

# GLUTEN-FREE

# Menu

## Breakfast

---

**SERVED 7:00 a.m. TO 7:30 p.m.**

### EGGS

**Eggs to Order**

Scrambled Eggs, Cholesterol-free eggs, Egg whites,  
Fried eggs or Hard cooked eggs

**Build Your Own Omelet**

**Choice of:** Eggs, Cholesterol-free eggs, Egg whites, American or low fat,  
low sodium Swiss cheese

**Choice of three:** Green peppers, onions, tomatoes, mushrooms, diced ham

### SIDES

Bacon, Turkey Bacon, Home Fries

### CEREALS

Cream of rice or Rice Chex

### FRUIT

Apple, Banana, Orange, or Pear; Fruit Salad; Stewed Prunes

### FRUIT IN NATURAL JUICES

Peaches, pears, pineapple, fruit cocktail, applesauce

### COTTAGE CHEESE AND FRUIT PLATE

### YOGURT

Plain, Vanilla, Blueberry, Strawberry Banana, Light Keylime or Light Peach

### BEVERAGES

**Freshly Brewed Coffee** Regular or decaf

**Decaffeinated Herbal Teas** Peppermint, Chamomile

**Regular or Decaffeinated Tea**

**Hot Chocolate** Regular or sugar-free

**Juices** Orange, apple, cranberry, prune, low sodium V-8

**Milk** Whole milk, 2% milk, fat free milk, chocolate milk, lactose free milk

**Soy Milk** Regular or Vanilla Flavored

**Soft Drinks** Regular or diet, cola, lemon lime, ginger ale, iced tea

**Lemonade**



**HackensackUMC**  
Nutrition & Food Management

# Lunch and Dinner

SERVED 11:00 a.m. TO 7:30 p.m.

## SOUPS

Beef Bouillon or Beef Vegetable, Chicken Bouillon or Chicken Vegetable

## FROM THE GARDEN

*Available in appetizer or entrée sizes*

**House Salad** Field greens with tomatoes wedges, cucumbers, & julienne carrots

**Classic Caesar Salad** Romaine lettuce with parmesan cheese

*Available with grilled chicken as an entrée size*

*Request: No toasted croutons*

*Your Choice of Dressing: Caesar, Italian, Balsamic, or Oil & Vinegar*

## CHEF'S ENTREES

*Served with choice of mashed or baked potato, or white rice & choice of one or two vegetables (see below)*

**Arroz Con Pollo** Spanish-style boneless chicken, *request white rice*

**Chicken Marsala** Sautéed boneless chicken breast and mushrooms in a Marsala wine sauce

**Oven Roasted Chicken** Seasoned with mixed herbs

**Pan-Seared Tilapia** Served with Veracruz sauce

**Fresh Broiled Atlantic Salmon**

**Quinoa with Sauteed Vegetables**

*Choice of One or Two Sides* Green beans, kernel corn, sweet peas, broccoli spears, baby carrots, vegetable medley or wilted spinach

**Gluten-Free Pasta**

## BOAR'S HEAD DELI MEATS

All gluten-free & may be ordered: Sliced turkey, roast beef, ham or chicken  
Gluten-free rolls are available

## FROM THE GRILL

*Served with lettuce and sliced tomato; all grill items must be ordered without rolls*

**Burgers** beef burger, turkey burger

*Choice of Cheese* American or low-fat, low-sodium Swiss

*Choice of Condiments* Ketchup, Dijon mustard, light mayonnaise, low sodium ketchup

**Plain grilled chicken**

## DESSERTS

**Whole Fruit in Season** Apple, banana, orange, pear

**Fruit Salad**

**Fruit in Natural Juices** Peaches, Pears, Pineapple or Fruit Cocktail

**Ice Cream** Double-Chocolate or Vanilla

**Fruit Ice** Raspberry or Lemon

**Regular or Diet Gelatin** Strawberry, Tropical, Orange

**Kozy Shack™** Pudding Vanilla, Rice, Chocolate, Diet Vanilla, Diet Chocolate

**Assorted Gluten-Free Cookies**



**Hackensack UMC**  
Nutrition & Food Management