

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 (58g) turkey and Swiss cheese on toasted marble rye bread, COLESLAW (5g) (v); CHICKEN AND WILD RICE SOUP (9g)

TUESDAY

CHICKEN CAESAR SALAD (9g) bed of greens with grilled chicken, tomatoes, parmesan cheese and croutons, RUSTIC FLATBREAD (11g) (v); BROCCOLI CHEDDAR SOUP (9g) (v)

WEDNESDAY

BUCKEYE CLUB PANINI (31g) roasted turkey on toasted whole wheat bread with bacon, lettuce, tomato and garlic mayonnaise, FRESH BABY CARROTS (5g) (v*); BLACK BEAN SOUP (24g) (v*)

THURSDAY

CHICKEN FOLD-OVER (29g) grilled chicken, feta and mozzarella cheese in folded flatbread, drizzled with cucumber ranch dressing, garnished with lettuce, tomato, and black olives and served hot, SLICED APPLES (8g) (v*); ITALIAN WEDDING SOUP (7g)

FRIDAY

BEEF BRISKET SANDWICH (43g) slow-cooked beef brisket, roasted peppers and onions with horseradish mayonnaise on ciabatta roll, SIDE SALAD (4g) (v*); TOMATO BASIL SOUP (11g) (v*)

SATURDAY

CHICKEN SALAD AND FRESH FRUIT PLATE (23g), RUSTIC FLATBREAD (11g) (v); CHICKEN GUMBO (15g)

SUNDAY

PULLED PORK SANDWICH (25g) on a wheat bun, COLESLAW (5g) (v); ITALIAN SAUSAGE SOUP (10g)UP (15g)



PLEASE REMEMBER TO ASK YOUR SERVER FOR CONDIMENTS WHEN ORDERING

DAILY DINNER CHEF SPECIALS ♥

Available 4 p.m. - 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 (41g); STEAMED BROCCOLI, CAULIFLOWER, AND CARROTS (4g) (v*); BUCKEYE WHOOPIE PIE (22g)

TUESDAY

PORK FAJITAS (0g) WITH (PICK 2) CORN TORTILLAS (24g), SPANISH RICE (14g) (v*) OR CORN AND BLACK BEANS (14g) (v*); PINEAPPLE UPSIDE-DOWN CAKE (37g)

WEDNESDAY

BEEF BRISKET WITH BARBEQUE GRAVY (9g); CORN PUDDING (32g) (v); STEAMED GREEN BEANS (7g) (v*); PEANUT BUTTER TART (22g)

THURSDAY

ROASTED TURKEY (1g) AND MASHED POTATOES (20g) TOPPED WITH GRAVY (3g); STEAMED CARROTS (6g) (v*); SPICED CUPCAKE (42g)

FRIDAY

VEGETABLE LASAGNA (34g) layered zucchini and squash, bell peppers, broccoli and red onion; STEAMED ASPARAGUS (4g) (v*); CHOCOLATE CHIP BROWNIE (36g)

SATURDAY

HONEY BARBEQUE CHICKEN (30g); MASHED SWEET POTATOES (17g); STEAMED BROCCOLI (6g) (v*); BLUEBERRY TART (33g)

SUNDAY

HOME-STYLE CHICKEN AND NOODLES OVER MASHED POTATOES (28g); STEAMED GREEN BEANS (7g) (v*); WARM APPLE CRISP (26g)

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.

HEART HEALTHY

A heart healthy diet is used to lower the amount of fat, cholesterol, saturated fat and sodium you eat each day. Following these guidelines can help control levels of cholesterol in your blood, blood pressure, and fluid retention; this promotes heart health. Instead of a salt packet with your meal, we may add a spice blend to enhance the flavor of your foods. While everything on this menu is permitted on a heart healthy diet, look for the ♥ on the menu for these particularly heart-friendly foods.

CARBOHYDRATE CONTROLLED DIET

A carbohydrate controlled diet is used to slow the rise of your blood sugar after eating. Specific carbohydrate information will be printed on your meal ticket. Your server will help you keep each meal between 55 grams and 75 grams of carbohydrates when you place your order. Look for the grams listed after each item for the amount of carbohydrates per serving.

Our chefs have recreated favorite recipes so that they taste similar to the traditional food, but are lower in carbohydrates so you can still enjoy them.

