Gluten Free Diet

Our Promise to You

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

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.

Abbreviation Key

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

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QUALITY OF LIFE SERVICES

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

Cheerios

Rice Chex

Greek Yogurt

Vanilla

Blueberry

Strawberry

Bread

GF English Muffin

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Gluten Free Diet

MedStar Southern Maryland Hospital Center

Kitchen x4558

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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Gluten Free Diet

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

Gluten Free Diet

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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QUALITY OF LIFE SERVICES

Breakfast　　Lunch/Dinner Entrees　　Sides

Soup/Salad/Sandwich　　Dessert　　Beverages