

Recommended room service foods for a gluten free diet

Note: Gluten free bread products are used for items on this menu

Some foods from the general patient menu may not be included on this menu as we are unable to check all food labels. If you have questions about this menu or your diet, call (414) 266-3663.

Breakfast

Cheerios
Lucky Charms
Rice Chex
GF Toast white
GF Hot Breakfast Sandwich
Hard-boiled eggs
Scrambled eggs
Omelet cheese, bacon, diced sausage,
mushroom, green pepper, onion
Tater tots
Bacon
Sausage
Yogurt assorted flavors

Lunch and Dinner

Deli sandwich turkey, Swiss, cheddar,
American cheese
Peanut butter and jelly
sandwich
Beef or chicken broth
Beef hot dog
Hamburger, cheeseburger
American, Swiss, or cheddar
Grilled cheese sandwich
Grilled chicken breast sandwich
Roast turkey
Grilled chicken breast (boneless)
GF noodles with marinara
sauce

Snacks

Carrot and celery sticks
Cucumber slices
Baked Lays
Lays Potato Chips
Fruit roll up

Desserts

Seasonal fresh fruit
Fresh fruit cup
Sliced apple and caramel dip
Mandarin oranges, peaches,
pears, or applesauce cup
Gelatin orange, strawberry
Popsicles
Italian Ice cherry, lemon
Ice Cream chocolate, strawberry,
vanilla
Pudding chocolate, vanilla

Sides

Broccoli
Carrots
Corn
Green beans
Peas
French fries
Tater tots
Mashed potato
Gluten Free Noodle
White rice
Refried beans
Tossed salad FF ranch, Italian dressing

Beverages

Apple and orange juice
Bottled water
Crystal Light lemon, raspberry
Lemonade
Milk whole, 1%, skim, chocolate
Lactose Free
Soy Milk vanilla or chocolate
Vanilla Rice Milk
Sprite or Sprite Zero
Coke or Diet Coke
Mello Yello
Powerade berry
Vitawater XXX, Lemon
Hot Cocoa
Shake chocolate, vanilla
Fruit Smoothie berry, mango

Condiments

Ketchup, mustard, mayonnaise
regular mayonnaise only
Cream Cheese
BBQ sauce
Pickle relish
Lettuce, tomato, and onion
Margarine and butter
Salsa, sour cream
Marinara sauce
Chicken gravy
White and brown sugar
Breakfast syrup