

## LUNCH AND DINNER OPTIONS

Available 11 a.m. - 8 p.m. daily

### SOUPS

|                     |                   |
|---------------------|-------------------|
| Beef Broth          | Cream of Chicken  |
| Chicken Broth       | Creamy Tomato (v) |
| Vegetable Broth (v) |                   |

### ENTRÉES \* ♥

MEATLOAF gravy available by request

GRILLED SALMON FILET lemon wedges available by request

HAMBURGER OR TURKEY BURGER, no bun

### SIDES (v)

|                      |              |
|----------------------|--------------|
| Macaroni and Cheese* | Applesauce ♥ |
| Mashed Potatoes      | Peaches* ♥   |
| Chicken Gravy        | Pears* ♥     |
| Beef Gravy           |              |

### DESSERTS

|                                |                              |
|--------------------------------|------------------------------|
| Pineapple Crème ♥              | Chocolate Pudding            |
| Peach Crème ♥                  | Vanilla Pudding              |
|                                | Sugar Free Chocolate Pudding |
|                                | Sugar Free Vanilla Pudding   |
|                                | Baked Custard                |
| Chocolate Ice Cream            | Orange Sorbet ♥              |
| Strawberry Ice Cream           | Pineapple Sorbet ♥           |
| Vanilla Ice Cream              | Strawberry Sorbet ♥          |
| Orange Sherbet                 |                              |
| Sugar Free Chocolate Ice Cream |                              |
| Sugar Free Vanilla Ice Cream   |                              |

### BEVERAGES

|                       |                    |                      |
|-----------------------|--------------------|----------------------|
| Apple Juice           | 2% Milk            | Regular Coffee       |
| Orange Juice          | Skim Milk ♥        | Decaf Coffee         |
| Grape Juice           | Whole Milk         | Regular Tea          |
| Prune Juice           | Chocolate Milk     | Decaf Tea            |
| Tomato Juice          | Chocolate Soy Milk | Regular Green Tea    |
|                       | Vanilla Soy Milk ♥ | Hot Cocoa            |
|                       | Lactaid® ♥         | Sugar Free Hot Cocoa |
| Coke® Products        |                    | Iced Tea             |
| Seagram's® Ginger Ale |                    | Decaf Iced Tea       |
| Orange Fanta®         |                    | Lemonade             |
| Gatorade®             |                    |                      |

Supplements ♥ please ask your server for options

## AFTER HOURS DINING OPTIONS

Available 8 p.m. - Midnight daily

Please contact your caregiver to place an order between 8 p.m. and 11:15 p.m.

### SOUPS

|                  |                   |                     |
|------------------|-------------------|---------------------|
| Beef Broth       | Chicken Broth     | Vegetable Broth (v) |
| Cream of Chicken | Creamy Tomato (v) |                     |

### ENTRÉES AND SIDES

Daily Dinner Chef Special ♥ see dinner specials for specifics  
 Meatloaf\* ♥ Hamburger\* ♥, no bun  
 Macaroni and Cheese\*(v) Mashed Potatoes (v) gravy available by request

### SNACKS (v)

|              |            |           |
|--------------|------------|-----------|
| Applesauce ♥ | Peaches* ♥ | Pears* ♥  |
| Ice Cream    | Puddings   | Sorbets ♥ |

## WHAT IS DINING ON DEMAND?

- Dining on Demand is our unique meal service; it is like hotel room service.
- You select each of your meals and are encouraged to custom build each to meet your taste.
  - A server will come to your room to get your meal selections; some adjustment may be needed at the time of ordering due to the diet or combination of diets your doctor has prescribed for you.
  - You can order each meal individually or several at once.
- You select the time each meal is delivered to your room.
  - If your doctor has prescribed a carbohydrate controlled diet for you, your meals will be delivered at about 8 a.m., Noon, and 5 p.m. so your caregivers can finish anything needed before you enjoy your meal.
- All of your meals are prepared from the earliest stages of preparation to the final finishing touches by professionally trained chefs in a kitchen close to your room.

## DINING SELECTIONS FOR DINING ON DEMAND

At Ohio State's Wexner Medical Center, we care about the foods you eat – nutrition is critical to the healing process. We believe that any diet can include a variety of foods with balance and moderation. Our chefs have created specialized menus using the freshest ingredients to make your experience as healthful and enjoyable as possible. Your doctor has prescribed a diet for you based on your medical condition. If you have questions about your prescribed diet, please let your nurse know to contact your dietitian or dietetic technician.

## DYSPHAGIA LEVELS 1 AND 2

A Dysphagia Diet is used for people who have difficulty chewing and swallowing. Your diet will have two parts: one that describes the texture of foods allowed and the other describes the consistency of the liquids offered. Be sure you are familiar with both parts of your diet order. Dysphagia Pureed Diet (Level 1) has foods that have a pudding-like texture and are smooth, blended or pureed. Foods can be blenderized to this consistency to make them safe to eat. A Dysphagia Mechanically Altered Diet (Level 2) offers foods that are moist and have a very soft texture. You can contact your nurse, speech therapist or nutrition staff member if you would like more examples of foods that are the right texture for a Dysphagia Diet.

