

Recommended room service foods for a wheat free diet

Wheat free bread and buns are used for this diet

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

Sides

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

Lunch and Dinner

Deli sandwich turkey, ham, Swiss,
cheddar, or American cheese
Peanut butter and jelly
sandwich
Beef or Chicken broth
Beef hot dog
Hamburger or cheeseburger
Grilled cheese sandwich
Grilled ham & cheese
sandwich
Grilled chicken breast
sandwich
Roast turkey
Grilled chicken breast (boneless)
GF Noodles with marinara
sauce
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
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
Rice Krispies treat
Gelatin orange, strawberry
Popsicles
Italian Ice cherry, lemon
Ice Cream chocolate, strawberry,
vanilla
Pudding 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