

DAILY LUNCH CHEF SPECIALS ♥

Available 11 a.m. - 2 p.m. on the day indicated
Please add sides, desserts, and beverages listed inside to complete your meal

MONDAY

TURKEY MELT turkey and Swiss cheese on toasted wheat bread; CHICKEN AND WILD RICE SOUP

TUESDAY

MEATLOAF, STEAMED CARROTS (v*), ROASTED REDSKIN POTATOES (v*); BROCCOLI CHEDDAR SOUP (v)

WEDNESDAY

MINCED TURKEY AND GRAVY, MASHED POTATOES AND GRAVY, STEAMED BROCCOLI (v*); BLACK BEAN SOUP (v*)

THURSDAY

MINCED CHICKEN AND GRAVY, ROASTED REDSKIN POTATOES (v*), STEAMED BROCCOLI (v*); ITALIAN WEDDING SOUP

FRIDAY

MINCED BEEF AND GRAVY, MASHED POTATOES AND GRAVY, STEAMED CARROTS (v*); TOMATO BASIL SOUP (v*)

SATURDAY

CHICKEN SALAD SANDWICH on a wheat bun, PEACHES (v*); CHICKEN GUMBO

SUNDAY

PULLED PORK SANDWICH on a wheat bun, PEARS (v*); ITALIAN SAUSAGE SOUP



PLEASE REMEMBER TO ASK YOUR SERVER FOR CONDIMENTS WHEN ORDERING

DAILY DINNER CHEF SPECIALS ♥

Available 4 - 8 p.m. on the day indicated
Please add sides, desserts, and beverages listed inside to complete your meal

MONDAY

PENNE PASTA WITH HOMEMADE MEAT SAUCE; STEAMED BROCCOLI, CAULIFLOWER, AND CARROTS (v*); BUCKEYE WHOOPIE PIE

TUESDAY

PORK FAJITAS WITH CORN TORTILLAS, SPANISH RICE (v*) AND CORN AND BLACK BEANS (v*); PINEAPPLE UPSIDE-DOWN CAKE

WEDNESDAY

BEEF BRISKET WITH BARBEQUE GRAVY; CORN PUDDING (v); STEAMED GREEN BEANS (v*); PEANUT BUTTER TART

THURSDAY

ROASTED TURKEY AND MASHED POTATOES TOPPED WITH GRAVY; STEAMED CARROTS (v*); SPICED CUPCAKE

FRIDAY (v)

VEGETABLE LASAGNA layered zucchini and squash, bell peppers, broccoli and red onion; STEAMED GREEN BEANS (v*); CHOCOLATE CHIP BROWNIE

SATURDAY

MINCED BARBEQUE CHICKEN; MASHED SWEET POTATOES; STEAMED BROCCOLI (v*); BLUEBERRY TART

SUNDAY

HOME-STYLE CHICKEN AND NOODLES OVER MASHED POTATOES; STEAMED GREEN BEANS (v*); WARM APPLE CRISP

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 LEVEL 3

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. Foods should be moist and in bite-sized pieces. 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
- (v*) Vegan: does not contain any animal products

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 14th** 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 Level 3



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

BREAKFAST OPTIONS

Available 7 - 10 a.m. daily

ENTRÉES AND SIDES

French Toast with topping (v)	Hardboiled Egg ♥ (v)	Banana Nut Bread (v)
Maple Syrup	Scrambled Eggs ♥ (v)	Hash Brown Potato (v*)
Blueberry Topping	Blueberry Yogurt Parfait ♥ (v)	Turkey Sausage ♥

CREATE YOUR OWN EGG WHITE OMELET OR BREAKFAST QUESADILLA (v)

Egg White Omelet ♥	American Cheese	Hot Sauce
Tortilla with Egg Whites ♥	Shredded Cheese	Salsa
	Swiss Cheese	Sour Cream
	Diced Ham	

CEREAL ♥ (v) – COLD OR HOT (INSTANT)

Oatmeal with Brown Sugar (v*)	Honey Nut Cheerios®	Cheerios® (v*)
Cream of Wheat (v*)	Frosted Mini Wheats®	Rice Chex® (v*)

FRUIT AND LIGHTER SIDES ♥ (v)

Fresh Banana (v*)	Blueberry Yogurt	Toasted English Muffin ♥
Applesauce (v*)	Strawberry Yogurt	Wheat Toast
Peaches (v*)	Light Strawberry-Banana Yogurt	
Pears (v*)	Light Strawberry Yogurt	White Toast
	Cottage Cheese	Jelly
		Butter Margarine



