

# 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:** French Toast Sticks w/ Berry Sauce and Chicken Sausage

**Tuesday:** Western Omelette and Breakfast Potatoes

**Wednesday:** Hashbrown Casserole, Bacon, Eggs

**Thursday:** Eggs Benedict w/ Hollandaise Sauce and Breakfast Potatoes

**Friday:** Egg Strata and Bacon

**Saturday:** Cinnamon Pull Apart Bread with Chicken Sausage

**Sunday:** Biscuit and Gravy with Scrambled Eggs



#### **Lunch** served 11am-1:30pm

**Monday:** Stir Fry Beef, Fried Rice, and Seasoned Broccoli

**Tuesday:** Meatloaf w/gravy, Roasted Redskin Potatoes, Seasoned Green Beans

**Wednesday:** Chicken Tenders, White Cheddar Mac & Cheese, Steamed Broccoli

**Thursday:** Meatballs w Stroganoff Sauce, Spaetzle, Seasoned Peas and Pearl Onions

**Friday:** Roasted Italian Sausage w/ Roasted Tomato Sauce, Peppers and Onions

**Saturday:** Sliced Turkey w/ gravy, Texas Toast, Roasted Carrots

**Sunday:** Salisbury Steak w/gravy, Mashed Potatoes, Normandy Blend Vegetables

#### **Dinner** served 4pm-7pm

**Monday:** BBQ Pork Chop, Seasoned Brussels Sprouts, Corn Bread, Cherry Pie

**Tuesday:** Chicken Parmesan, Penne Alfredo, Seasoned Italian Vegetables, Cheesecake

**Wednesday:** Pot Roast w/ gravy, Baby baked Potatoes, Seasoned Green Beans, Red Velvet Cake

**Thursday:** Sliced Turkey w/ country gravy, Mashed Potatoes, Glazed Carrots, Apple Pie

**Friday:** Salmon w/lemon cream sauce, Wild Rice, Grilled Vegetable Blend, Orange Cream Cake

**Saturday:** Meatloaf w/ gravy, Au Gratin Potatoes, Seasoned Broccoli, Chocolate Cake

**Sunday:** Breaded Chicken Breast w/ country gravy, Mashed Potatoes, Green Beans, Carrot Cake

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

**Monday:** Chicken Harvest Soup

**Tuesday:** Tuscan White Bean Soup

**Wednesday:** Chicken Corn Chowder

**Thursday:** Broccoli Cheddar

**Friday:** Fire Roasted Tomato Soup

**Saturday:** Hearty Beef Chili

**Sunday:** Loaded Potato Soup

**Daily Options** *some items subject to seasonal availability*

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

Biscuit & Sausage Gravy | French Toast | Scrambled Eggs | Hard Boiled Egg |  
Breakfast Potatoes | Hardwood Smoked Bacon | Chicken Sausage | Blueberry Muffin |  
Bagel | English Muffin | Gluten Free Bread | Granola with Dried Fruit

**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 | Mandarin Orange Cup  
Apple | Banana | Grapes | 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*

Cheese Quesadilla | Chicken & Cheese Quesadilla  
Chicken | Salmon | Salisbury Steak | Chicken Noodles over Mashed Potatoes  
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 | Dinner Roll | Buttered Noodles | Mac and Cheese | White Rice |  
Carrots | Corn | Green Beans | Mashed Potatoes | Mini Baked Potatoes

**Soups & Broths** *served 11am-7pm*

Broths: Beef | Chicken | Vegetable  
Soup of the Day | Chicken Noodle | Cream of Tomato |  
*\*\* All soups are made here at the Medical Center.*

**Desserts** *served 11am-7pm*

Brownie | Cookies | Ice Cream