

GLUTEN FREE MENU

Chef Daily Specials

Revised Feb 2022

	BREAKFAST	LUNCH	DINNER
SUNDAY	Scrambled Eggs, Turkey Sausage Patty, GF English Muffin & Pears	Falafel Fritters, Broccoli & Brown Rice Or Southwest Chicken Salad Plate & Tomato Basil Soup	Herb Baked Chicken, Baby Carrots & Steamed White Rice Or GF Penne with Marinara & Mixed Green Salad
MONDAY	Scrambled Eggs, Hash Browned Potatoes, Bacon, Grits & Applesauce	Roast Turkey, Mashed Potatoes & Green Beans Or Roast Beef Sandwich & Tomato Basil Soup	GF Penne with Marinara & Broccoli Or Cranberry Dijon Chicken, Brown Rice & Cali Mixed Vegetables
TUESDAY	Scrambled Eggs, Turkey Sausage Patty, Grits & Mandarin Oranges	Pork Carnitas, Spanish White Rice, Corn & Tomato Basil Soup Or Chicken Salad Cold Plate & Vegetable Soup	Simple Quinoa Primavera & Cali Mixed Vegetables Or Herb Baked Chicken, Mashed Potatoes & Broccoli
WEDNESDAY	Eggs with Veggies & Cheese, Hash Brown Potatoes & Pears	GF Penne with Marinara & Green Beans Or Turkey Burger with Cheese & Baked Potato Wedges	Beef Stew, Steamed White Rice & Mixed Green Salad Or Herb Baked Chicken, White Rice & Collard Greens
THURSDAY	Scrambled Eggs, Bacon, Cheerios & Peaches	Citrus Marinated Chicken, Mashed Sweet Potatoes & Cauliflower Or GF Penne with Marinara, Mixed Green Salad & Vegetable Soup	Lemon Thyme Roast Turkey, Dijon Roast Potatoes & Green Beans Or GF Penne with Marinara & Mixed Green Salad
FRIDAY	Cheese Omelet, Cheerios, Turkey Sausage Patty & Pears	Herb Baked Chicken, Collard Greens & Mashed Potatoes Or Chicken Parmesan Fresca, Penne with Marinara & Broccoli	Pot Roast, Mashed Potatoes & Green Beans Or Tuscan Herb Pollock, White Rice & Cali Mixed Vegetables
SATURDAY	Scrambled Eggs, Hash Brown Potatoes, Bacon, Grits & Applesauce	Basil Chicken, Baby Carrots & Brown Rice Or Turkey & Cranberry Spread Sandwich & Mixed Green Salad	Chop Beef Steak, Mashed Potatoes & Green Beans Or GF Penne with Marinara & Mixed Green Salad

ALWAYS AVAILABLE

BREAKFAST

Regular or Low-Cholesterol Scrambled Eggs
Hard Boiled Egg
Tofu Scramble
Bacon Slice
Turkey Sausage Patty
Pork Sausage Patty
Hash Brown Potatoes
GF English Muffin
GF Grain Bread
GF Blueberry Muffin
Hot Cereal - Grits
Cold Cereal - Cheerios
Greek Yogurt - Vanilla or Blueberry
Yogurt - Vanilla or Strawberry
Cottage Cheese

ENTREES

Herb Chicken Breast
Chopped Beef Steak
Tofu Scramble
Hamburger (Beef or Turkey) on GF Bun

Build-Your-Own Sandwich

Choice of: GF Grain Bread or 6" Corn Tortilla

Choice of: Turkey Breast, Ham, Chicken Salad,
Tuna Salad, Egg, Salad, Herb Chicken Breast,
Peanut Butter, Grape Jelly, Strawberry Jelly,
Sliced Cheddar, Swiss Cheese, American Cheese,
Provolone Cheese

Add On: Leaf Lettuce, Sliced Tomatoes, Sliced
Yellow Onions, Pickles

Chef Salad
Fresh Fruit Plate
Apples, Grapes, Strawberries & Cantaloupe

SIDES

Green Beans
Broccoli
Collard Greens
California Mixed Vegetables
Mixed Green Salad
Carrot & Celery Sticks

Brown Rice
White Rice
Mashed Potatoes
GF Penne Pasta

Tomato Basil Soup
Vegetable Soup
Beef, Chicken, Vegetable Broth

DESSERTS

Orange Sherbet
Lemon Fruit Ice
Ice Cream
Vanilla, Chocolate, Strawberry
Pudding (Reg or sf)
Chocolate or Vanilla
Gelatin (Reg or sf)
Berry or Citrus
Fresh Whole Fruit:
Apple, Banana, Orange, Grapes
Fresh Fruit Cup
Diced Peaches or Pears
Mandarin Oranges
Applesauce

Speak with the Call Center
Representative for
Additional Options

CALL US 843-792-3892