## SYMBOLS ON OUR MENU

- ♥ Heart Healthy option and lower in calories, fat, and sodium
- (v) Vegetarian; may contain dairy and/or egg
- \* Available on the dysphagia level 2 menu only

## GUEST & VISITOR DINNING OPTIONS

Our medical center cafeteria, BistrOH! offers a wide variety of options for breakfast, lunch and dinner, including, but not limited to, chef-inspired entrées, soups made in-house, sandwiches, stone hearth pizzas, and a large, fresh salad bar. It is located on the main concourse in Rhodes Hall.

BistrOH! To-Go offers quicker service with several grab-and-go options and is located on the main concourse where the Ross Heart Hospital and the James Cancer and Critical Care Tower meet.

## BISTR OH!

Open Daily 6 a.m. – 7 p.m.

## BISTR OH! to go

Sunday– Friday 10:30 p.m. – 1 p.m.

The **Michael D. Bloch Café and Terrace**, located on the 14<sup>th</sup> floor of the James Cancer and Critical Care Tower, features freshly made and nutritious entrées, soups, sandwiches, and salads.

The café is open daily, 7 a.m. – 7 p.m.

This Hospital is Making the Healthy Choice the Easy Choice By:

- Boosting Access to Fruits and Vegetables
- Increasing Affordability of Healthy Meals
- Promoting Health Through Food
- Encouraging Healthier Beverage Options
- Focusing on Healthier Food Preparation



## NUTRITION SERVICES

# Dining on Demand Menu Dysphagia Levels 1 and 2



**THE OHIO STATE UNIVERSITY**  
WEXNER MEDICAL CENTER

## DAILY BREAKFAST CHEF SPECIALS ♥

Available 7 - 10 a.m. on the day indicated

Please add sides, and beverages listed below to complete your meal

### MONDAY

1. Pureed Omelet, Pureed Sausage, Applesauce
2. Omelet with Swiss Cheese\*, Pureed Sausage, Strawberry Yogurt\*

### TUESDAY

1. Pureed Omelet, Pureed Peaches, Cream of Wheat, 2% Milk
2. Scrambled Eggs\*, Peaches\*, Cream of Wheat, 2% Milk

### WEDNESDAY

1. Pureed Peach French Toast, Pureed Sausage, Oatmeal, 2% Milk
2. Pureed Peach French Toast, Pureed Sausage, Rice Chex®, 2% Milk

### THURSDAY

1. Pureed Waffle with Maple Syrup, Pureed Sausage, Applesauce
2. Pureed Waffle with Maple Syrup, Pureed Sausage, Blueberry Yogurt\*

### FRIDAY

1. Pureed Omelet, Pureed Sausage, Pureed Pears
2. Omelet with Swiss Cheese\*, Pureed Sausage, Pears\*

### SATURDAY

1. Pureed Peach French Toast, Pureed Sausage, Oatmeal, 2% Milk
2. Pureed Peach French Toast, Pureed Sausage, Oatmeal, 2% Milk

### SUNDAY

1. Pureed Waffle with Maple Syrup, Pureed Sausage, Applesauce
2. Pureed Waffle with Maple Syrup, Pureed Sausage, Applesauce



PLEASE REMEMBER TO ASK YOUR SERVER FOR CONDIMENTS WHEN ORDERING

## BREAKFAST OPTIONS ☀️

Available 7 - 10 a.m. daily

### ENTRÉES AND SIDES

|                       |                               |                |
|-----------------------|-------------------------------|----------------|
| Scrambled Eggs* ♥ (v) | Pureed Waffle (v)             | Pureed Sausage |
| Pureed Omelet (v)     | Pureed Peach French Toast (v) |                |

### CREATE YOUR OWN EGG WHITE OMELET (v)

|                    |                 |            |
|--------------------|-----------------|------------|
| Egg White Omelet ♥ | American Cheese | Sour Cream |
|                    | Shredded Cheese | Hot Sauce  |
|                    | Swiss Cheese    |            |

### CEREAL ♥ (v) – COLD OR HOT (INSTANT)

|                          |             |
|--------------------------|-------------|
| Oatmeal with brown sugar | Rice Chex®* |
| Cream of Wheat           |             |

### FRUIT AND LIGHTER SIDES ♥ (v)

|            |                    |                                 |
|------------|--------------------|---------------------------------|
| Applesauce | Blueberry Yogurt*  | Light Strawberry-Banana Yogurt* |
| Peaches*   | Strawberry Yogurt* | Light Strawberry Yogurt*        |
| Pears*     | Cottage Cheese*    |                                 |

