

Very Low Sodium

Monday

Breakfast: Sweet potato and pot roast hash, scrambled eggs, red grapes and sliced apples

Lunch: Fire-braised chicken sandwich, spinach salad with tomato and onions, sliced apples

Dinner: Penne with meatballs, California-blend vegetables, lemon bar

Tuesday

Breakfast: Scrambled eggs, oatmeal with brown sugar, red grapes and sliced apples, seasonal protein smoothie

Lunch: Pulled pork sandwich, vinegar slaw, baked potato chips, fresh pear

Dinner: Lemon rosemary chicken, buttered noodles, seasonal vegetable, frozen custard

Wednesday

Breakfast: Scrambled eggs, cereal with milk, French toast

Lunch: Roast beef sandwich, baked potato chips, house side salad with oil and vinegar

Dinner: Grilled chicken, buttered egg noodles, California-blend vegetables, dinner roll, brownie

Thursday

Breakfast: French toast, scrambled egg whites, tropical fruit cup, vanilla Greek yogurt

Lunch: Deluxe hamburger, spring mix salad with oil and vinegar, diced peaches

Dinner: Roast turkey, steamed baby carrots, mashed potatoes with gravy, sherbet

Friday

Breakfast: Vegetable and Swiss cheese omelet, Greek yogurt, red grapes and sliced apples

Lunch: Low-sodium grilled chicken sandwich, fresh pear, pasta salad with cheese

Dinner: Potato-crust cod, steamed broccoli, buttered noodles, chocolate and peanut butter whoopie pie

Saturday

Breakfast: Scrambled egg whites with cheese, seasonal muffin, banana

Lunch: Chicken salad, mixed fresh fruit, Greek salad with oil and vinegar

Dinner: Pulled pork, brown rice, collard greens, sherbet

Sunday

Breakfast: Scrambled eggs, cinnamon roll, red grapes and sliced apples

Lunch: Buckeye club, fresh fruit, house side salad with oil and vinegar, seasonal smoothie

Dinner: Pot roast with gravy, steamed baby carrots, roasted redskin potatoes, frozen custard



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WEXNER MEDICAL CENTER