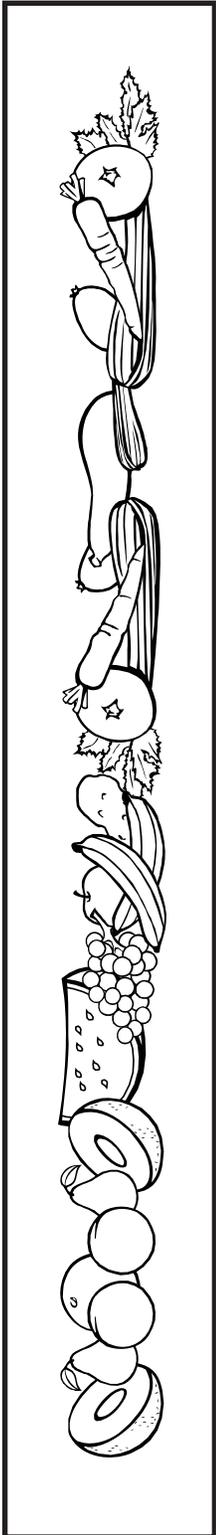


SAMPLE MENU FOR GLUTEN RESTRICTED DIET



BREAKFAST

4 oz. orange juice
1/2 c. cream of rice
1 scrambled egg (fresh)
1 sl. gluten-free bread
1 tsp. margarine
1 T. jelly
8 oz. milk
coffee or tea
sugar/salt/pepper

DINNER

3 oz. (edible portion) baked chicken
1/2 c. baked sweet potato
1/2 c. broccoli
1/2 c. garden salad with oil
1 sm. homemade baked apple
4 oz. milk
coffee or tea
sugar/salt/pepper

SUPPER

6 oz. homemade vegetable soup (without pasta)
1/2 c. tuna salad on 2 sl. gluten-free bread
1/2 c. beet salad (gluten-free dressing)
1/2 c. melon
4 oz. milk
coffee or tea
sugar/salt/pepper

H.S. SNACK

4 oz. juice
4 rice cakes
jelly