



STARTERS

Cheerios

Cornflakes

OMELETS

American Cheese Omelet

Chorizo & Cheese Omelet

ENTREES

Gluten-Free Tofu Scramble Wrap

Breakfast wrap filled with savory organic tofu, hash browns and vegetables

Scrambled Eggs

Hard Cooked Egg

SIDES

Bacon Turkey Sausage Cottage Cheese

FRUIT & YOGURT

Apple Slices Fresh Banana Fresh Orange Wedges Fresh Strawberries Fresh Cantaloupe Cup Applesauce Dole Peaches Cottage Cheese Assorted Yogurts

BREAD BASKET

Gluten Free Bagel Gluten Free Blueberry Muffin Gluten Free Toast

Tomato Soup | LS Vegetable Broth

SOUPS

SANDWICHES

Turkey & Cheese Sandwich on Gluten Free Bread

Tuna Sandwich on Gluten Free Bread

ENTREES

Gluten Free Broccoli Cheddar Bake

Tender rice pasta and broccoli florets in a creamy aged English cheddar sauce, topped with toasted gluten free bread crumbs

Gluten-Free Pad Thai

The traditional Thai sweet and sour dish with organic rice noodles, tofu, julienned carrots, green onions, broccoli and baked cashews

Plain Baked Cod

Cod baked plain for you to season to your liking

Oven Roasted Turkey Breast/Gluten Free Gravy Hot out of the oven roasted turkey

Gluten-Free Mexican Casserole Bowl

LUNCH

Organic white corn masa, black beans, sweet golden corn, olives, tomatoes and a blend of chili peppers and spices served as a casserole

Gluten Free Bean and Rice Burrito

Gluten free tortilla filled with black beans and rice

Grilled Chicken

All natural chicken breast marinated in orange juice, garlic, basil and thyme

Rice & Beans Moist rice with red beans

Gluten Free Chicken Tenders

Tasty chicken tenders coated with a home-style GF breading

Grilled Cheese on GF Bread Cheeseburger on GF Bun Hamburger on GF Bun

PASTA

DINNER

Gluten-Free Rice Macaroni & Cheese

Tender gluten free pasta covered with a creamy cheese sauce

Gluten-Free Vegetable Lasagna

Traditional style lasagna made with rice-based pasta, tofu, zucchini, spinach, tomato sauce and spices, topped with melted vegan mozzarellastyle cheese

PIZZA

Gluten-Free Pizza

Crispy pizza crust topped with cheese

SIDES

Green Beans Steamed Carrots Steamed Broccoli Mashed Potatoes Baked French Fries Tossed Garden Salad Baked Potato Chips Chilled Baby Carrot White Rice Carrot & Celery Sticks

BREAD BASKET

Gluten-Free White Bread

Gluten-Free Blueberry Muffin





















