

Gluten Free Diet



Your doctor has prescribed a Gluten Free Diet for you during your stay. This diet will help you avoid wheat, rye, barley (and oats) in order to decrease damage to the small bowel and risk of nutrient deficiencies.

Our suggestions when ordering your meals from the At Your Request® menu for your special diet are listed below. **Multiple diet restrictions may limit the foods allowed**



Bakery

Blueberry Muffin

Lunch/Dinner:

Ewtrees Scrambled Eggs Cholesterol Free Scrambled Eggs Hard Boiled Eggs Omelet with Choice of: Regular or Cholesterol Free Eggs, Diced Onion, Tomato, Mushrooms, Green Pepper, Shredded Cheese

Toast

Bagel

<u>Fruit</u>

Apple Banana Quartered Orange Fresh Fruit Cup Applesauce Peach Slices Pear Halves



<u>On the Síde</u>

Yogurt: Vanilla, Strawberry, Greek Cottage Cheese Breakfast Potatoes Bacon Slice Turkey Sausage Pork Sausage

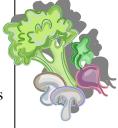


Eutrees Plain Chicken Breast Plain Pork Loin Spaghetti w/Tomato Sauce Penne Pasta w/Tomato Sauce Pizza Hamburger on Bun Peanut Butter & Jelly Sandwich

<u>On the Side</u>

- Sliced Carrots Green Beans Yellow Corn Green Peas Yellow Squash Broccoli
- Zucchini

Macaroni & Cheese White Rice Whipped Potatoes Parsley Boiled Potatoes Potato Chips Baked Steak Fries



<u>Beverages</u>

Juices: Apple, Orange, Grape, Cranberry Milk: Skim, 2%, Whole, Lactaid Coffee/Decaf Hot Tea: Regular/Decaf Iced Tea: Sweet/Un-sweet Gatorade® Sodas: Cola, Diet Cola, Ginger Ale, Lemon-Lime, Diet Lemon-Lime, Lemonade, Crystal Light®

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<u>Soup/Salad</u> Vegetable Broth Garden Vegetable Cream of Tomato Basil Corn Chowder Chef Salad Garden Salad Fruit and Cottage Cheese Plate

<u>Desserts</u>

Vanilla Ice Cream Sherbet Italian Lemon Ice Popsicle Gelatin Chocolate Chip Cookie Snickerdoodle Cookie Cream Sandwich Cookie