

The Ohio State University Wexner Medical Center

Patient Dining Menu: Renal Diet - Limits Phosphorous, Potassium, and Sodium

How to Order Meals

Use your camera on your phone/tablet to scan this QR code for details on how to order and additional dining information; it is best to order your meals by 6am, 10am, and 3pm

Chef Specials *available only at the meal and day indicated*

Breakfast served 7am-9:30am

Monday: Scrambled Eggs with Blueberry Bread

Tuesday: Cinnamon Roll Bake

Wednesday: Breakfast Scramble (eggs, peppers, and onions)

Thursday: Oatmeal and Scrambled Eggs

Friday: Western Egg Bake (eggs, ham, peppers, and onions)

Saturday: Oatmeal and Scrambled Eggs

Sunday: French Toast w/ Syrup



Lunch served 11am-1:30pm

Monday: Teriyaki Beef, Fried Rice, with Stir Fry Vegetables

Tuesday: Grilled Chicken Breast with White Rice

Wednesday: Southwestern Beef with Cilantro Lime Rice

Thursday: Pulled Pork Sandwich with Coleslaw

Friday: Grilled Chicken Sandwich with Mayo

Saturday: Grilled Chicken Breast, Buttered Noodles, Green Beans

Sunday: Grilled Chicken Breast, Dinner Roll, Green Beans

Dinner served 4pm-7pm

Monday: Pulled Pork, Corn Casserole, Creamy Coleslaw, and Angel Food Cake

Tuesday: Herb Chicken, Cheesy Rice Casserole, and Strawberry Cake w/ Lemon Icing

Wednesday: Grilled Chicken Breast with Buttered Noodles, Green Peas, & Pound Cake

Thursday: Honey Mustard Chicken, Sweet Potatoes, Oreo Cheesecake Brownies

Friday: Alaskan Grilled Salmon, Rice, Bread Pudding

Saturday: Meatloaf with Gravy, Green Peas, and Chocolate Cake w/ Pecans

Sunday: Pot Roast, Carrots, Buttered Noodles, Seasonal Pie

If your doctor has prescribed a renal diet, you will be limited from ordering foods high in phosphorus and potassium.

This includes foods such as milk, chocolate, whole grains, nuts, processed meats, starchy vegetables, and many fruits.

Ask for your care team to consult a Registered Dietitian Nutritionist if you have questions.

Daily Options *some items subject to seasonal availability*

Breakfast Entrees & Sides *served 7am-9:30am*

French Toast | Scrambled Eggs | Hard Boiled Egg

Blueberry Muffin | English Muffin | Wheat Toast | White Toast

Cereal *served 7am-7pm*

Cheerios® | Frosted Mini Wheats® | Honey Nut Cheerios® | Rice Chex®
Cream of Wheat® | Oatmeal

Fruit & Lighter Sides *served 7am-7pm*

Applesauce | Peaches | Pears | Pineapple
Apple | Grapes

Beverages *served 7am-7pm*

Coffee | Tea | Green Tea | Hot Cocoa | Iced Tea | Lemonade

Juice: Apple | Grape

Coke® products *see your tablet or ask your nutrition aide for details*

Lunch & Dinner Entrées *served 11am-7pm*

Chicken | Salmon | Pasta with Alfredo

Create Your Own Sandwich/Salad *see your tablet or ask your nutrition aide for details*

Hamburger | Grilled Chicken | Chicken Salad | Tuna Salad | Turkey Sandwich

Side Salads: House

Sides *served 11am-7pm*

Dinner Roll | Buttered Noodles | White Rice

Baby Carrots | Carrots | Corn | Peas | Green Beans

Soups & Broths *served 11am-7pm*

Broths: Beef | Chicken | Vegetable

Soup of the Day | Chicken Noodle

**** All soups are made here at the Medical Center. They're so good!**

Desserts *served 11am-7pm*

Angel Food Cake | Cookies | Sherbet

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