

Gluten Free Guide – Fall 2009

Use this guide to find gluten-free selections in the dining rooms.

There is a team of Registered Dietitians that can also meet with you individually and/or set up a meeting with you and the dining services staff in your hall. Contact them at eatsmart@umich.edu or 647-2614.

Always feel free to ask to see any product or recipe.

Request additional gluten-free products at eatsmart@umich.edu

*If you are sensitive to modified food starch or caramel color, consult the Ingredient List Fall 2009 for further restrictions.

Staple Items and Condiments

A-1 Sauce
Butter (all varieties)
Cheese (all varieties **except** blue cheese)
Cocktail Sauce
Cranberry Sauce
Cream Cheese (all varieties)
Falafil Relish and Sauce (**not** falafel)
Honey
Horseradish Sauce
Hummus (all varieties)
Ketchup (Heinz Brand)
Margarine
Mayonnaise
Mustard
Peanut butter (Jif brand)
Pickles & Pickle Relish
Ranch Dip
Salad Dressing (Hellman's)
Sour Cream (all varieties)
Syrup (all varieties)
Tamari (wheat-free) soy sauce is available in the condiment area but the soy sauce we use in cooking is **not** gluten-free (your dining unit might be able to substitute tamari in some recipes)
Tartar Sauce

Deli Bar

The tuna, turkey and ham are gluten-free. These can be heated in the microwave to eat as a main dish or cut up into salads, mixed with salad dressing to have with tortilla chips, etc

Salad Bar

All salad bar items are gluten-free **except the croutons**

1000 Island
Caesar Dressing
Fat Free Honey Dijon Dressing
Fat Free Sun Dried Tomato Dressing
Florentine Dressing
Golden Italian Dressing
Greek Dressing
Homemade Balsamic Vinaigrette
Hot Bacon Dressing
Italian Herb Dressing
Le Fleur House Dressing
Raspberry Vinaigrette
Maple Vinaigrette
Olive/Canola Oil and Balsamic Vinegar are also always available
Philippe Maison Dressing
Poppy Seed Dressing
Ranch Dressing (Regular and Fat Free)
Stagecoach French Dressing
White Vinegar Dressing

Yogurt Bar

We serve Dannon plain and low fat vanilla yogurts, both are gluten-free
Apple, Strawberry and Blueberry Toppings are gluten-free

Breakfast

Bacon
Fried Eggs
Fruity Pebbles
Rice Chex
Granola w/ Nuts {Some believe oats are acceptable for celiacs, others disagree. Listen to your own body}
Grilled Ham
Grits and Cheese Grits
Hard & Soft Cooked Eggs
Hash Browns

Lyonnais Potatoes
Oatmeal (all flavors) {Some believe oats are acceptable for celiacs, others disagree. Listen to your own body}
Omelets
Poached Eggs
Sausage (all varieties)
Scrambled Eggs, Egg Beaters & Egg Whites
Scrambled Tofu
Southern Style Potatoes

Soups

The Beef Base, Chicken Base, and Mushroom Base are **not** gluten-free.
The Mirepoix, Vegetarian "Chicken", Clam, Ham, and Turkey bases are gluten-free.
Chick Pea Soup
Corn & Crab Soup
Lebanese Stew
Lentil Stew
Manhattan Clam Chowder
Mexican Tomato Lime Soup
Moroccan Vegetable Stew
Potato, Spinach & Tomato Soup
Ruby Lentil Soup
Shrimp and Corn Soup
South of the Border Soup
Southwestern Bean Soup
Spinach, Shitake & Tofu Soup
Split Pea & Ham Soup
Split Pea Soup
Squash, Corn & Bean Stew
Tomato Florentine Soup
Turkey Rice Soup
Vegetable Rice Soup
Vegetable Soup
Vegetable Soup w/ Basil
Vegetable Stew
Vegetarian Borscht
Vegetarian Gumbo

Salads

Broccoli Raisin Salad
Caesar Salad w/ no croutons
Chef Salad – choose your own dressing
Creamy Coleslaw
Cucumber & Tomato Salad
Egg Salad
Greek Salad

Guacamole
Marinated Raw Vegetables
Mediterranean Salad
Mesculin Mix
Orange Almond Salad
Potato Salad
Redskin Potato Salad
Rio Grande Salad
South of the Border Salad
Southwest Coleslaw
Southwest Potato Salad
Spinach Salad
Thai Cucumber Salad
Tuna Salad
Turkey Chef Salad
Turkey Salad
Vegetable Slaw
Wild Greens w/ Apples

Pizzas

All pizzas are gluten-free as long as you request the gluten-free crust in the dining halls **except** Broccoli Alfredo Pizza, Thai Chicken Pizza, and Thai Vegetable Pizza.

