

The Ohio State University Wexner Medical Center

Patient Dining Menu: Carb Control / Diabetic Menu

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: French Toast Sticks(18g), Berry Sauce (8g), Chicken Sausage(0g)

Tuesday: Western Omelette (6g), Breakfast Potatoes (17g)

Wednesday: Hashbrown Casserole (16g), Scrambled Eggs (2g), Bacon (0g)

Thursday: Eggs Benedict (17g), Breakfast Potatoes (17g)

Friday: Egg Strata (6g), Bacon (0g)

Saturday: French Toast w/ Syrup (37g), Chicken Sausage (0g)

Sunday: Biscuit w/ Gravy (33g), Scrambled Eggs (2g)

Lunch served 11am-1:30pm

Monday: Stir Fry Beef(3g), Fried Rice (36g), Seasoned Broccoli (9g)

Tuesday: Meatloaf w/ Gravy (11g), Roasted Redskin Potatoes (18g), Green Beans (11g)

Wednesday: Grilled Chicken (0g), BBQ Sauce (10g), Mac & Cheese (36g), Broccoli (9g)

Thursday: Meatballs (5g), Stroganoff Sauce (4g), Spaetzle (38g), Peas and Pearl Onions (11g)

Friday: Italian Sausage (5g), Tomato Sauce (3g), Mashed Potatoes (14g), Peppers & Onions (9g)

Saturday: Sliced Turkey (0g), Gravy (4g), Roasted Carrots (11g), Texas Toast (14g)

Sunday: Salisbury Steak (11g), Mashed Potatoes (14g), Seasoned Normandy Blend (4g)

Dinner served 4pm-7pm

Monday: BBQ Pork Chop (16g), Seasoned Brussels Sprouts (11g), Corn Bread (28g)

Tuesday: Chicken Parmesan (3g), Alfredo Penne (30g), Italian Vegetables (7g), Cheesecake (24g)

Wednesday: Beef Pot Roast (2g), Seasoned Green Beans (11g), Baby Baked Potato (16g)

Thursday: Sliced Turkey (0g), Country Gravy (5g), Mashed Potatoes (14g), Glazed Carrots (23g)

Friday: Alaskan Grilled Salmon (1g), Lemon Cream Sauce (4g), Seasoned Grilled Vegetables (9g)

Saturday: Meatloaf (13g), Au Gratin Potatoes (16g), Seasoned Broccoli (9g)

Sunday: Breaded Chicken(25g), Country Gravy (5g), Mashed Potatoes (14g), Green Beans (11g)

Soup of the Day *available only on the day indicated, after 11am*

Monday: Chicken Harvest Soup (6g)

Tuesday: Tuscan White Bean Soup (20g)

Wednesday: Chicken Corn Chowder (17g)

Thursday: Broccoli Cheddar Soup (15g)

Friday: Fire Roasted Tomato Soup (9g)

Saturday: Hearty Chili (11g)

Sunday: Loaded Potato Soup (10g)



If your doctor has prescribed a carb controlled/diabetic diet, you will be limited to 75g of carbs for each meal; for a strict carb controlled diet, you will be limited to 45 g of carbs per meal.

Daily Options *some items subject to seasonal availability*

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

French Toast with Sugar Free Syrup (37g)

Scrambled Eggs (2g) | Hard Boiled Egg (0g)

Biscuits and Gravy (34g)

Breakfast Potatoes (22g) | Hardwood Smoked Bacon (0g) | Chicken Sausage (0g)

Blueberry Bread (33g) | Bagel (47g) | English Muffin (26g) | Gluten Free Bread (19g) Granola with Dried Fruit (44g) *we recommend adding a yogurt*

Cereal *served 7am-7pm*

Cheerios® (14g) | Honey Nut Cheerios® (23g)

Rice Chex® (16g) | Raisin Bran® (28g) | Cream of Wheat® (23g) | Oatmeal (25g)

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

Applesauce (15g) | Peaches (14g) | Pears (13g) | Pineapple (16g)

Apple (15g) | Banana (27g) | Grapes (26g) | Orange (19g)

Cottage Cheese (7g) | Greek Yogurt (13g) | Light Yogurt (10g)

Beverages *served 7am-7pm*

Hot Cocoa (10g) | Lemonade (1g)

Milk: 2% (12g) | Skim (13g) | Vanilla Silk® (18g)

Coke® products (0g) *see your tablet or ask your nutrition aide for details*

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

Cheese Quesadilla (31g) | Chicken & Cheese Quesadilla (33g)

Chicken (0g) | Salisbury Steak (11g) | Salmon (1g)

Chicken Noodles over Mashed Potatoes (30g)

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

Hamburger on Wheat Bun (27g) | Cheeseburger (28g) | Grilled Chicken on Bun (25g)

Black Bean Burger (41g) | PB&J (32g)

Entrée Salads: Chef (15g) | Chicken Caesar (29g)

Side Salads: Caesar (15g) | House (4g)

Sides *served 11am-7pm*

Dinner Roll (23g) | Buttered Noodles (38g) | Mac & Cheese (33g) | Rice (30g) |

Carrots (9g) | Corn (16g) | Peas (16g) | Green Beans (11g) | Mashed Potatoes (14g)

Baby Baked Potatoes (16g)

Soups & Broths *served 11am-7pm*

Broths: Beef (3g) | Chicken (1g) | Vegetable (5g)

Daily Soup | Chicken Noodle (16g) | Cream of Tomato (23g) |

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

Desserts *served 11am-7pm*

Cookies (13-19g) | Ice Cream (16g) | Pudding (14g)

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