

# Gluten Free Menu

Sunday

## Breakfast

Scrambled Eggs, GF Pancakes, Turkey Sausage

## Lunch

Grilled Chicken Breast, Mashed Potatoes,  
Fresh Asparagus

## Dinner

Braised Beef, White Rice, Braised Greens

Monday

## Breakfast

Scrambled Eggs, Breakfast Potatoes, GF Toast, Oranges

## Lunch

Herbed Pork Loin, Steamed Broccoli,  
Baked Sweet Potato

## Dinner

Chicken Alfredo GF Pasta, Vegetable Blend

Tuesday

## Breakfast

Cheese Omelet, Breakfast Potatoes, Grits

## Lunch

Meatloaf without Bread Crumbs, Roasted Potatoes,  
Green Beans

## Dinner

Roasted Chicken, Rice, Carrots

Wednesday

## Breakfast

French Toast (GF), Turkey Sausage

## Lunch

Chicken Fried White Rice, Asian Vegetable Blend

## Dinner

Penne with Marinara, GF Pasta, Green Beans

Thursday

## Breakfast

Scrambled Eggs, Turkey Sausage, Breakfast Potatoes

## Lunch

Salmon, White Rice, Fresh Asparagus

## Dinner

Turkey Breast without Stuffing, Carrots, Mashed Potatoes

Friday

## Breakfast

Cheese Omelet, Breakfast Potatoes, GF Toast

## Lunch

BBQ Pulled Pork on GF Bread, Coleslaw

## Dinner

Sesame Chicken with Fried White Rice

Saturday

## Breakfast

French Toast (GF), Turkey Sausage, Scrambled Eggs

## Lunch

Baked Fish, White Rice, Carrot & Zucchini Blend

## Dinner

Grilled Pork Chop, Baked Sweet Potatoes, Cabbage

# Made without Gluten Menu

## Always Available Menu

### Cold Options

Caesar Salad without Croutons  
Garden Salad I Chef Salad  
Strawberry Fields Salad  
Chicken Salad I Tuna Salad I Egg Salad  
Hummus

### Breakfast

Chex Plain or Cinnamon  
GF Toast  
GF Pancakes  
Grits  
Cheese Omelet I Scrambled Eggs  
Turkey Sausage I Bacon  
Fresh Fruit  
Yogurt

### Main Entrée

Grilled Chicken I Baked Fish  
GF Pasta with Marinara or Alfredo Sauce  
Grilled Cheese Sandwich on GF Bread  
Hamburger Patty (no bun)

### Sides

Any Steamed Veggies  
(carrots, green beans, corn, broccoli)  
Mashed Potatoes  
Rice I Baked Potatoes  
Baked Sweet Potatoes  
Popcorn  
Cottage Cheese with Fresh Fruit  
GF Broth  
Broccoli Cheddar Soup I Tomato Basil Soup  
Vegetable Rice Soup

### Desserts

Fruit Cup  
Whole Banana  
Whole Apple  
Fruit & Yogurt Parfait  
Jell-O  
GF Cookies



# NORTHSIDE HOSPITAL