

# Recommended room service foods for a sesame free diet

We allow foods that have "natural flavors" and "spices". Some foods from the general patient menu may not be included on this menu as we are unable to check all food labels. If you have questions about this menu or your diet, call (414) 266-3663

## Breakfast

Cheerios  
Frosted Flakes  
Froot Loops  
Lucky Charms  
Rice Chex  
Oatmeal  
White or wheat toast  
Cinnamon and sugar toast  
Hard boiled eggs  
Scrambled eggs  
Omelet cheese, ham, mushroom, green pepper, onion  
Bacon  
Sausage  
Pancakes  
French toast sticks  
Yogurt assorted flavors

## Lunch and Dinner

Deli sandwich turkey, ham, Swiss, cheddar, or American cheese  
Peanut butter and jelly sandwich  
Tomato Soup  
Beef or chicken broth saltine crackers  
Beef hot dog  
Macaroni and cheese  
Cheese pizza pepperoni, ham, mushrooms, green pepper, onion  
Hamburger, cheeseburger or Veggie burger American, Swiss, or cheddar  
Grilled cheese sandwich  
Grilled ham and cheese sandwich  
Grilled chicken breast sandwich  
Roast turkey  
Grilled chicken breast (boneless)  
Spaghettios Spaghetti or bow tie pasta with marinara sauce

## Snacks

Carrot and celery sticks  
Baked Lays  
Lays Potato Chips  
Soft hot pretzel  
String cheese  
Fruit roll up

## Desserts

Seasonal fresh fruit  
Fresh fruit cup  
Apple with caramel dip  
Mandarin oranges, peaches, pears, or applesauce cup  
Graham crackers  
Grahams Bug Bites  
Oreo Cookies  
Rice Krispies treat  
Gelatin  
Popsicles  
Ice Cream  
Pudding

## Sides

Broccoli  
Carrots  
Corn  
Green beans  
Peas  
French fries  
Tator tots  
Baked potato (Ask about the assortment of toppings)  
Mashed potato  
Bow tie noodles  
White rice  
Refried beans  
Soft corn tortilla  
Tossed salad ranch, French or Italian dressing

## Beverages

Apple and orange juice  
Bottled water  
Milk whole, 1%, skim, chocolate  
Vanilla Soy Milk  
Vanilla Rice Milk  
Sprite or Sprite Zero  
Coke or Diet Coke  
Mello Yello  
Hot Cocoa  
Milk Shake  
Featured Smoothie

## Condiments

Ketchup, mustard, mayonnaise  
BBQ sauce  
Pickle slice  
Lettuce, tomato, and onion  
Margarine and butter  
Salsa, sour cream  
Marinara sauce  
Chicken gravy  
White and brown sugar  
Breakfast syrup  
Hershey's Syrup