

# GLUTEN FREE ITEMS

## Werner University Center

### GRILL

- Grilled Chicken
- Bacon
- Vegetables
- Sausage Links
- Beef Patty
- Cheese
- Eggs

Gluten Free Bread Available

### DELI

- Chicken Caesar Salad - no croutons
- Side Garden Salad
- Nacho Plate
- Spanish Rice, Rice & Refried Beans
- Deli Meats, Cheeses & Vegetables
- Salad Dressings
- Tacos, Taco Salad

Gluten Free Bread Available

### WOLF EXPRESS

- Salad Bar
- Hard Boiled Eggs
- Odwalla Juices
- Soda Drinks
- Tillamook Cheese
- Yoplait Yogurt
- Planters Sunflower Kernels, Salted Peanuts or Cashews
- David's Sunflower & Pumpkin Seeds
- NuGo Free Bars
- Fruit Juice
- Darigold Milk - ALL
- WOW GF Snickerdoodle Cookies

## WESTERN OREGON UNIVERSITY



CAMPUS DINING

345 N. MONMOUTH AVENUE

MONMOUTH OR 97361



# Gluten Free



*"Go ahead honey, it's gluten free!"*

~Your Guide~

To  
Gluten Free  
Eating  
On Campus

EAT WELL. Be Well.

# GLUTEN FREE ITEMS

## *Valsetz Dining Hall*

### SALAD BAR *DAILY SELECTIONS:*

- Olive Oil & Vinegar
- Hard Boiled Eggs
- Hummus
- Vegetables
- Fruit
- Tofu

#### DRESSINGS

- Fat Free Italian
- Honey Mustard
- Low Calorie
- Honey Mustard
- Ranch
- Italian
- Caesar

### WOK STATION *DAILY SELECTIONS:*

- Chicken
- Rice
- GF Teriyaki Sauce
- Vegetables
- GF Soy Sauce

### GRAINS *SELECTION VARIES:*

- Rice
- Taco Shells
- Potatoes - Mashed Baked Steamed
- GF Pasta
- Rice Noodles
- Corn Tortillas
- Refried Beans
- Quinoa
- Oven Fried Potatoes

*GF Bread and Hamburger Buns are available by request - just ask staff!*



### ENTRÉE

#### *Grill:*

#### *DAILY SELECTIONS:*

- Bacon, Pork Sausage and Sausage Patties
- Grilled Chicken, Hamburger Patty
- Eggs - Hardboiled Scrambled Omelets
- Personal Gluten Free Pizza
- Hotdogs (*menu rotation*)

#### *Spotlight & Homestyle:*

#### *SELECTION VARIES:*

- Chicken and Beef
- Ham Slices, Carved Ham
- Roast Turkey Breast
- Marinated Philly Beef Steak
- Pulled Pork

#### *Deli:*

#### *SELECTION VARIES:*

- Hormel All Natural Deli Meats
- Hormel Natural Turkey Breast
- Tuna, Egg & Chicken Salad

**FEEL FREE TO ASK STAFF  
ABOUT HOW FOODS ARE  
PREPARED!**

**Be sure to check the Menu Sign!**

### DAIRY

- Cheese - ANY
- Milk - Unflavored ONLY
- Pacific Soy Milk
- Rice and Almond Milk

### SOUPS

- Black Bean Soup
- Chicken Chipotle Chowder
- Chicken or Turkey Rice Soup
- Chili - Beef or Vegetarian
- Cheddar Cauliflower Soup
- Vegetable Beef Soup

### EXTRAS

- Selected Amy's Frozen Meals (See Nutrition Facts Panel)
- WOW GF Snickerdoodle Cookies
- Assorted GF Cookies & Muffins
- Marinara Sauce
- GF Soy Sauce, Teriyaki Sauce
- Ketchup, Mayonnaise & Mustard
- Coffee, Latte with ANY syrup
- Fruit, Fruit Juices
- Smoothies served at Late Night