



# Gluten Free Menu

## Gluten Free Snacks

Cheese tray with Gluten Free Crackers	\$3.75/person	Fresh Whole Fruit	\$1.50 each
Veggies with oil & Vinegar dip	\$3.55/Person	Gluten Free Bagel	\$2.50
Fruit with Yogurt dip	\$3.55/person	Yogurt Cup	\$2.40 each
Piece Cheese	\$1.75	Gluten Free Cookies (boxed)	\$5.00 /dozen
Gluten Free Gourmet Cookies	\$15.00/dozen	Gluten Free Muffins	\$20.00/dozen

## Gluten Free Lunch/Supper Options

Gluten Free Sandwich	\$6.25/person	Gluten Free Soup	\$2.50/person
Tossed Salad with Oil & Vinegar Dressing	\$2.50/Person	Tossed Salad with Chicken Breast	\$12.25/person
Gluten Free Pasta with tossed salad	\$12.25/person	Chicken/Beef/Tofu Stir-Fry	\$13.00/person

## Gluten Free Lunch/Dinner Buffet Options

### Entrée Choices:

- Roasted Chicken Pieces
- Chicken Breast
- Roast Beef
- Chicken /Beef/Tofu Stir-fry

### Starch Choices:

- Steamed Rice (white or brown)
- Gluten Free Pasta
- Vegetable Rice Pilaf
- Quinoa
- Mashed Cauliflower

### Vegetable Choices:

- Mixed Veggies
- Steamed Corn
- Stir-fried Veggies
- Baby Carrots
- Broccoli/Cauliflower
- Peas and Carrots

### Salad Choices:

- Tossed Salad with Oil & Vinegar
- Spinach and Mushroom with Oil & Vinegar
- Marinated Vegetable Salad in Oil & Vinegar
- Quinoa and Vegetable Salad

### Dessert Options:

- Fruit Cup
- Fruit with yogurt
- Gluten Free Cookies

**Disclaimer:** We practice caution in preparing our gluten free items and do our best to ensure a gluten free product. Brandon University Food Services, however, is not a gluten free environment. In consuming our gluten free items, be aware that there may be a chance of cross-contamination.

This communication is available in alternate formats upon request.