

Recommended room service foods for a sesame free diet

We allow foods that have "natural flavors" and "spices". 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
Frosted Flakes
Froot Loops
Lucky Charms
Rice Chex
Oatmeal
GF Toast white
Strawberry Pop Tart
Hot Breakfast Sandwich
Hard-boiled eggs
Scrambled eggs
Omelet cheese, ham, diced
sausage, mushroom, green
pepper, onion
Bacon
Sausage
Tator Tots
Pancakes
French toast sticks
Yogurt assorted flavors

Sides

Broccoli
Carrots
Corn
Green beans
Peas
French fries
Tator tots
Mashed potato
Bow tie noodles
White rice
Refried beans
Soft corn tortilla
Tossed salad FF ranch, Italian
dressing

Lunch and Dinner

Deli wrap or GF sandwich turkey,
ham, Swiss, cheddar, American
cheese
Peanut butter and jelly sandwich
Tomato and chicken noodle soup
Beef or chicken broth saltine
crackers
Beef hot dog
Chicken strips
Macaroni and cheese
Cheese pizza pepperoni, ham,
mushrooms, green pepper, onion
Hamburger, cheeseburger, or
Veggie burger American, Swiss, cheddar
Grilled cheese sandwich
Grilled ham and cheese sandwich
Roast turkey
Grilled chicken breast (boneless)
Spaghetti or bow tie pasta with
marinara sauce
Cheese Quesadilla
Mini corn dogs
Chef salad

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
Milk Shake chocolate, vanilla
Fruit Smoothie berry, mango,
strawberry

Snacks

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

Desserts

Seasonal fresh fruit
Fresh fruit cup
Apple with caramel dip
Mandarin oranges, peaches,
pears, or applesauce cup
Graham crackers
Grahams Bug Bites
Oreos
Rice Krispies treat
Gelatin orange, strawberry
Popsicles
Italian Ice cherry, lemon
Ice Cream chocolate, strawberry,
vanilla
Pudding chocolate, vanilla
Cupcakes chocolate, vanilla

Condiments

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

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