

Gluten Free Diet

MedStar Washington Hospital Center

Our Promise to You

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

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 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

MedStar Washington Hospital Center

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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MedStar Washington Hospital Center

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

Decaf Iced Tea
Lemonade
Ginger Ale (*Reg · 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, 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, Poultry Gravy, and Green Beans. Served with Diced Pears.

Citrus Herb Tilapia

Tilapia Marinated in a Blend of Orange, Lemon Juice, and Herbs. Served with White Rice & Fresh Broccoli.

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 & 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*

BBQ Chicken Breast

Marinated Roasted BBQ Chicken Breast.

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 & 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, Traditional Brown
Rice & Green Beans. Served with Pineapple
Tidbits*



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Friday Specials

Breakfast

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

Served with Diced Pears

Lunch

Salmon Cake with Remoulade Sauce

Crispy Baked Salmon Patty with Trinity Quinoa and Squash Noodles. Served with Diced Peaches.

Chicken Parmesan Fresca

Marinated Grilled Chicken Breast Topped with Marinara and Mozzarella Cheese.

Dinner

BBQ Chicken

Slowed Cooked Chicken with BBQ Sauce. Served with Coleslaw, Mashed Potatoes & Applesauce.



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Saturday Specials

Breakfast

Mushroom and Roasted Tomato Frittata & Rice Chex

Served with a Banana

Lunch

Jerk Chicken Thigh

Caribbean Style Spicy, Tender, Juicy Chicken with Wild Rice Pilaf and Butternut Squash and Shallots. Served with a Tropical Fruit Cup.

Dinner

Chop Beef Steak

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

Citrus Herb Tilapia

Tilapia Marinated in a Blend of Orange, Lemon Juice, and Herbs. Served with White Rice & Fresh Broccoli



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Sunday Specials

Breakfast

GF English Muffin with Cheese & 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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