# LUNCH AND DINNER OPTIONS

**SOUPS**
- Beef Broth
- Chicken Broth
- Vegetable Broth (v)

**ENTREES**
- Macaroni and Cheese *(v)*
- Mashed Potatoes
- Chicken Gravy
- Beef Gravy

**SIDES**
- Macaroni and Cheese *(v)*
- Mashed Potatoes
- Chicken Gravy
- Beef Gravy
- Macaroni and Cheese *(v)*
- Mashed Potatoes

**DESSERTS**
- Apple Crisp
- Peach Crisp
- Chocolate Ice Cream
- Sugar Free Vanilla Ice Cream
- Cream of Chicken
- Creamy Tomato (v)

**BEVERAGES**
- Apple Juice
- Orange Juice
- Grape Juice
- Prune Juice
- Tomato Juice
- Coke® Products
- Saigon® Ginger Ale
- Orange Fanta®
- Gatorade®

**SNACKS**
- Apple sauce
- Peaches
- Pears
- Ice cream

**SUPPLEMENTS**
- Vanilla Soy Milk
- Tomato Juice
- Chocolate Soy Milk
- Regular Tea
- Chocolate Milk
- Whole Milk

**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 tastes.
- 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 AM, Noon, and 5 PM, 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

### 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 blended or pureed 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 DINING OPTIONS

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

**BISTROOH!**

**Open Daily**
6 a.m. – 7 p.m.

**BISTROOH! to go**

Open Daily
6 a.m. – 7 p.m.

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

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

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**NUTRITION SERVICES**

Dining on Demand Menu Dysphagia Levels 1 and 2

## 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)

**ENTREES AND SIDES**
- Daily Dinner Chef Special *(v)* see dinner specials for specifics
- Meatloaf *(v)*
- Mashed Potatoes (v)
- Macaroni and Cheese *(v)*

**SNACKS**
- Apple sauce
- Peaches
- Pears

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**DAILY BREAKFAST CHEF SPECIALS**
Available 7 - 10 a.m. on the day indicated
Please look at the back page for additional sides, dessert, and beverages

**MONDAY**
1. Pureed Omelet, Pureed Sausage, Applesauce
2. Pureed Peach French Toast, Pureed Sausage, Oatmeal, 2% Milk

**TUESDAY**
1. Pureed Omelet, Pureed Peach Pudding, Cream of Wheat
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, Pureed Peaches

**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

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**BREAKFAST OPTIONS**
Available 7 - 10 a.m. daily

**ENTREES AND SIDES**
- Scrambled Eggs* (v)
- Pureed Omelet (v)
- Pureed Waffle (v)
- Pureed Peach French Toast (v)
- Pureed Sausage

**CREATE YOUR OWN EGG WHITE OMELET**
- Pureed Omelet (v)
- Pureed Peach French Toast (v)
- American Cheese
- Shredded Cheese
- Sour Cream
- Swiss Cheese
- Hot Sauce

**CEREAL** (v)
- COLD OR HOT (INSTANT)
- Oatmeal with brown sugar
- Rice Chex®
- Cream of Wheat

**FRUIT AND LIGHTER SIDES**
- Applesauce
- Blueberry Yogurt*
- Light Strawberry-Banana Yogurt*
- Peaches*
- Strawberry Yogurt*
- Pears*
- Cottage Cheese*

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**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 Peas
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 Mixed Berries
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*

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**PLEASE REMEMBER TO ASK YOUR SERVER FOR CONDIMENTS WHEN ORDERING**

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**DAILY DINNER CHEF SPECIALS**
Available 4 - 8 p.m. on the day indicated
Please look at the back page for additional sides, dessert, 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

**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

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1. Dysphagia 1 or Pureed Diet
2. Dysphagia 2 or Dysphagia Mechanically Altered Diet
*Available on the Dysphagia 2 Diet only