

Gluten-Sensitive Menu

East Hospital

Breakfast Entrées and Sides

Apple pancakes | **scrambled eggs** *add cheese* | **hard-boiled eggs**
Rice pudding *with chia seeds, coconut, toasted almonds and cranberries*
Sweet potato hash *with apples, onions and pecans*
Cereal: Cheerios® | Rice Chex® | Honey Nut Cheerios®
Hash brown potatoes | **turkey sausage** | **Udi's® toast**
Yoplait® Light yogurt | **cottage cheese**

Lunch and Dinner Entrées

Burrito in a bowl *sofritas, corn, black beans, pico de gallo, salsa verde, guacamole*
Kale salad *with edamame, carrots, radishes and Asian roasted tofu*
Chicken breast | **wild-caught salmon filet** *lemon wedges available*
Sandwiches on Udi's® bread or bun: chicken salad | tuna salad | grilled chicken |
American cheese | provolone cheese | Swiss cheese

Freshly Prepared Salads, Fresh Fruits and Vegetables

Entrée or side salads: mixed greens | spinach | create your own salad
Salad dressing: ranch | Caesar | French | oil and red wine vinegar
Steamed vegetables: seasonal vegetable | broccoli | carrots | corn | peas
Potatoes and grains: brown rice | Lays® chips *regular or baked* | Udi's® bread
Whole fresh fruit: banana | navel orange | Gala apple | pear
Prepared fruit: mixed fresh fruit | applesauce | peaches

Soups

Poblano black bean | **tomato basil** | **chicken broth** | **beef broth** | **vegetable broth**

Desserts, Smoothies and Beverages

Seasonal Smoothies

Beverages: Folgers® coffee | tea | juices | Silk® soy milk | Coke® products
Orange sherbet | **chocolate or vanilla ice cream** | **chocolate or vanilla pudding**

While we offer a variety of naturally gluten-sensitive options, we are not a gluten-free environment. Our professionally trained chefs prepare and cook to order in common areas. Items may come into contact with other foods. Prepackaged, certified gluten-free meals are available for our most sensitive patients.



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER