

Gluten Free Diet

MedStar Georgetown University Hospital
Kitchen x46424

Our Promise to You

Welcome to the menu viewing system for MedStar Health. You are currently looking at the Gluten Free Menu for MedStar Georgetown University Hospital. 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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Gluten Free Diet

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Breakfast

Hot & Cold Cereals

Cream of Rice

Grits

Cheerios®

Rice Chex®

Entrees

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

Sides

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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Lunch & Dinner

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

Deli Sandwiches

Turkey

Roast Beef

Chicken Salad

Tuna Salad

Egg Salad

Entrée Salads

Cottage Cheese Fruit Plate



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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

Starches

Mashed Potatoes
GF Penne Pasta
Macaroni & Cheese
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.

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[Tuesday](#)

[Wednesday](#)

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Monday Specials

Breakfast

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

Served with a Toasted GF English Muffin, & Applesauce

Lunch

Roasted Herb Chicken Thigh

Seasoned and Roasted Tender Chicken Thigh, Mashed Potatoes and Green Beans. Served with Diced Pears.

Dinner

GF Penne with Meat Sauce

Served with a Garden Side Salad, Broccoli Florets & Chocolate Pudding



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Tuesday Specials

Breakfast

**Cheese Omelet, Turkey Sausage & Rice
Chex**

Served with a Banana

Lunch

Pork Carnitas

Slow Roasted Pork Shoulder with Latin Spice Blend, Roasted Bell Peppers, Spanish White Rice, and Corn. 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 Mashed
Potatoes & Carrots. Served with Applesauce.*



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Thursday Specials

Breakfast

GF English Muffin with Cheese, 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

Crispy Baked Fish

Crispy Flaky Fish Filet, Brown Rice & Green Beans. Served with Pineapple Tidbits



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Friday Specials

Breakfast

Cheese Omelet, Turkey Sausage Links & Cream of Rice

Served with a Toasted GF English Muffin & Diced Pears

Lunch

Herb Roast Beef

Slow Cooked Herb Marinated Beef with Mashed Potatoes and Carrots. Served with Diced Peaches.

Dinner

Citrus Herb Tilapia

Tilapia Marinated in a Blend of Orange, Lemon Juice and Herbs. Served with Oven Roasted Herb Red Potatoes, Fresh Broccoli and Applesauce.



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Saturday Specials

Breakfast

Scrambled Eggs, Bacon, Home Fried Potatoes & Rice Chex

Served with a Banana

Lunch

Basil Chicken Breast

*Basil Marinated Chicken Breast, Rice Pilaf
with Peppers and California Mixed
Vegetables. Served with a Tropical Fruit Cup*

Dinner

Chop Beef Steak

*Chopped Tender Beef Steak with Mashed
Potatoes & Carrots. Served with
Chocolate Pudding*

Chicken Parmesan Fresca

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



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Sunday Specials

Breakfast

**GF English Muffin with Cheese, Turkey
Sausage Links & Cream of Rice**

Served with Diced Pears

Lunch

GF Penne with Tomato Sauce

Served with Carrots & Diced Peaches

Dinner

Lemon Sage Chicken Breast

*Chicken Breast Marinated in Oil, Lemon
Juice, Sage, and Garlic. Served with Seasoned
Brown Rice, Oregano Green Beans, and
Pineapple Tidbits.*



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