

The Ohio State University Wexner Medical Center

Patient Dining Menu: Very Low Sodium / 2g 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: Spinach Egg Bake with Herbed Cream Sauce

Tuesday: Cinnamon Roll Bake (half portion)

Wednesday: Breakfast Scramble (eggs, onion, peppers)

Thursday: Hashbrown Casserole (half portion) and Scrambled Eggs

Friday: Western Egg Bake

Saturday: Potatoes & Peppers, Scrambled Eggs, & Turkey Sausage

Sunday: French Toast Sticks

Lunch served 11am-1:30pm

Monday: Roast Beef Sandwich

Tuesday: Turkey Reuben (half sandwich)

Wednesday: Chicken Breast with Cilantro Lime Rice, Corn, and Black Beans

Thursday: Crispy Fish Sandwich

Friday: Shredded Italian Beef Half Sandwich

Saturday: Italian Sub (half)

Sunday: Chicken Club Sandwich

Dinner served 4pm-7pm

Monday: Pulled Pork with BBQ Sauce, Coleslaw, Creamed Corn, Angel Food Cake

Tuesday: Lemon Rosemary Chicken, Sweet Potatoes, Pineapple Upside Down Cake

Wednesday: Stuffed Shells with Pasta Sauce, Lemon Cake with Fresh Berries

Thursday: Herb Roasted Chicken with Sweet Potatoes, Oreo Cheesecake Brownie

Friday: Potato Crusted Cod with Roasted Redskin Potatoes, Bread Pudding

Saturday: Meatloaf with Sour Cream and Chive Mashed Potatoes, Texas Sheet Cake

Sunday: Pot Roast with Roasted Red Skin Potatoes, Carrot Cake Cupcake



If your doctor has prescribed a very low sodium/low salt diet, you will be limited to 500mg sodium at breakfast, 800mg of sodium at lunch, and 800mg sodium at dinner.

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
Gluten Free Apple Oat Pancakes | Gluten Free, Vegan Sweet Potato Hash
Breakfast Potatoes | Blueberry Muffin | English Muffin | Gluten Free Bread
Granola with Dried Fruit *we recommend adding a yogurt*

Cereal *served 7am-7pm*

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

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

Applesauce | Peaches | Pears | Pineapple
Apple | Banana | Grapes | Mixed Fresh Fruit | Orange
Cottage Cheese | Greek Yogurt | Light Yogurt

Beverages *served 7am-7pm*

Decaf Coffee | Decaf Tea | Hot Cocoa | Decaf Iced Tea | Lemonade
Juice: Apple | Fruit Punch | Grape | Orange | Prune
Milk: 2% | Chocolate | Skim | Chocolate or Vanilla Silk® | Lactaid®
Coke® products *see your tablet or ask your nutrition aide for details*

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

Chicken | Salmon
Chicken Noodles over Mashed Potatoes | Pasta with Alfredo or Marinara Sauce
Create Your Own Sandwich/Salad *see your tablet or ask your nutrition aide for details*
Hamburger | Cheeseburger | Grilled Chicken | PB&J | Chicken Salad | Tuna Salad
Entrée Salads: Southwest
Side Salads: House

Sides *served 11am-7pm*

Cornbread | Dinner Roll | Buttered Noodles | White Rice
Baby Carrots | Celery Sticks | Broccoli | Carrots | Corn | Peas | Green Beans
Mashed Potatoes | Mini Baked Potatoes | Redskin Potatoes | Sweet Potatoes

Soups & Broths *served 11am-7pm*

Broths: Beef | Chicken
Low Sodium Chicken Noodle | Low Sodium Tomato

Desserts *served 11am-7pm*

Angel Food Cake | Brownie | Cookies | Sherbet | Puddings | Jellos

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