



How to eat  
**GLUTEN FRIENDLY**  
*IN KIMBALL*



# HOW TO EAT GLUTEN FRIENDLY IN KIMBALL

Gluten Friendly means products are made without gluten containing ingredients\*

## *Holy Cross Dining's Message*

We know that it is important for you to have confidence in the safety of your meals. Food allergies and intolerances can make eating away from home a challenge. Holy Cross Dining is committed to providing you with nutritious meals that you can enjoy without worrying about food allergies.

## *What is Gluten?*

Gluten is a protein found in grain products such as wheat, rye, and barley. A Gluten Free (GF) diet must be followed if one of the following conditions exists:

- Celiac Disease or Celiac Sprue – an abnormal immune disorder where the lining of the intestine is damaged when gluten comes in contact with it. It can impact the absorption of nutrients and can result in malnutrition. It is vital that gluten containing foods are avoided at all times.
- Gluten Intolerance/Sensitivity – a condition where the protein cannot be digested. It is not related to the immune system. Symptoms are uncomfortable, but not life threatening.

*Disclaimer: All foods are prepared following high standards to prevent cross contact. However, once food is placed on the serving line, there is no assurance that cross contact has not occurred. Occasionally manufacturers change ingredients and are not obligated to notify us. If you have a concern, please ask a manager to see the nutrition facts label for the most accurate allergen information.*

*Before placing your order, please notify your server if anyone in your party has a food allergy.*

# STANDARD GLUTEN FRIENDLY DAILY OPTIONS IN KIMBALL:

*Dairy Friendly if indicated with (DF)\**

## Breakfast

- Eggs Fried to order & omelets
- Scrambled & Hard boiled eggs
- Organic Coconut Granola (DF)
- Plain Yogurt
- Strawberry Yogurt
- Greek Yogurt
- Soy Yogurt (DF)
- Applesauce (DF)
- Chia Pudding (DF)
- Fresh Fruit (DF):
  - Bananas*
  - Apples*
  - Oranges*
  - Grapefruit halves*
  - Watermelon*
  - Grapes*
  - Honey dew*
  - Cantaloupe*
  - Pineapple*
  - Mango (frozen)*

## Lunch & Dinner

### Grill

- Turkey Burger (DF)
- Chicken Breast (DF)
- Hamburger (DF)
- Roasted Beet & Chickpea Burger (DF)
- Hot Dog (DF)
- Ketchup (DF)
- BBQ Sauce (DF)
- Bacon (DF)
- Gluten Free Hamburger & Hot dog roll (DF)
- Sweet Potatoes (DF)

### Stir Fry

- Sesame Snow Peas (DF)
- Water Chestnuts (DF)
- Pineapple (DF)
- Onions (DF)
- Garlic (DF)
- Green Bell Pepper (DF)
- Spinach (DF)
- Mushrooms (DF)
- Shredded Carrots (DF)
- Brown Rice (DF)
- White Rice (DF)
- Rice Noodles (DF)
- Grilled Chicken (DF)
- Tofu (DF)
- Stir Fry Sauces:
  - Kens Sweet & Sour Sauce (DF)*
  - Tomato Basil (DF)*
  - Gluten Free Soy Sauce (DF)*
  - Olive Oil (DF)*

## Deli

- Roast Beef (DF)
- Ham (DF)
- Salami
- Chicken Salad (DF)
- Sliced Turkey (DF)
- Tuna Salad (DF)
- Gluten Free Bread & Wraps

## Salad Bar

- Hummus (DF)
- Avocado (DF)
- Hard Boiled Egg (DF)
- Fresh Spinach (DF)
- Romaine Lettuce (DF)
- Tomatoes (DF)
- Cucumber (DF)
- Onion (DF)
- Chickpeas (DF)
- Black Beans (DF)
- Kidney Beans (DF)
- Beets (DF)
- Artichokes (DF)
- Quinoa (DF)
- Edamame (DF)
- Radishes (DF)
- Chia Seeds (DF)
- Flaxseeds (DF)
- Soy Nuts (DF)
- Sunbutter (DF)
- Salad Dressings:
  - Balsamic (DF)*
  - Honey Mustard (DF)*
  - Raspberry Acai Dressing (DF)*
  - Olive Oil (DF)*
  - Balsamic Vinegar (DF)*
  - Red Wine Vinegar (DF)*

## Cereals

- Corn Chex (DF)
- Rice Chex (DF)
- Crispy Rice (DF)
- Coconut Granola (DF)

## Milk & Beverages

- Low Fat 1% (Daily)
- Chocolate Milk (Daily)
- Soy Milk (DF)
- Rice Milk (DF)
- Juice available daily (DF)
- Spa Infused Fruit Water available daily (DF).

## Ice Cream

- Soft Serve Chocolate
- Soft Serve Vanilla
- Frozen Yogurt

## Gluten Free Cookies & Brownies

## Classics Station & Lean & Green Station (Cycle Menu)

Some items on our Classics & Lean & Green station may be gluten friendly and are indicated with a "GF" icon on the menu screens. If you are worried about the possibility of cross contact, please ask a manager or chef to get you a portion from the kitchen.

*If you ever have any questions, please do not  
hesitate to ask a manager or chef. If you would  
like more information, please contact:*

Alyssa Pittman, Holy Cross Dining's Registered Dietitian  
apittman@holycross.edu | 508-793-3618.





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**Holy Cross**