1 Dysphagia 1 or Pureed Diet

2 Dysphagia 2 or Dysphagia Mechanically Altered Diet

\*Available on the Dysphagia 2 Diet only

## DAILY LUNCH CHEF SPECIALS ♥

Available 11 a.m. - 2 p.m. on the day indicated

Please look at the back page for additional sides, dessert, and beverages

### MONDAY

1. Pureed Turkey and Gravy, Mashed Potatoes and Gravy, Pureed Green Beans, Pureed Peaches
2. Minced Turkey\* and Gravy, Mashed Potatoes and Gravy, Steamed Green Beans\*, Peaches\*

### TUESDAY

1. Pureed Chicken and Gravy, Mashed Potatoes and Gravy, Pureed Carrots, Applesauce
2. Meatloaf\* and Gravy, Mashed Potatoes and Gravy, Steamed Carrots\*, Applesauce

### WEDNESDAY

1. Pureed Turkey and Gravy, Mashed Potatoes and Gravy, Pureed Broccoli, Pureed Pears
2. Minced Turkey\* and Gravy, Mashed Potatoes and Gravy, Steamed Broccoli\*, Pears\*

### THURSDAY

1. Pureed Chicken and Gravy, Mashed Potatoes and Gravy, Pureed Green Beans, Pureed Mixed Berries
2. Minced Chicken\* and Gravy, Mashed Potatoes and Gravy, Steamed Green Beans\*, Pureed Mixed Berries

### FRIDAY

1. Pureed Beef and Cheddar, Mashed Potatoes and Gravy, Pureed Carrots, Applesauce
2. Minced Beef\* and Gravy, Mashed Potatoes and Gravy, Steamed Carrots\*, Applesauce

### SATURDAY

1. Pureed Beef and Cheddar, Mashed Potatoes and Gravy, Pureed Green Beans, Pureed Peaches
2. Hamburger (no bun)\*, Mashed Potatoes and Gravy, Steamed Green Beans\*, Peaches\*

### SUNDAY

1. Pureed Turkey and Gravy, Mashed Potatoes and Gravy, Pureed Peas, Pureed Pears
2. Minced Chicken\* and Gravy, Mashed Potatoes and Gravy, Pureed Peas, Pears\*



PLEASE REMEMBER TO ASK YOUR SERVER FOR CONDIMENTS WHEN ORDERING

1 Dysphagia 1 or Pureed Diet

2 Dysphagia 2 or Dysphagia Mechanically Altered Diet

\*Available on the Dysphagia 2 Diet only

## DAILY DINNER CHEF SPECIALS ♥

Available 4 - 8 p.m. on the day indicated

Please look at the back page for additional sides, desserts and beverages

### MONDAY

1. Pureed Beef and Cheddar, Mashed Potatoes and Gravy, Pureed Broccoli, Baked Custard
2. Minced Beef\* and Gravy, Mashed Potatoes and Gravy, Steamed Broccoli\*, Baked Custard

### TUESDAY

1. Pureed Turkey and Gravy, Mashed Potatoes and Gravy, Pureed Peas, Pineapple Sorbet
2. Grilled Salmon\*, Mashed Potatoes and Gravy, Pureed Peas, Pineapple Sorbet

### WEDNESDAY

1. Pureed Beef and Cheddar, Mashed Potatoes and Gravy, Pureed Green Beans, Peach Crème
2. Pureed Beef and Cheddar, Corn Pudding\*, Steamed Green Beans\*, Peach Crème

### THURSDAY

1. Pureed Turkey and Gravy, Mashed Potatoes and Gravy, Pureed Carrots, Orange Sorbet
2. Minced Turkey\* and Gravy, Mashed Potatoes and Gravy, Steamed Carrots\*, Orange Sorbet

### FRIDAY

1. Pureed Chicken and Gravy, Mashed Potatoes and Gravy, Pureed Peas, Chocolate Pudding
2. Vegetable Lasagna\*, Steamed Green Beans\*, Chocolate Pudding

### SATURDAY

1. Pureed Chicken and Gravy, Mashed Sweet Potatoes, Pureed Broccoli, Pineapple Crème
2. Minced Barbeque Chicken\*, Mashed Sweet Potatoes, Steamed Broccoli\*, Pineapple Crème

### SUNDAY

1. Pureed Beef and Cheddar, Mashed Potatoes and Gravy, Pureed Green Beans, Strawberry Sorbet
2. Macaroni and Cheese\*, Steamed Green Beans\*, Strawberry Sorbet



PLEASE REMEMBER TO ASK YOUR SERVER FOR CONDIMENTS WHEN ORDERING

1 Dysphagia 1 or Pureed Diet

2 Dysphagia 2 or Dysphagia Mechanically Altered Diet

\*Available on the Dysphagia 2 Diet only