

HOUSE FRESH FLAVORS- ADA

BREAKFAST: 7 A.M. – 10 A.M. **LUNCH:** 11 A.M. – 2 P.M. **DINNER:** 4 P.M. – 7:30 P.M.

MONDAY

- Breakfast: Sweet potato and pot roast hash  , scrambled egg whites  , diced peaches  , cereal with milk 
- Lunch: Cranberry almond chicken salad sandwich (half), fresh pepper couscous , spinach salad with tomato, onion, and ranch dressing  
- Dinner: Southwestern salad with grilled chicken and avocado ranch , lemon cookie 

TUESDAY

- Breakfast: Multigrain pancake , turkey sausage , banana  
- Lunch: Turkey chipotle panini, house side salad with ranch dressing  , chicken and wild rice soup 
- Dinner: Grilled salmon with lemon herb butter , garlic mashed potatoes  , seasonal vegetable  , peach pie 

WEDNESDAY

- Breakfast: Garden egg white scramble  , seasonal muffin , fresh fruit cup  
- Lunch: Greek chicken and veggie pita, lemon dill farro , Italian wedding soup
- Dinner: Chicken and cheese burrito, southwestern black beans, chocolate ice cream

THURSDAY

- Breakfast: Granola bowl with dried fruit , vanilla Greek yogurt  , hard-boiled egg  
- Lunch: Italian turkey sub, spring mix salad with balsamic dressing  , broccoli cheddar soup  
- Dinner: Pesto quinoa bowl with grilled chicken, tomatoes, and broccoli , chocolate ice cream  

FRIDAY

- Breakfast: Breakfast cobbler , blueberry Greek yogurt  , apple grape cup  
- Lunch: Falafel platter (falafel with spring mix, olive tapenade, tomatoes, and cucumber ranch),   spinach and dried fruit salad with balsamic dressing  , dinner roll , Italian sausage soup 
- Dinner: Chicken teriyaki bowl with fried rice and stir fry vegetables , chocolate ice cream  

SATURDAY

- Breakfast: Egg white panini with roasted red pepper , bacon , cereal with milk 
- Lunch: Asian noodle salad with grilled chicken, potato shallot soup  
- Dinner: Vegetarian stuffed pepper , California blend vegetables  , seasoned black beans  , vanilla ice cream  

SUNDAY

- Breakfast: Oatmeal with dried fruit and almonds  , turkey sausage , blueberry Greek yogurt  
- Lunch: Caprese panini , Caesar side salad with Caesar dressing, tomato basil soup  
- Dinner: Jerk chicken , steamed broccoli  , coconut rice with black beans  , frozen custard  



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

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BREAKFAST: 7 A.M. – 10 A.M. **LUNCH:** 11 A.M. – 2 P.M. **DINNER:** 4 P.M. – 7:30 P.M.

MONDAY

- Breakfast: French toast (V), bacon (GS) scrambled eggs (V) (GS), light raspberry yogurt (V) (GS), banana (D) (GS)
Lunch: Chicken quesadilla, spinach salad with tomato, onion, and ranch dressing (V) (GS), poblano black bean soup (D) (GS)
Dinner: Penne with meatballs, California blend vegetables (D) (GS), lemon cookie (V)

TUESDAY

- Breakfast: Scrambled eggs (V) (GS), biscuits and gravy, apple grape cup (D) (GS)
Lunch: Prime rib sandwich (half), potato chips (D) (GS), house side salad with ranch dressing (V) (GS), chicken and wild rice soup (GS)
Dinner: Lemon rosemary chicken (GS), garlic mashed potatoes (V) (GS), seasonal vegetable (D) (GS), peach pie (V)

WEDNESDAY

- Breakfast: Cheddar cheese egg white omelet (V) (GS), bacon (GS), breakfast potatoes (D) (GS), fresh fruit cup (D) (GS), cereal with milk (V)
Lunch: Pulled pork sandwich, vinegar slaw (D) (GS), Italian wedding soup
Dinner: Chicken Noodle over Mashed Potato, California blend vegetables, chocolate ice cream

THURSDAY

- Breakfast: Hash brown casserole (V) (GS), scrambled eggs (V) (GS), turkey sausage (GS), tropical fruit cup (D) (GS), vanilla Greek yogurt (V) (GS)
Lunch: Deluxe cheeseburger, spring mix salad with balsamic dressing (V) (GS), broccoli cheddar soup (V) (GS)
Dinner: Turkey pot pie, steamed broccoli (D) (GS), dinner roll (V), chocolate ice cream (V) (GS)

FRIDAY

- Breakfast: Western omelet (GS), seasonal muffin (V), apple grape cup (D) (GS)
Lunch: Honey mustard and Swiss chicken sandwich, Italian sausage soup (GS)
Dinner: Potato-crust cod, macaroni and cheese (V), steamed broccoli (D) (GS), chocolate ice cream (V) (GS)

SATURDAY

- Breakfast: Breakfast burrito (V), bacon (GS), breakfast potatoes (D) (GS)
Lunch: Chicken salad platter (chicken salad, flatbread, fresh fruit cup), Greek salad with Italian Dressing (V) (GS), potato shallot soup (V)
Dinner: Pulled pork with BBQ gravy (GS), corn bread (V), collard greens (V) (GS), vanilla ice cream (V) (GS)

SUNDAY

- Breakfast: Scrambled eggs (V) (GS), turkey sausage (GS), cinnamon roll (V), apple grape cup (D) (GS)
Lunch: Buckeye club, house side salad with ranch dressing (V) (GS), tomato basil soup (D) (GS)
Dinner: Pot roast with beef gravy (GS), steamed baby carrots (D) (GS), roasted redskin potatoes (D) (GS), frozen custard (V) (GS)

