

## Easy Substitutes for a Gluten Free Menu

**Gluten** is a protein found in wheat, barley and rye. Previously, avoiding oats was also recommended however that was due to possible contamination during processing. Those on a gluten free diet can eat “non-contaminated, pure oats.”

There are many gluten free foods available however they can be expensive and often unnecessary as many foods are naturally gluten free.

Also remember to read the nutritional label and ingredients as products are constantly changing.

### Naturally Gluten Free Foods

- Fresh or frozen meat, beef, pork, poultry and fish sold plain with nothing added and no breading.
- Most cheeses, sour creams, cottage cheeses, milk and natural yogurts. Eggs, butter and margarine are all gluten free.
- Soy and rice beverages, coffee and tea as well as most carbonated beverages.



- Fresh and frozen fruits and vegetables as well as most canned.
  - Cooking oils/sprays and sugar.
  - Spices which are single ingredient items.
- Rice, corn/cornmeal, quinoa and corn tortilla chips.
- Chickpeas, beans, peas, garbanzo and other legumes.
  - Gravy thickened with cornstarch NOT flour.

## Sample Gluten Free Menu

<u>Sun</u>	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
	Hamburger Rice Casserole Salad Broccoli Fruit Milk	Cheese Omelet Yogurt Hash Browns Fruit Milk	Fruit, Yogurt and Cheese Plate Carrots Milk	Hot Turkey & Gravy Potatoes Green Beans Fruit Milk	Stuffed Baked Potato with Cheese and Sour Cream Baked Beans Fruit Milk	
	GF Chicken Strips with GF BBQ Tator Tots Fruit Milk	Hummus String Cheese GF crackers Cucumbers and Celery Fruit Milk	GF Meat Sauce with GF Pasta Broccoli Fruit Milk	Cheese Quesadilla on GF Tortilla Sour Cream Corn Salsa Fruit Milk	Tuna Sandwich on GF Bread Salad Baked Beans Fruit Milk	
	GF Tacos Refried Beans Salad Fruit Milk	Egg Salad Sandwich on GF bread Corn Chips French Fries Fruit Milk	Chicken & Rice Casserole Broccoli Fruit Milk	Chicken Breast Quinoa Corn Fruit Milk	Ham and Cheese Omelet Yogurt Hash Browns Fruit Milk	
	PBJ on GF Bread Yogurt Salad Fruit Milk	Beans & Rice Green Beans Fruit Milk	Sliced Deli Meats & Cheese GF Crackers Carrots & Celery Fruit Milk	Sliced Ham Rice Peas Fruit Milk	Grilled Cheese Sandwich on GF Bread Sweet Potato Fries Fruit Milk	
	Tuna & Vegetable Rice Casserole Broccoli Fruit Milk	GF Pizza Corn Cucumbers Fruit Milk	Hard Boiled Egg Cottage Cheese GF Crackers Carrots Fruit Milk	Stuffed Baked Potato with Chicken and GF BBQ Salad Fruit Milk	Cod and Rice Mixed Vegetables Fruit Milk	