

# Gluten Free Menu

**IMPORTANT:** *Items in this menu have gluten-free ingredient lists. However, the products may have been prepared in a facility, including our own, that also processes items that contain gluten.*

Print this menu and choose "Everything looks good! Choose a selection for me!", or highlight your preferred menu options. Email an image of this completed menu to [foodmanager@elyoutfittingcompany.com](mailto:foodmanager@elyoutfittingcompany.com). If selecting an item more than once, then indicate that (ie, "x2"). Indicate drink preferences in the group's online menu.

**Group Leader Name:** \_\_\_\_\_

**Trip Dates:** \_\_\_\_\_

**Name of each person consuming this dietary restriction menu:**

\_\_\_\_\_

**Info for the Food Manager:** \_\_\_\_\_

\_\_\_\_\_

☐ **Everything looks good! Choose a selection for me!**

## **Breakfast:**

1. Fresh eggs and Bacon with Hash browns
2. Western Omelet with Hash browns and Pre-cooked bacon
3. Hudson Bay Bread with Dried Fruit
4. Crapola (Cranberry Apple) Granola with Powdered Milk
5. Gluten Free Oatmeal with Dried Fruit

## **Lunch:**

1. Summer Sausage, Nut Thins, Cheese, Kind/Lara Bar
2. Sliced Salami, Wasa Crackers, Cheese, Kind/Lara bar
3. Peanut Butter and Jelly on Udi Bagels, Kind/Lara Bar
4. Hummus, Nut Thins, Sausage Stick
5. Tuna and Mayo on Corn Tortillas, Kind/Lara Bar
6. Beans and Salsa on Corn tortillas, Kind/Lara Bar

**Snacks (one per day):** Lara Bars, Kind Bars, Fruit Leather, Seed and Fruit Mix, Beef Sticks

## **Dinner:**

1. Fresh Steak, Baked Potato, Corn
2. Beef Vegetables and Gravy with Mashed Potatoes, Corn
3. Chicken Ala King with Rice, Peas and Carrots
4. Chicken Stew, Peas
5. Beef Stew, Green Beans
6. Roland Quinoa with Sweet Sue Pre-cooked Chicken, Peas
7. Daiya Mac n Cheese, Green Beans

8. Cache Lake Wild Rice Vegetable Salad with Italian Dressing and Sweet Sue Pre-cooked Chicken

**Dessert:**

Chocolate Pudding

Vanilla Pudding

Hot Apple Dessert