Beef and Pork Entrees

All Beef Hotdogs
Baked Ham
BBQ Beef Ribs
BBQ Beef Sandwich (w/o the bread)
BBQ Pork Spareribs
BBQ Roast Beef
Beef Bulgogi
Beef Fajita Meat
Beef Grinder (w/o the bread)
Beef Taco Salad
Bratwurst
Cajun Pork
Chipotle Pork Roast w/ Caramelized Onions
Cider Pork
Florida BBQ Beef Sandwich (w/o the bread)
Grilled Polenta with Italian Sausage
Grilled Pork Chops
Hamburger Patty
Italian Sausage Lettuce Wrap
Lamb Gyro Meat
Philly Cheese Steak (without the bun)
Pork & Chicken Jambalaya
Roast Beef (w/o au jus or bread)

Beef and Pork Entrees Continued

Roast Petite Beef Tenderloin
Roast Pork
Roast Pork Loin
Semi-boneless Ham
Sliced Ham
Spiral Honey Baked Ham
Sloppy Joes (w/o the bread)
Wolverine Burger (w/o the bun)

Poultry Entrees

Baked Chicken
BBQ Chicken
BBQ Chicken Drumsticks
BBQ Chicken Sandwich (w/o the bread)
BBQ Orange Chicken Breast
Blackened Chicken Breast
Buffalo Chicken Salad
Buffalo Chicken Wings
Chicken Breast Santa Fe
Chicken Cacciatore
Chicken Gyro Meat
Chicken Fajita Meat (without the flour tortilla)
Chicken Parmesan
Chicken Pesto Sandwich (w/o the bread)
Chicken Salad
Curry Chicken with Cashews
Grilled Chicken Breast
Grilled Chicken Pesto Sandwich (w/o the bread)
Guadeloupe Chicken Salad
Herb Grilled Chicken Breast (**not** Herb Baked)
Honey Lime Chicken (w/o the bread)
Italian Chicken Drumsticks
Kung Pao Chicken
Lemon Chicken
Lemon Pepper Chicken Breast
Lime Tarragon Chicken
Monterey Chicken Breast
Roasted Turkey Breast
Sliced Turkey
Spicy Chicken
Tandori Chicken
Turkey Burger (w/o the bun)
Turkey Bacon Club (w/o the bread)
Turkey Chipotle Wrap (w/o the wrap)
Turkey Hot Dog
Turkey Tenderloin (with Herb Butter and with French Marinade)
Turkey with Chimichurri Sauce

Fish and Seafood

Baked Scrod
Baked Whitefish
Canned Tuna
Caribbean Catfish
Herbed Fish Fillets
Lemon Baked Cod
Lemon Peel and Eat Shrimp
Moqueca de Peixe
Mussels Marinere
Salmon w/ Roasted Greens
Seafood, Chicken & Andouille Paella
Shrimp & Andouille Jambalaya
Shrimp & Pork Stir Fry
Spicy Peel and Eat Shrimp
Tuna Salad Stuffed Tomato
Whitefish with Spinach and Carrots

Vegetarian Entrees or World

Harvest Items

Black Bean Tortilla Torte **not** the Casserole
East African Vegetable Stir Fry
Eggplant Parmesan
Greek Salad Wrap (w/o the wrap)
Mushroom Burger (w/o the bread)
Ope's Organic Black Bean Burger Pattie
Ope's Organic Classic Veggie Burger Pattie
Pasilla Tortilla Casserole
Portobella Mushroom Sandwich (w/o the bread)
Singapore Noodles
Spinach Palak
Torta de Papas
Vegetable Cashew Koorma
Yellow Corn Arepas

Vegan Entrees or World Harvest Items

Algerian Chili
BBQ Baked Beans
Baba Ghanoush
Black Bean Salsa
Basil Garlic Tofu
Black Eyed Peas
Butter Beans with Braised Leeks
Chola (curried garbanzo beans)
Cuban Black Beans and Rice

Vegan Entrees or World Harvest

Items continued

Curried Kidney Beans
Curried Lentils
Dal
Garbanzo beans w/ Stewed Tomatoes
Homemade Refried Beans
Italian Rice and Beans
Khichri
Lemon Baked Tofu
Pinto Beans w/ Parsley & Garlic
Potato Curry
Potato Pea Curry
Rajma (spicy red beans)
Red Beans and Rice
Rice with Black Bean Salsa
Savory Baked Tofu
Spicy Black Beans
Spicy Kidney Beans
Stewed Black Eyed Peas
Tomato Tofu Spinach Sauté
Vegetable Fajita (without wraps)
Vegetable Jambalaya
Vegetable Paella
Vegetarian Baked Beans
Vegetarian Refried Black Beans
Vegetarian Refried Beans
White Bean and Potato Hash
Xhosa Imifino Patties

