Performance Foods

Entrees

- Cajun Lime Tilapia
- Garlic Rosemary Pork Chop
- Grilled Chicken Strips
- Grilled Salmon with Fruit Salsa
- Lemon Pepper Cod
- Pork Chop with Apples
- Roast Turkey
- Rotisserie Chicken Quarters
- Salmon Burgers
- Stuffed Peppers
- Turkey Burgers
- Vegetable Chili
- Vegetable Napoleons

Veggies

- Broccoli Florets
- Caesar Salad
- Cauliflower
- Garden Blend
- Green Beans
- Honey Roasted Carrots
- Mixed Vegetables
- Oriental Blend
- Peas
- Roasted Balsamic Veggies
- Roasted Carrots
- Roasted Asparagus
- Snow Peas & Carrots
- Steamed Carrots
- Steamed Spinach
- Zucchini Wedges

Rice & Starchy Veggies

- Baked & Sweet Potatoes
- Brown Rice
- Corn
- Cranberry Quinoa Salad
- Mashed Sweet Potatoes
- Roasted Butternut Squash
- Roasted Red Bliss Potatoes
- Roasted Yukon Potatoes

Classics

Entrees

- Chicken Tikka Marsala
- Garlic Rubbed Pork with Caramelized Onions
- Maple Glazed Ham
- Shepherd's Pie
- Thai Shrimp

Veggies

- Broccoli Florets
- Cauliflower
- Garden Blend
- Green Beans
- Honey Roasted Carrots
- Mixed Vegetables
- Oriental Blend
- Peas
- Peppers & Onions
- Roasted Asparagus
- Roasted Balsamic Veggies
- Roasted Carrots
- Snow Peas & Carrots
- Steamed Spinach
- Zucchini Wedges

Rice & Starchy Veggies

- Baked Beans
- Baked Potatoes
- Coconut Rice
- Fried Rice
- Garlic Mashed Potatoes
- Jasmine Rice
- Mashed Potatoes
- Mashed Sweet Potatoes
- Mashed Yukon Potatoes
- Roasted Red Bliss Potatoes
- White Rice

Deli & Pasta Bar

- Bacon
- Caramelized Onions
- Cheddar Cheese
- Egg Salad
- Havarti Dill Cheese
- Horseradish Mayo
- Monterey Jack Cheese
- Mozzarella
- Muenster Cheese
- Pomodoro Sauce
- Roast Beef
- Roasted Red Peppers
- Salami
- Sliced Ham
- Sliced Turkey
- Smoked Turkey

Grill & Soup

- Baked Potato & Chili
- Cranberry Mayo
- Indian Lentil Soup
- Steak & Cheese (without a bun)
- Teriyaki Salmon Burgers
- Turkey Burgers

Sweets

- Applesauce
- Chocolate Chips
- Fresh Fruits
- FroYo
- Soft Serve

Drinks

- All beverages served in Kimball are Gluten Free
Breakfast

- Bacon
- Canadian Bacon
- "Denver" Scramble
- Eggs (all types)
- Fruits
- Ham Steaks
- Hash Browns
- Herbed Home Fries
- Lyonnaise Potatoes
- O’Brien Potatoes
- Omelets
- Red Bliss Home Fries
- Sausage Patties & Links
- Yoplait Vanilla Yogurt

Lunch & Dinner

Salad Bar

- Baby Spinach
- Beets
- Carrots
- Cauliflower
- Celery Sticks
- Cheddar Cheese
- Corn
- Cucumbers
- Edamame
- Feta Cheese
- Garbanzo & Kidney Beans
- Green Peppers
- Peas
- Radishes
- Red & Sweet Onions
- Tomatoes
- Tossed Greens

Gluten Free Dressings

- Ken’s Blue Cheese
- Ken’s Fat Free Raspberry Vinaigrette
- Ken’s Honey Mustard
- Ken’s Lite Olive Oil with Balsamic Vinegar
- Ken’s Low Calorie Italian
- Olive Oil
- Ken’s Parmesan Peppercorn
- Ken’s Ranch

A listing of menus, nutrition facts, ingredients and allergens is available through the Dining web page. Go to: HolyCross.edu > Student Life > Dining > Today’s Menu > Kimball Main Dining Room > Nutrition Analysis.

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IMPORTANT NOTE: Gluten is not one of the top 9 food allergens and so is not listed on the Nutrition Fact Cards; items containing gluten are marked on the Cards with a "wheat" allergen.

For more information:
www.FoodAllergy.org
www.Celiac.com

Please notify your server if someone in your party has a food allergy.

Quick Reference Guide For AVOIDING GLUTEN WHILE DINING IN UPPER KIMBALL

Gluten is a protein found in wheat, barley and rye.

This brochure lists menu items prepared without gluten. Those with medically documented Celiac or food allergies may contact Holy Cross Dining to learn more about the Holy Cross Food Allergy Program.

Disclaimer - All foods are prepared following high standards to prevent cross contamination. However, once food is placed on the serving line, there is no assurance that cross contact has not occurred.

Please Note: Manufacturers can change the content of foods without notifying the Holy Cross Dining department. To receive the most accurate nutrition information, please contact the manufacturer directly.