

Registered Dietitian/Nutritionist Services

- Your doctor has chosen a diet for you based on your individual medical needs during your hospital stay.
- Nutrition is an important part of your healing, and our dietitians can help answer your nutrition questions at any stage of your journey.
 - If you have questions about your personalized diet or anything else related to your nutritional health, please ask your nurse to request a consult with your dietitian.
 - After you are discharged, if you are interested in speaking with a dietitian, ask your doctor for a referral to our specialized outpatient dietitians.

In-Room Dining Menu

- Ask your server for our menu featuring daily specials specific to the diet your doctor has chosen.
- Pre-packaged certified Kosher and gluten-free meals are available by request.
- We source sustainably and locally whenever possible.
- Remember: Order everything needed to enjoy your meal, including condiments, sides and beverages.
- Order your meals with your MyChart Bedside tablet or leave a voicemail message by calling extension 7-3185.

Guest and Visitor Dining

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Weekdays	Weekends/holidays
6:45 a.m. to 6:30 p.m.	7 a.m. to 6 p.m.

As one of America's top-ranked academic medical centers, our mission is to improve people's lives in Ohio and across the world through innovation in research, education and patient care.

We thank you for selecting us and entrusting our team with your care.



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

The Ohio State University Wexner Medical Center East Hospital

In-Room Dining Menu

Our Commitment to You

We care about the foods you eat – good nutrition is critical to your healing. We believe that any diet can include a variety of foods with balance and moderation. We also appreciate the diversity of your tastes and beliefs. With this in mind, we challenged our professionally trained chefs to create a menu that has something for everyone. Our award-winning chefs crafted this specialized menu using fresh, local and natural ingredients to make your dining experiences both healthful and enjoyable.

Thank you for dining with us.

Breakfast Entrées and Sides

French toast
Scrambled eggs
Breakfast potatoes
Turkey sausage
Hardwood smoked bacon

Oatmeal or Cream of Wheat® with brown sugar or Craisins®

Mixed fresh fruit
Apple slices
Peaches in light syrup
Applesauce
Fresh apple, banana, orange or pear

Dannon® Light & Fit® yogurt
Oikos® Greek yogurt
Cottage cheese
Hard-boiled egg

White or wheat toast
Toasted bagel
Toasted English muffin
Seasonal muffin

Cheerios®
Honey Nut Cheerios®
Frosted Mini-Wheats®
Rice Chex®
Total Raisin Bran®



MyChart Bedside

Available in most areas of the medical center

MyChart Bedside is a tablet-based application that gives you and your family a more interactive way to participate in your stay. With MyChart Bedside, you can

- Order your meals using **Order My Meal**.
- Learn your food's carbohydrate content, which is listed in grams (g) next to each food on the tablet and the paper ticket that comes with every meal.
- Access, review and learn more about your current health concerns and medications, and view your most recent vital signs.
- Access educational materials and learn more about your condition.
- Send messages to your care team.
- Use the tablet for education and entertainment through the internet.

Lunch and Dinner Entrées and Sides

Entrees

Chicken tenders *available in select locations*
Fired-braised chicken breast
Grilled wild-caught salmon
Penne pasta with pesto or marinara
Pot roast with gravy

Sides

Broccoli
Carrots
Corn
Peas

Brown rice
Buttered noodles
Dinner roll
Macaroni and cheese

Daily soup special — see your tablet or ask your server for details.

Create Your Own Salad — Entrée or Side

Romaine lettuce
Spinach
Spinach and romaine blend

Fire-braised chicken breast
Grilled wild-caught salmon
Sliced turkey
Sliced ham
Hard-boiled egg

Grated Parmesan cheese
Shredded Colby-Jack cheese

Craisins®
Croutons
Red onions
Shredded carrots
Tomatoes

Salad Dressings

Balsamic vinaigrette
Caesar
French *regular or fat-free*
Golden Italian *regular or fat-free*

Oil and red wine vinegar
Ranch *regular or fat-free*
Raspberry vinaigrette

Please order everything needed to enjoy your meal, including condiments, sides and beverages.

All-Day Dining

Hot Items

Cheese or chicken quesadilla
Bob Evans® mashed potatoes with chicken or beef gravy
Homestyle chicken and noodles over mashed potatoes

Soups and Broths

Beef broth
Chicken broth
Vegetable broth
Chicken noodle soup
Cream of chicken soup
Cream of tomato soup

Signature Salads

Kale garden side
Side Caesar
Chef entrée
House side
Garden side

Salad Dressings

Ranch
Fat-free ranch
French
Fat-free French
Golden Italian
Fat-free Italian
Caesar
Balsamic vinaigrette

Pantry

Lay's® potato chips
Baked Lay's® potato chips
Baked BBQ Lay's® potato chips
Fresh apple, orange, pear or banana
Fresh mixed fruit
Applesauce
Uncrustables® peanut butter and jelly sandwich
Peaches in light syrup
Cottage cheese
Yogurt

Build Your Own Sandwich

Whole wheat bread
White bread
Hamburger
Fire-braised chicken breast
Black bean burger

Turkey
Ham
Hardwood-smoked bacon
Chicken salad
Tuna salad

American cheese
Provolone cheese
Swiss cheese

Lettuce
Tomato
Onion
Pickle spear

Dessert

Chocolate ice cream
Strawberry ice cream
Vanilla ice cream
Orange sherbet
Frozen custard
Chocolate chunk cookie
Oatmeal raisin cookie
Sugar-free chocolate chip cookie
Sugar-free lemon cookie
Vanilla pudding
Chocolate pudding
Sugar-free vanilla pudding
Sugar-free chocolate pudding
Gelatin

Beverages

Folgers® coffee *regular and decaf*
Black tea *regular and decaf*
Green tea *regular*
Swiss Miss® hot cocoa *regular and sugar-free*
Iced tea *regular and decaf*

Apple, grape, orange, prune or Campbell's® tomato juice

Coca-Cola® *regular and caffeine-free*
Diet Coke® *regular and caffeine-free*
Sprite®
Sprite Zero®
Orange Fanta Zero®
Minute Light Maid® lemonade
Seagram's® ginger ale
Gatorade®

2%, skim, whole or chocolate milk
Chocolate Silk®
Vanilla Silk®
Lactaid®

Depending on the diet your doctor has picked, some of the items on this menu may not be available.