Rices and Potatoes

Asian Style Rice
Baked Potatoes
Baked Sweet Potatoes
Basmati Rice
BBQ Baked Beans
Black Beans Burrito Station
Brown Rice
Brown Rice Udon Noodles
Cinnamon Sugar Sweet Potatoes
Dirty Rice
Fiesta Rice
Garlic Whipped Potatoes
Glazed Sweet Potatoes
Home Fries
Hot German Potatoes
Lemon Parsley Rice
Long Grain Rice
Marshmallow Glazed Sweet Potatoes

Mashed Sweet Potatoes
Mexican Rice
Orange Rice
Oven Brownd Potatoes
Oven Roasted Garlic Potatoes
Parmesan and Green Onion Potatoes
Potatoes O'Brien
Potatoes with Parsley
Redskin Potatoes
Redskin Potatoes w/ Herbs & Cream
Rice Noodles
Rice Pilaf
Roasted Potato Duo
Savory Rice
Seasoned Redskin Potatoes
Short-Grain Rice
Smashed Potatoes
South American Rice
Southwest Rice
Whipped Potatoes
Wild Mushroom Rice
Wild Rice Blend

Sauces and Gravies

BBQ Sauce used in cooking **not** the self-serve one in the dining hall.
Gyro Sauce
Marinara Sauce
Pesto Sauce
Pizza Sauce
Tomato Basil Sauce
Tomato Coulis
Wolverine Dressing
Wolverine Sauce

Chips, etc

Corn Chips
Potato Chips
Ruffles Potato Chips
Taco and Tostada Shells
Tortilla Chips

Vegetables

Asian Greens
All steamed vegetables
Collard Greens (w/ & w/o Smoked Ham)

Corn w/ Cumin, Chile & Tomato
Cream Style Corn
Glazed Baby Carrots
Green Beans w/Roasted Walnuts
Grilled Corn on the Cob
Grilled Marinated Vegetables
Grilled Vegetables Burrito Station
Herb Grilled Zucchini
Herbed Zucchini
Native American Style Corn
Peas w/ Rice & Almonds
Ratatouille
Sautéed Green Peppers & Onions
Sautéed Mushrooms
Sautéed Sugar Snap Peas
Scalloped Corn
Sesame Green Beans
Succotash
Sweet & Sour Cabbage w/ Apple
Tunisian Greens w/ Peanuts
Zucchini Parmesan
Not Grilled Zucchini and Carrots, Mushrooms
Nimono, Stir-fried Cabbage, Vegetable Gratin

Fruits

All fresh and canned fruit
Alfresco Fruit Salad
California Cocktail
Fluffy Fruit Salad
Fruit and Yogurt Plate
Fruit Cocktail

Beverages

Apple Juice
Cranberry Juice
Diet Pepsi
Grape Juice
Grapefruit Juice
Hot Chocolate
Mountain Dew
Mug Root Beer
Orange Juice
Orange Twister
Passion Guava Fruit Cocktail
Pepsi
Iced Tea
Sierra Mist
Soy Milk (all varieties)
Wild Cherry Pepsi

Desserts

Chocolate Pudding
Deep Chocolate Pudding
Gelatins (all varieties)
Mousse (all varieties)
Sander's Hot Fudge Topping
Sprinkles (all varieties)
Vanilla and Chocolate Soft Serve
Vanilla Pudding
Whipped Topping

Special Meal Items

Apple Cider (all varieties)
Apple Cream Sauce
Apple Crisp (Passover **not** the everyday version)
Banana Splits
Beef Gravy (Passover **not** the everyday version)
Carrot & Apple Kugel
Charoset
Chicken Gravy (Passover **not** the everyday version)
Chocolate Ice Cream
Chocolate Raspberry Mousse
Corn Salsa
Cranberry Punch
Fresh Pineapple Salsa
Fried Plantains
Fruit & Yogurt Plate
Fruit Punch
Golden Vanilla & Michigan French Vanilla Ice Cream
Ice Cream Novelties
Jicama Slaw w/ Lime
Leche Flan
Mango Salsa
Mint Chocolate Chip Ice Cream
Orange Blossom Punch
Pumpkin Mousse
Roasted Michigan Vegetables
Spumoni Ice Cream
Strawberry Ice Cream
Tin Roof Sundae
Turkey Gravy (Passover **not** the everyday version)
Turnip Pickles
Vanilla Cream Chocolate Cups