The Ohio State University Wexner Medical Center
Patient Dining Menu: Regular/Non-Restricted Diet

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:** Vegetable Egg Bake with Herbed Cream Sauce
- **Tuesday:** Cinnamon Roll Bake
- **Wednesday:** Breakfast Scramble with Southwest Cheese Sauce
- **Thursday:** Hashbrown Casserole
- **Friday:** Western Egg Bake with Queso Sauce
- **Saturday:** Breakfast Potatoes, Scrambled Eggs, & Sausage
- **Sunday:** French Toast

**Lunch** served 11am-1:30pm
- **Monday:** Teriyaki Beef, Fried Rice, and Stir Fry Vegetables
- **Tuesday:** Chicken Tenders, White Cheddar Mac & Cheese, Broccoli
- **Wednesday:** Southwestern Beef, Cilantro Lime Rice & Black Beans
- **Thursday:** Pulled Pork Sandwich, with Creamy Coleslaw
- **Friday:** Breaded Chicken Sandwich, with Broccoli
- **Saturday:** Homestyle Chicken Noodles over Mashed Potatoes
- **Sunday:** Rotini and Meat Sauce w/ Shredded Mozzarella, Dinner Roll

**Dinner** served 4pm-7pm
- **Monday:** Pulled Pork with BBQ Sauce, Coleslaw, & Creamed Corn, Apple Cobbler Cake
- **Tuesday:** Herb Chicken, Rice Casserole, Green Beans, Strawberry Cake & Lemon Frosting
- **Wednesday:** Stuffed Shells with Pasta Sauce, Peas, Lemon Cake with Fresh Berries
- **Thursday:** Honey Mustard Chicken, Au Gratin Potatoes, Broccoli, Oreo Cheesecake Brownies
- **Friday:** Grilled Pollack w/Red Pepper Sauce, Roasted Redskin Potatoes, Bread Pudding
- **Saturday:** Meatloaf, Mashed Potatoes, Peas, Chocolate Cake w/ Pecans
- **Sunday:** Pot Roast, Roasted Red Skin Potatoes, Carrot Cake

**Soup of the Day** available only on the day indicated, after 11am
- **Monday:** Chicken and White Bean Chili
- **Tuesday:** Hearty Beef Chili
- **Wednesday:** Beef Vegetable Soup
- **Thursday:** Broccoli Cheddar
- **Friday:** Hearty Minestrone
- **Saturday:** Hearty Beef Chili
- **Sunday:** Homestyle Chicken Noodle Soup
Daily Options *some items subject to seasonal availability*

**Breakfast Entrees & Sides** *served 7am-9:30am*
- Biscuit & Sausage Gravy | Breakfast Sandwich | French Toast
- Scrambled Eggs | Scrambled Egg Whites | Hard Boiled Egg
- Breakfast Potatoes | Hardwood Smoked Bacon | Turkey Sausage
- Blueberry Muffin | Bagel | 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*
- Coffee | Tea | Green Tea | Hot Cocoa | Iced Tea | Lemonade
- Juice: Apple | Grape | Orange | Prune | Tomato
- Milk: 2% | Chocolate | Skim | Whole | Chocolate or Vanilla Silk® | Lactaid®
- Coke® products *see your tablet or ask your nutrition aide for details*

**Lunch & Dinner Entrées** *served 11am-7pm*
- Baked Chicken Tenders | Cheese Quesadilla | Chicken & Cheese Quesadilla
- 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 | Black Bean Burger | PB&J
- Entrée Salads: Chef | Chicken Caesar
- Side Salads: Caesar | House

**Sides** *served 11am-7pm*
- Chips | Roll | Buttered Noodles | Mac & Cheese | White Rice
- Baby Carrots | Broccoli | Carrots | Corn | Green Beans
- Mashed Potatoes | Mini Baked Potatoes | Sweet Potatoes

**Soups & Broths** *served 11am-7pm*
- Broths: Beef | Chicken | Vegetable
- Soup of the Day | Chicken Noodle | Cream of Tomato |
- Cream of Chicken
- **All soups are made here at the Medical Center.**

**Desserts** *served 11am-7pm*
- Angel Food Cake | Brownie | Cookies | Ice Cream | Seasonal Pie