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 Heart Healthy and Carbohydrate Controlled



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

BREAKFAST OPTIONS

Available 7 - 10 a.m. daily

ENTRÉES AND SIDES

French Toast (30g) (v) Hardboiled Egg ♥ (0g) (v) Banana Nut Bread (47g) (v)
Maple Syrup (4g) (v) Scrambled Eggs ♥ (2g) (v) Hash Brown Potatoes (12g) (v*)
Blueberry Topping (7g) Blueberry Yogurt Parfait (42g) (v) Turkey Sausage Patty ♥ (1g)

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

Egg White Omelet ♥ (3g) Shredded Cheese (1g) Peppers and Onions ♥ (1g)
Tortilla with Egg Whites (39g) Swiss Cheese (1g) Diced Tomatoes ♥ (2g)
Hot Sauce (0g) Salsa (2g) Sour Cream (1g)

CEREAL ♥ (v) – COLD OR HOT (INSTANT)

Oatmeal (19g) (v*) Honey Nut Cheerios® (22g) Cheerios® (14g) (v*)
Brown Sugar (12g) (v*) Frosted Mini Wheats® (23g) Rice Chex® (16g) (v*)
Craisins® (6g) (v*) Cream of Wheat® (19g) (v*) Total Raisin Bran® (25g) (v*)

FRUIT AND LIGHTER SIDES ♥ (v)

Mixed Fresh Fruit (16g) (v*) Blueberry Yogurt (27g) Toasted English Muffin (24g)
Fresh Banana (23g) (v*) Strawberry Yogurt (27g) Toasted Bagel (47g)
Fresh Orange (15g) (v*) Lite Strawberry Yogurt (11g) Wheat Toast (19g)
Whole Fresh Apple (15g) (v*) Lite Strawberry-Banana Yogurt (11g)
Sliced Apple (8g) (v*) Cottage Cheese (7g) White Toast (15g)
Applesauce (12g) (v*) Lite Cream Cheese (1g)
Peaches (13g) (v*) Peanut Butter (5g)
Pears (13g) (v*) Jelly (1g)
Pineapple (20g) (v*) Butter (0g) | Margarine (0g)



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

VEGETABLE OMELET (6g) (v) sweet peppers, onions, tomatoes, spinach, and shredded cheese in an egg white omelet, TURKEY SAUSAGE (1g), CRANBERRY ORANGE BREAD (25g) (v)

TUESDAY

BISCUIT (27g) AND SAUSAGE GRAVY (6g), PEACHES (13g) (v*)

WEDNESDAY

FRENCH TOAST (30g) WITH BLUEBERRY TOPPING (7g) (v), TURKEY SAUSAGE (1g)

THURSDAY

BREAKFAST SANDWICH egg (4g) (v), turkey sausage (1g), and American cheese (0g) (v) on a toasted English muffin (24g) (v), HASH BROWN POTATO (8g) (v*), MIXED FRESH FRUIT (11g) (v*)

FRIDAY

WESTERN OMELET (6g) ham, sweet peppers, onions, and shredded cheese in an egg white omelet, PEARS (13g) (v*), BLUEBERRY BREAD (24g) (v)

SATURDAY

BISCUIT (27g) AND SAUSAGE GRAVY (6g), TURKEY SAUSAGE (1g)

SUNDAY

BELGIAN WAFFLE WITH MAPLE SYRUP (35g) (v), TURKEY SAUSAGE (1g), APPLESAUCE (12g) (v*)

LUNCH AND DINNER OPTIONS

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

SOUPS

Beef Broth (3g) Chicken Broth (1g) Vegetable Broth (5g) (v*)
Chicken Noodle (20g) Creamy Tomato (14g) (v) Soup of the Day see specials

ENTRÉES

BAKED CHICKEN TENDERS (30g) GRILLED CHICKEN BREAST ♥ (0g)
BBQ Sauce (7g) | Honey Mustard (7g)

CHEESE PIZZA (23g) (v) flatbread pizza with shredded mozzarella cheese and homemade pizza sauce

CHEESE QUESADILLA (40g) (v) CHICKEN AND CHEESE QUESADILLA (40g)
Sour Cream (1g) | Salsa (2g) | Guacamole (3g)

VEGAN BLACK BEAN TACOS ♥ (53g) (v*)

PENNE PASTA (32g) (v*) with choice of sauce ALFREDO (5g) (v) white cream or MARINARA ♥ (1g) (v) tomato

HOME-STYLE CHICKEN NOODLES OVER MASHED POTATOES (33g)

BEEF POT ROAST (0g) TOPPED WITH GRAVY (3g)

MEATLOAF ♥ (12g) TOPPED WITH GRAVY (3g)

GRILLED SALMON FILET ♥ (1g) lemon wedges available by request

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

Multigrain Bun ♥ (25g) Hamburger ♥ (2g) Roast Beef (0g)
Wheat Bread ♥ (15g) Turkey Burger ♥ (0g) Turkey (0g)
Black Bean Burger ♥ (16g) (v*) Chicken Salad (0g)
Romaine Lettuce ♥ (1g) Chicken Breast ♥ (0g) Tuna Salad (0g)
Sliced Tomato ♥ (1g) Swiss Cheese (2g) Ketchup (3g) | Mustard (0g)
Sliced Red Onion ♥ (1g) Mayo (0g) | Miracle Whip® (2g)

ENTRÉE AND SIDE SALADS (v) – See Below for Dressings

CAESAR SALAD ♥ (9g) bed of greens with croutons and parmesan cheese, chicken (0g) or salmon (1g) optional

