

Gluten Free Diet

MedStar Montgomery Medical Center
Room Service x3463

Our Promise to You

Welcome to the menu viewing system for MedStar Health. You are currently looking at the Gluten Free Menu for MedStar Montgomery 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

When you are ready for your meal, please call x3463 to place your order. Keep in mind, it takes approximately 45 minutes to prepare and deliver.

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.

Abbreviation Key

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



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Breakfast

Entrees

Scrambled Eggs
Hard Cooked Egg

Create Your Own Omelet

Ham	Mushrooms
Bacon	Green Pepper
Sausage	Onion
American Cheese	Tomato
Cheddar Cheese	Spinach
Mozzarella Cheese	

Sides

Hash Brown Potatoes
Bacon
Turkey Bacon
Turkey Sausage
Cottage Cheese

Cereal

Cream of Rice	Rice Chex
Cheerios	

Greek Yogurt

Vanilla
Blueberry
Strawberry

Bread

GF English Muffin



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Lunch/Dinner

Entrees

Herb Baked Chicken Leg Quarter
Herb Baked Chicken Breast
Jerk Chicken Thigh
Roasted Turkey Breast
GF Mac and Cheese
Herb Grilled Pollock
Chopped Beef Steak
GF Cheese Pizza

From the Grill

-Sauteed mushroom and onion available upon request

All Beef Hamburger
Chicken Breast
Turkey Burger

Create Your Own Quesadilla

-Served with lettuce, tomato, sour cream and salsa

Chicken
Cheese
Veggie



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Soups, Sandwiches and Salads

Create Your Own Deli

Bread Choices: White • Wheat • Rye • Flour Tortilla

Roast Turkey	Egg Salad
Roast Beef	Tuna Salad
Ham	Chicken Salad
Peanut Butter & Jelly	Hummus

Entrée Salads

Chef Salad
Strawberry Fields Salad
Fresh Fruit Platter

Side Salads

Cole Slaw
Cottage Cheese
Garden Salad

Salad Dressings

Fat Free Italian	Ranch
Caesar	Fat Free Ranch
Balsamic Vinaigrette	French

Soups

Garden Vegetable
Beef Broth
Chicken Broth
Vegetable Broth



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Sides

Vegetables

Baby Carrots
Broccoli
Cauliflower
Green Beans
Yellow Squash

Starches

Roasted Potato Wedges
Mashed Potatoes
Mashed Sweet Potatoes
French Fries
White Rice
GF Penne



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Desserts

Frozen

Chocolate Ice Cream
Vanilla Ice Cream
Orange Fruit Ice
Cherry Fruit Ice
Lemon Fruit Ice

Pudding and Gelatin

Vanilla Pudding
Chocolate Pudding
Assorted Gelatin Flavors

Fruit

Apple	Diced Pears
Banana	Diced Peaches
Orange	Pineapple Tidbits
Fresh Fruit Cup	Applesauce

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Beverages

Juice

Apple
Cranberry
Orange
Grape
Prune

Milk

1%
Fat Free
Whole
Chocolate
Lactose Free
Soy

Hot

Coffee
Decaf Coffee
Tea
Decaf Tea

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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