

# Gluten Free Diet

MedStar St Mary's Hospital

Room Service x7934

## Our Promise to You

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

Mary's 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

When you are ready for your meal, please call x7934 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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