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:** Spinach 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
- **Saturday:** Potatoes, Scrambled Eggs, & Sausage
- **Sunday:** French Toast

**Lunch** served 11am-1:30pm
- **Monday:** Grilled Steak Strips with Cabbage Lo Mein
- **Tuesday:** Chicken Tenders with Macaroni and Cheese, Broccoli
- **Wednesday:** Southwestern Beef with Cilantro Lime Rice & Black Beans
- **Thursday:** Pulled Pork Sandwich
- **Friday:** Breaded Chicken Sandwich
- **Saturday:** Chicken Noodles over Mashed Potatoes, Green Beans
- **Sunday:** Rotini and Meat Sauce

**Dinner** served 4pm-7pm
- **Monday:** Pulled Pork with BBQ Sauce, Coleslaw, & Cornbread Casserole, Apple Cobbler Cake
- **Tuesday:** Lemon 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:** Potato Crusted Cod, Roasted Redskin Potatoes, Carrots, Bread Pudding
- **Saturday:** Meatloaf, Mashed Potatoes, Peas, Texas Sheet Cake
- **Sunday:** Pot Roast, Roasted Red Skin Potatoes, Carrots, Carrot Cake Cupcake

**Soup of the Day** available only on the day indicated, after 11am
- **Monday:** Chicken and White Bean Chili
- **Tuesday:** Lemon Chicken Orzo
- **Wednesday:** Vegetable Beef
- **Thursday:** Broccoli Cheddar
- **Friday:** Roasted Tomato, Kale, and Chickpea
- **Saturday:** Vegetable Minestrone
- **Sunday:** Chicken Noodle
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
- Peas
- Green Beans
- Mashed Potatoes
- Mini Baked Potatoes
- Redskin Potatoes
- Sweet Potatoes

**Soups & Broths** served 11am-7pm
- Broths: Beef
- Chicken
- Vegetable
- Soup of the Day
- Chicken Noodle
- Vegetable Minestrone
- Roasted Tomato, Kale, and Chicken Pea

**All soups are made here at the Medical Center.**

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