

Gluten-Free Menu

Your healthcare providers have ordered a **Gluten-free Diet** for you, for Celiac Disease. This restriction is used when one has a sensitivity to proteins found in wheat, barley, and rye. When you eat these grains, they damage the lining of your small intestine. This damage may keep you from properly absorbing nutrients. Gluten-free Nutrition therapy will allow your intestine to heal. It will also help prevent complications like bone disease that can happen if celiac disease goes untreated.

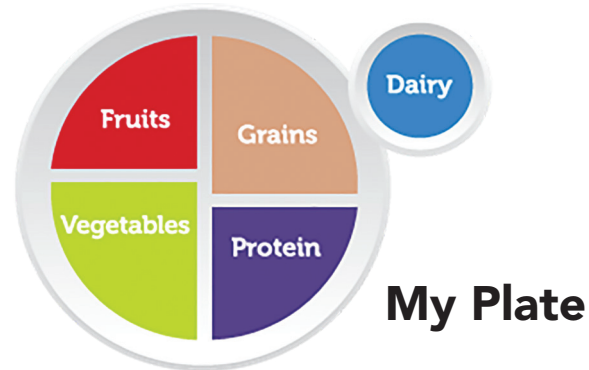
If you have additional special diet needs for diabetes, heart health, etc., a Room Service Representative will assist you to select meals that meet your particular diet order for overall health.

For all diet orders, please try to select a balanced meal for good health and recovery, as illustrated by the My Plate diagram below.

Our Dietitians

We have dietitians available who can answer any questions you may have regarding your prescribed diet or any other nutrition questions you may have.

They make rounds on the floors frequently. If you have questions, please ask to speak with a registered dietitian.



Room Service Guest Trays

Guest trays for visitors of patients are available for delivery to patient rooms from 6:30am to 7:00pm, one guest tray per meal. Guest selections may be made from the Regular Room Service menus, limited to 1 entrée, 3 sides, 1 bread, 1 dessert, and 2 beverages. Guest Tray fees are payable by cash only upon delivery of the tray.

For Visitors

Café 335 is located on the first floor of the hospital, with a variety of food options available.

The hours of operation are:

1:00am to 3:00am offering a varied menu

6:30am to 10:45 am for breakfast

11:00am to 7:00pm for lunch and dinner

For daily café menu call 567-309-MENU (6368) from inside or outside the hospital.

Vending machines are also available throughout the hospital.

(If at safety risk or pregnant, consider avoiding deli meats or asking that they be heated.)



**GLUTEN-FREE
MENU**



Mansfield Hospital

"Your Call" **Room Service Dining**



*We are committed to providing you with quality, nutritious meals.
It is our sincere pleasure to serve you.*

**Dial *FOOD (*3663)
to place your order.**

Consistent Carbohydrate Diets, call in orders by

Breakfast _____ Lunch _____ Dinner _____

Fresh. Made-to-order in about an hour.

Name _____

Room No. _____ Diet Order _____

Gluten-Free Menu

How to order your meals—

To place an order, dial *FOOD (*3663). Room Service is available from 6:30am to 7:00pm.
(From outside the hospital, please dial 419-524-3663.)

All products and recipes are gluten-free. Gluten-free specialty items may vary based on availability.

Breakfast

Available from 6:30am to 10:30am

Cereal

Cheerios♥20R Rice Chex♥16R
Corn Flakes♥27R Grits♥22R

Main Items

Scrambled Egg 2R
Hard-boiled Egg 1R
French Toast♥22R (each) or Pancake♥19R (each)
served plain or with choice of:
Margarine♥R Syrup♥31R
Blueberry Topping♥8R Lite Syrup♥4R
Strawberry Topping♥5R Whipped Topping 3R

Monday through Friday only—(Except Holidays)

Turkey and Cheese Omelet 3
Vegetable Omelet 2R
Onions♥, Bell Peppers♥, Mushrooms♥

Breakfast Sandwich on two slices of toast♥44R plus
choice of up to three of the following:
Egg1R Bacon
Cheese 0-1 Ham
Turkey 2R

Breakfast Sides

Breakfast Potatoes 16 Bacon
Crackers♥15R Ham
Bread, slice♥25R Sausage 1
Toast, slice♥22R
Fruit Yogurt Parfait♥29
Regular or Whipped Yogurts♥16-25

Fruit (available all day)

Mandarin Oranges♥14R Apple♥20R
Applesauce♥12R Grapes♥14R
Navel Orange♥18 Banana♥27
Diced Peaches♥12R Raisins♥16R
Stewed Prunes♥14
Seasonal Fresh Fruit Cup♥14R or Fruit Plate♥28

Beverages (available all day)

(Diabetics are advised to avoid juice
at breakfast.)