CHEF SALAD (4g) bed of greens with diced turkey, hardboiled egg, red onion, shredded carrots, diced tomato, and shredded cheese

TACO SALAD (9g) bed of greens with corn, black beans, tomatoes, shredded cheese and tortilla strips; chicken (0g) or salmon (1g) optional; sour cream (1g), salsa (2g) and guacamole (3g) available by request

SIDE SALADS: Caesar ♥ (4g) | Tossed ♥ (2g) (v*) | Coleslaw (5g) | Quinoa and Roasted Vegetables ♥ (19g) (v*)

DRESSINGS: Caesar (3g) | Ranch (0g) | French (2g) | Italian (1g)

CREATE YOUR OWN SALAD (v) – Entrée or Side

Romaine Lettuce ♥ (3g) Grilled Chicken ♥ (0g) Shredded Carrots ♥ (3g)
Mixed Greens ♥ (0g) Grilled Salmon ♥ (1g) Diced Tomatoes ♥ (2g)
Spinach (2g) Diced Turkey (0g) Red Onion Rings ♥ (1g)
Garlic Croutons (3g) Hardboiled Egg (0g) Shredded Cheese (0g)
Grated Parmesan Cheese (0g)

SIDES (v)

Baked Potato Wedges (18g) Mixed Fresh Fruit ♥ (16g) Asparagus ♥ (4g)
Baked Potato Chips (26g) Fresh Banana ♥ (23g) Broccoli ♥ (4g)
Macaroni and Cheese (33g) Fresh Orange ♥ (15g) Baby Carrots ♥ (6g)
Brown Rice ♥ (22g) Fresh Apple ♥ (15g) Redskin Potatoes (18g)
Dinner Roll (23g) Applesauce ♥ (12g) Mashed Potatoes (20g)
Wheat Bread ♥ (19g) Peaches ♥ (13g) Chicken Gravy (3g)
White Bread (13g) Pears ♥ (13g) Beef Gravy (3g)
Pineapple ♥ (20g) Carrots and Ranch (7g)

ADDITIONAL OPTIONS

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

DESSERTS (v)

Blueberry Tart (33g) Chocolate Chunk Cookie (26g)
Peanut Butter Tart (22g) Oatmeal Raisin Cookie (26g)
Sugar Free Chocolate Chip Cookie (13g)
Sugar Free Lemon Cookie (19g)

Orange Sherbet (27g)
Sugar Free Chocolate Ice Cream (18g)
Sugar Free Vanilla Ice Cream (13g)

Orange Sorbet ♥ (14g) (v*)
Pineapple Sorbet ♥ (14g) (v*)
Strawberry Sorbet ♥ (14g) (v*)

Chocolate Pudding (26g)
Vanilla Pudding (22g)
Sugar Free Chocolate Pudding (13g)
Sugar Free Vanilla Pudding (15g)
Baked Custard (19g)

BEVERAGES

Apple Juice* (28g) 2% Milk (12g) Decaf Coffee (0g)
Orange Juice* (27g) Skim Milk ♥ (12g) Decaf Tea (0g)
Grape Juice* (32g) Chocolate Milk* (22g) Hot Cocoa (15g)
Prune Juice* (23g) Chocolate Soy Milk (25g) Sugar Free Hot Cocoa (10g)
Vanilla Soy Milk ♥ (18g)

Coke® Products* (0g) Lactaid® ♥ (13g) Decaf Iced Tea (0g)
Seagram's® Ginger Ale* (35g) Lemonade* (28g)
Orange Fanta®* (44g) Light Lemonade (1g)
Gatorade®* (20g)

Supplements ♥ please ask your server for options

* Depending on the diet order your doctor has prescribed for you, these beverages may not be available.

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 (3g) Chicken Broth (1g) Vegetable Broth (5g) (v*)
Chicken Noodle (20g) Creamy Tomato (14g) (v) Vegetable Beef (11g)

SANDWICHES – All Sandwiches are Served on a Multigrain Hamburger Bun

Grilled Chicken ♥ (25g) Hamburger ♥ (27g) Black Bean Burger ♥ (41g) (v*)
Chicken Salad (31g) Deli Turkey (29g)

ENTRÉES AND SIDES

Daily Dinner Chef Special ♥ see dinner specials for specifics
Meatloaf ♥ (12g) Broccoli ♥ (4g) (v*) Caesar Salad ♥ (3g) (v)
Grilled Chicken ♥ (0g) Baby Carrots ♥ (6g) (v*) Tossed Salad ♥ (2g) (v*)
Macaroni & Cheese (33g) Mashed Potatoes (20g)

SNACKS (v)

Carrots & Ranch (7g) Fresh Fruit (8g – 23g) (v*) Cookies (13g – 26g)
Baked Potato Chips (26g) (v*) Applesauce ♥ (12g) (v*) Ice Cream (13g – 18g)
Peaches ♥ (13g) (v*) Puddings (13g – 26g)
Pears ♥ (13g) (v*) Sorbets ♥ (14g) (v*)