

# Gluten-Sensitive Menu

## 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