheese

GF Cheese Pizza

## Deli Sandwiches

Turkey

Roast Beef

Chicken Salad

Tuna Salad

Egg Salad

## Entrée Salads

Cottage Cheese Fruit Plate

Chef Salad



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## 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*)



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## 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



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## Beverages

### Juice

Apple  
Cranberry  
Orange  
Grape  
Prune

### Milk

1%  
Fat Free  
Whole  
Low Fat  
Chocolate  
Lactose Free  
Soy

### 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*)



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## 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](#)

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## Monday Specials

### Breakfast

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

*Served with Applesauce*

### Lunch

#### Roast Turkey Breast

*Carved Boneless Turkey Breast, Mashed  
Potatoes, & Green Beans. Served with Diced  
Pears.*

### Dinner

#### Roasted Tilapia

*Served with a Garden Side Salad, Green  
Beans, Mashed Potatoes & Diced Peaches*



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## Tuesday Specials

### Breakfast

**GF Waffle, Turkey Sausage & Rice Chex**

*Served with a Banana*

### Lunch

#### BBQ Chicken

*Roasted BBQ Seasoned Chicken Breast,  
Steamed White Rice, and Broccoli. Served  
with a Tropical Fruit Cup.*

### Dinner

#### Herb Baked Chicken Breast

*Lightly Seasoned and Baked Chicken Breast.  
Served with California Mixed Vegetables,  
Brown Rice & Diced Peaches*



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## Wednesday Specials

### Breakfast

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

*Served with a Toasted GF English Muffin, &  
Diced Pears*

### Lunch

**GF Penne with Meat Sauce**

*Served with Green Beans, Garden Salad, &  
Mandarin Oranges*

### Dinner

**Chopped Beef Steak**

*Chopped Tender Beef Steak with Oven  
Roasted Potatoes & Carrots. Served with  
Applesauce.*



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## Thursday Specials

### Breakfast

**GF Waffle, Bacon & Rice Chex.**

*Served with a Banana*

### Lunch

**Savory Rotisserie Bone-in Chicken Leg  
and Thigh**

*Oven Roasted Chicken Quarter with Savory  
Rub. Served with Cauliflower, Mashed  
Sweet Potato, and Vanilla Pudding.*

### Dinner

**Balsamic Roasted Turkey**

*Roasted Turkey Breast with Balsamic Glaze,  
Steamed White Rice & Green Beans. Served  
with Diced Peaches*



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## Friday Specials

### Breakfast

**Egg, Potato and Cheese Breakfast Bowl, &  
Cream of Rice**

*Served with Diced Pears*

### Lunch

**Citrus Herb Tilapia**

*Lightly Seasoned and Glazed Tilapia with  
Oven Roasted Potatoes & Broccoli Florets.*

*Served with Applesauce.*

### Dinner

**Chicken Parmesan Fresca**

*Marinated Grilled Chicken Breast topped  
with Marinara and Mozzarella Cheese.*

*Served with Mashed Potatoes, Steamed  
Broccoli, & Diced Pears*



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## Saturday Specials

### Breakfast

**Scrambled Eggs, Pork Sausage Patty,  
Home Fried Potatoes & Rice Chex**

*Served with a Banana*

### Lunch

**Herb Baked Chicken Breast**

*Lightly Seasoned and Baked Chicken Breasts  
with Steamed White Rice and Broccoli  
Florets. Served with Pineapple Tidbits.*

### Dinner

**Chop Beef Steak**

*Chopped Tender Beef Steak with Mashed  
Potatoes & Whole Green Beans. Served with  
Chocolate Pudding*

**Lemon Dill Cod**

*Cod baked with lemon and dill. Served with  
Roasted Red Potatoes, Broccoli &  
Applesauce*



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## Sunday Specials

### Breakfast

**GF Waffle, Turkey Sausage & Rice Chex**

*Served with Diced Pears*

### Lunch

**GF Penne with Tomato Sauce**

*Served with Roasted Zucchini & Diced Peaches*

### Dinner

**Basil Chicken Breast**

*Chicken Breast Marinated with Italian Spices. Served with Oven Roasted Potatoes, Roasted Vegetables, & Pineapple Tidbits*



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