

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 marble rye bread, COLESLAW (v); CHICKEN AND WILD RICE SOUP

TUESDAY

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

WEDNESDAY

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

THURSDAY

CHICKEN FOLD-OVER 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 (v*); ITALIAN WEDDING SOUP

FRIDAY

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

SATURDAY

CHICKEN SALAD AND FRESH FRUIT PLATE, RUSTIC FLATBREAD (v); CHICKEN GUMBO

SUNDAY

PULLED PORK SANDWICH on a wheat bun, COLESLAW (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 ASPARAGUS (v*); CHOCOLATE CHIP BROWNIE

SATURDAY

HONEY 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.

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
- (GF) These items do not contain gluten, but please remember, we are not a certified 100 percent gluten-free kitchen. We do, however, carry certified gluten free meals. Please ask your server for details.

GUEST & VISITOR DINING 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 House Menu



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) (GF)	Banana Nut Bread (v)
Maple Syrup	Scrambled Eggs ♥ (v) (GF)	Hash Brown Potato (v*)
Blueberry Topping	Blueberry Yogurt Parfait (v) ♥	Turkey Sausage ♥ (GF)

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

Egg White Omelet ♥	American Cheese (GF)	Peppers and Onions ♥ (GF)
Tortilla with Egg Whites	Shredded Cheese (GF)	Diced Tomatoes ♥ (GF)
	Swiss Cheese (GF)	Diced Ham (GF)
Hot Sauce (GF)	Salsa	Sour Cream

CEREAL ