

WE CARE



## Gluten Free School Meal Guide

### General directions to give the food service staff:

Food needs to start naked/plain.

Please do not marinate, coat, dredge, or bread any of the foods.

No sauces please. Only: olive oil, lemon and plain butter.

No wheat, rye or barley this includes ingredients like soy sauce and malt. It also includes oils that have been used to fry other foods

The smallest amount of crumbs or contamination will make me very ill. I appreciate all your effort. Thanks!

### Main dishes:

Cheese and fruit platter – No crackers or bread

Grilled Chicken Caesar salad – No croutons

Deli meat platter – No bread or crackers

Grilled chicken breast with oil only – No marinade

Grilled fish with lemon only - No marinade - No bread crumbs

Broiled all meat burger – No bun

Broiled steak or chop – No marinade – No stuffing

Eggs, omelet, fried, boiled / not scrambled

### Safe sides:

Grilled vegetables

Mixed green salad

Fresh fruit cup

Rice; plain brown or white – No pilaf – No fried rice

Baked potato

Roasted potato

Yogurt

### Safe Desserts:

Ice cream

Fruit, fresh or canned

Popcorn