Orange Juice♥15 Apple Juice♥14R
Grape Juice♥15R Prune Juice♥23
Cranberry Juice♥15R
Tomato Juice 7
V8 Juice 7 (regular or low sodium♥)
Coffee R/Decaf Coffee♥R
Tea R/Decaf Tea♥R
Herbal Teas♥R
(orange spice or plantation mint)
Green Tea R
Iced Tea R/Decaf Iced Tea♥R
Hot Chocolate
(regular♥24 or no sugar added♥9)
Lemonade♥24R/Diet Lemonade♥R
Fruit Punch♥28R/Diet Fruit Punch♥R
Milk (fat-free♥12R, 2% 12R or chocolate 25)
(Low-lactose options available upon request.)
Ginger Ale♥17R/Diet Ginger Ale♥R
Sierra Mist♥24R/Diet Lemon Lime Soda♥R

Condiments (available all day)

Creamer♥1R
Lemon Juice Packet♥R
Margarine♥R or Butter R
Lite Cream Cheese♥1R
Strawberry Jam♥9R
Grape Jelly♥9R
Sugar-free Jams♥3R
(grape, strawberry, blackberry)
Peanut Butter♥5R
Honey♥7R
Brown Sugar♥12
Equal♥R, Splenda♥R or Sugar♥3R
Mrs. Dash's Seasoning♥R
Ketchup 3
Mustard R
Mayonnaise 1R
Hot Sauce

To help you select items that comply with the diet order your physician has prescribed, please note the following symbols:
♥ - Item lower in fat and sodium and also appropriate for cardiac and reduced sodium diets.
12- Indicates the number of carbohydrate grams the food contains. Helpful for patients needing to balance carbohydrate intake. Totals are rounded and may vary slightly if manufacturers change their products.
R - Item is lower in sodium, potassium and phosphorous and appropriate for renal diets.

Gluten-Free Menu

All products and recipes are gluten-free. Gluten-free specialty items may vary based on availability.

Lunch and Dinner

Available from 11:00am to 7:00pm

Soups

Chicken or Beef Broth♥1R
Chicken♥6R or Beef♥5R Vegetable Soup (bowl or cup)

(Please select only one entrée per meal—cold or hot.)

Cold Entrées

Salad with Marinated Grilled Chicken♥7R
Chef Salad 11R
Salad Dressings: French 10, Italian 4R, Ranch 9R,
Honey Mustard 7

Deli Sandwiches (Sandwiches can also be grilled.)
Served on 2 slices of gluten-free toasted bread♥44R
Peanut Butter and Jelly♥14R
Turkey 2R
Ham 1
Tuna Salad♥1R
Chicken Salad♥2R
Egg Salad 1R

Sandwich Toppings:
Cheese 0-1, Lettuce♥, Tomato♥1, Pickle, Onion♥4

Hot Entrées

Macaroni and Cheese 47R
Roast Turkey♥3R
Lemon Cod♥R
Marinated Grilled Chicken Breast♥R

Sandwiches—
Served on 2 slices of gluten-free toasted bread♥44R
Grilled Cheese 0-1R
Hamburger R
Marinated Grilled Chicken Breast♥R

Sandwich Toppings:
Cheese 0-1, Lettuce♥, Tomato♥1, Pickle, Onion♥4

Breads

Bread, slice♥25R
Toast, slice♥22R
Crackers♥15R

Desserts and More (available all day)

Cookies 14-20 (Flavors will vary.)
Brownie♥30
Jello (strawberry♥22R or orange♥21R)
Sugar-free Jello
(strawberry♥3R or orange♥3R)
Sugar-free Pudding
(vanilla♥13R or chocolate♥13)
Pudding (vanilla 24R, chocolate 27 or
butterscotch 22R)
Vanilla Custard 23R
Fruit Ice (lemon♥20R or cherry♥20R)
Sherbet (orange♥25R or raspberry♥25R)
Frozen Yogurt (vanilla♥19, chocolate♥20 or
strawberry♥19)
Ice Cream (vanilla 18, chocolate 20 or
strawberry 18)
Baked Lay's Potato Chips♥24
Mozzarella String Cheese♥1
Regular or Whipped Yogurts♥16-25
Fruit Yogurt Parfait♥29
Popsicle♥15R

More Sides

Tossed Salad♥3R
Cole Slaw♥18R
Raw Vegetable Plate♥6R
Low-fat Cottage Cheese 5R
Corn♥27R
Green Beans♥4R
Sliced Carrots♥6R
Broccoli♥4R
Peas♥9R
Broccoli, Carrots, and Cauliflower Blend♥4R
White Rice♥12R
Noodles♥23R
Mashed Potatoes♥25 and Gravy
(beef♥4 or chicken♥5)
Baked Potato♥33 with Sour Cream 2
Baked Sweet Potato (half)♥27

Meal Guide to grams of carbohydrates for various calorie levels of Consistent Carbohydrate Diets:							
Calories	Carbohydrates	Breakfast	Snack	Lunch	Snack	Dinner	Snack
1500-2000	180 grams	60	0	60	0	60	0
>2000	225 grams	75	0	75	0	75	0
Gestational Diabetic-2000	180 grams	30	15	45	15	45	30
Gestational Diabetic-2400	225 grams	30	15	60	30	60	30