PLEASE REMEMBER TO ASK YOUR SERVER FOR CONDIMENTS WHEN ORDERING

DAILY BREAKFAST CHEF SPECIALS ♥

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

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

MONDAY

SWISS CHEESE OMELET (v), TURKEY SAUSAGE, CRANBERRY ORANGE BREAD (v)

TUESDAY

BISCUIT AND SAUSAGE GRAVY, PEACHES (v*)

WEDNESDAY

FRENCH TOAST WITH BLUEBERRY TOPPING (v), TURKEY SAUSAGE

THURSDAY

BREAKFAST SANDWICH egg (v), turkey sausage, and American cheese (v) on a toasted English muffin (v), HASH BROWN POTATO (v*)

FRIDAY

WESTERN OMELET ham, sweet peppers, onions, and shredded cheese in an egg white omelet, PEARS (v*), BLUEBERRY BREAD (v)

SATURDAY

BISCUIT AND SAUSAGE GRAVY, TURKEY SAUSAGE

SUNDAY

BELGIAN WAFFLE WITH MAPLE SYRUP (v), TURKEY SAUSAGE, APPLESAUCE (v*)

LUNCH AND DINNER OPTIONS

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

SOUPS

Beef Broth	Chicken Noodle
Chicken Broth	Creamy Tomato (v)
Vegetable Broth (v*)	Soup of the Day: see daily chef specials

ENTRÉES (v)

PENNE PASTA (v*) with choice of sauce
ALFREDO White Cream | MARINARA ♥ (v) Tomato

HOME-STYLE CHICKEN NOODLES OVER MASHED POTATOES

BEEF POT ROAST TOPPED WITH GRAVY

MEATLOAF TOPPED WITH GRAVY ♥

GRILLED SALMON FILET ♥ lemon wedges available by request

CREATE YOUR OWN SANDWICH – Half or Whole, Hot or Cold

Multigrain Bun ♥	Hamburger ♥	Roast Beef
Wheat Bread ♥	Turkey Burger ♥	Turkey
White Bread	Black Bean Burger ♥ (v*)	Ham

American Cheese	Ketchup Mustard	Chicken Salad
Provolone Cheese	Mayo Miracle Whip®	Tuna Salad
Swiss Cheese		

SIDES (v)

Baked Potato Wedges	Fresh Banana ♥	Broccoli ♥
Macaroni and Cheese	Applesauce ♥	Baby Carrots ♥
Dinner Roll	Peaches ♥	Roasted Redskin Potatoes
Wheat Bread ♥	Pears ♥	Mashed Potatoes
White Bread		Chicken Gravy
Brown Rice ♥		Beef Gravy

ADDITIONAL OPTIONS

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

DESSERTS (v)

Blueberry Tart	Chocolate Chunk Cookie
Peanut Butter Tart	Sugar Free Chocolate Chip Cookie
	Sugar Free Lemon Cookie

Chocolate Ice Cream	Chocolate Pudding
Strawberry Ice Cream	Vanilla Pudding
Vanilla Ice Cream	Sugar Free Chocolate Pudding
Orange Sherbet	Sugar Free Vanilla Pudding
Sugar Free Chocolate Ice Cream	Baked Custard
Sugar Free Vanilla Ice Cream	

Orange Sorbet ♥ (v*)
Pineapple Sorbet ♥ (v*)
Strawberry Sorbet ♥ (v*)

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

PRE-PACKAGED CERTIFIED KOSHER AND GLUTEN FREE MEALS ARE AVAILABLE BY REQUEST

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*)
Chicken Noodle	Creamy Tomato (v)	Vegetable Beef

SANDWICHES – All Sandwiches are Served on a Multigrain Hamburger Bun

Hamburger ♥	Black Bean Burger ♥ (v*)
Chicken Salad	Deli Turkey

ENTRÉES AND SIDES

Daily Dinner Chef Special ♥ see dinner specials for specifics

Meatloaf ♥	Broccoli ♥ (v*)
Macaroni and Cheese	Baby Carrots ♥ (v*)
	Mashed Potatoes

SNACKS (v)

Fresh Banana ♥ (v*)	Cookies
Applesauce ♥ (v*)	Ice Cream
Peaches ♥ (v*)	Puddings
Pears ♥ (v*)	Sorbets ♥ (v*)