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 (5g) bed of greens with grilled chicken, tomatoes, parmesan cheese and croutons, RUSTIC FLATBREAD (1g) (v), BROCCOLI CHEDDAR SOUP (2g) (v)

WEDNESDAY
BUCKEYE CLUB PANINI (3g) toasted 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 (2g) 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) (v)

FRIDAY
BEEF BRISKET SANDWICH (43g) slow-cooked beef brisket, roasted peppers and onions with horseradish mayonnaise on ciabatta roll, SIDE SALAD (4g) (v), TOMATO BEEF BRISKET WITH BARBEQUE GRAVY (9g)

SATURDAY
CHICKEN SALAD AND FRESH FRUIT PLATE (23g), RUSTIC FLATBREAD (1g) (v), CHICKEN GUMBO (15g)

SUNDAY
PULLED PORK SANDWICH (2g) on a wheat bun, COLESLAW (5g) (v), ITALIAN SAVOY SOUP (15g) (v)

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 (4g), STEAMED BROCCOLI, CAILIFLOWER, AND CARROTS (4g) (v), BUCKEYE WHOOPIE PIE (22g)

TUESDAY
PORK FAJITAS (5g) with (PICK 2) CORN TORTILLAS (24g), SPANISH RICE (14g) (v) OR CORN AND BLACK BEANS (4g) (v), PINEAPPLE UPSIDE-DOWN CAKE (37g)

WEDNESDAY
BEEF BRISKET WITH BARBECUE GRAVY (8g), CORN PUDDING (22g) (v), STEAMED GREEN BEANS (7g) (v), PEANUT BUTTER TART (22g)

THURSDAY
ROASTED TURKEY (5g) 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 BARBECUE CHICKEN (30g), MASHED SWEET POTATOES (7g), 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 dietician 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 (v) 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, Bistro OH! 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 Rhodes Hall. Bistro OH! 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.

BISTRO OH!
Open Daily 6 a.m. – 7 p.m.
BISTRO OH! to go
Sunday – Friday 10:30 a.m. – 1 p.m.

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

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