

Frequently Used Menu Items	Ideas for Gluten Free Substitution
Protein	
Chicken Nuggets, Popcorn chicken	Hot dogs or turkey sausage, offer yogurt and a fruit plate or chef salad. Check salad dressing.
Fish Sticks, Popcorn Shrimp	Hot dogs or turkey sausage, offer yogurt and a fruit plate or chef salad. Check salad dressing.
Cheese Pizza	Grilled Cheese made with Celinal Microwave Prepared Gluten-Free Bread. Make Pizza with Celinal Foods Microwave Bread as base.
Ravioli, Spaghetti and meatballs	Celinal Foods Microwave Pasta with Sauce and turkey sausage.
Grilled Cheese	Grilled Cheese made with Celinal Microwave Prepared Gluten-Free Bread.
Sliced Turkey or Pork with Gravy	Sliced Turkey or Pork with Celinal Instant Gluten-Free Gravy
BBQ Shredded Beef or Pork on Bun	BBQ Shredded Beef or Pork on Celinal Microwave prepared Gluten-Free Bun
Hot Dogs on Bun	Hot Dog wrapped in Celinal Microwave Prepared Gluten Free Bread Slice
Hamburger on Bun	Hamburger on Celinal Microwave Prepared Gluten-Free Bun
*** Chicken Filet, Asian Chicken and Stir Fry	Check marinade for soy sauce, most contain wheat
Starch	
Mashed potato with gravy	Mashed potato with Celinal Instant Gluten-Free Gravy
Tator tots, Potato Fries, Hashbrowns	Read Label carefully for ‘Wheat, Flour, Malt’.
Breaded onion rings	Prepare Tator Tots, Fries or Hashbrowns
Pancakes or waffles	Celinal Foods Microwave Prepared Waffle
Muffin or Biscuit	Celinal Foods Microwave Prepared Cornbread
Baked Dessert or Cookies	Celinal Foods Microwave Prepared White Cake
Soups	Check labels for Wheat, HVP, Flour or Barley or Celinal Foods Instant Chicken or Beef Broth
** Celinal Breads are Gluten-Free and Casein-Free. Replace Cheese with Vegan Cheese for Dairy-Free option	** Check Sausage, hotdog and Hamburgers for Wheat, Flour, HVP not specified or Barley ingredients.
Remember Vinegar is gluten-free except for Malt Vinegar	Maltodextrin, caramel color and dextrin are gluten – free in the US also! See: www.glutenfreediet.ca