

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
Toast white, cinnamon & sugar
Hard boiled eggs
Scrambled eggs
Omelet cheese, ham, bacon,
mushroom, green pepper, onion
Tater Tots
Bacon
Sausage
Yogurt assorted flavors

Sides

Broccoli
Carrots
Corn
Green beans
Peas
French fries
Tater tots
Baked potato
Ask about the assortment of toppings
Mashed potato
Gluten free noodle
White rice
Refried beans
Soft corn tortilla
Tossed salad ranch, French
or Italian dressing

Lunch and Dinner

Deli sandwich turkey, ham, Swiss,
cheddar, or American cheese
Peanut butter and jelly
sandwich
Chicken broth
Beef hot dog
Hamburger or cheeseburger
Grilled cheese sandwich
Grilled ham & cheese
sandwich
Grilled chicken breast
sandwich
Roast turkey
GF Noodles with marinara
sauce

Beverages

Apple or orange juice
Bottled water
Crystal Light Flavoring
Milk whole, 1%, chocolate
Vanilla Soy Milk
Vanilla Rice Milk
Sprite or Sprite Zero
Coke or Diet Coke
Mello Yello
Lemonade
Powerade berry, fruit punch, lemon
lime
Hot Cocoa
Shake
Featured fruit smoothie

Snacks

Carrot and celery sticks
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
Popsicles
Ice Cream
Pudding

Condiments

Ketchup, mustard, mayonnaise
BBQ sauce
Pickle slice
Lettuce, tomato, and onion
Margarine and butter
Salsa, sour cream
Cheddar cheese sauce
Marinara sauce
White and brown sugar
Breakfast syrup
Hershey's syrup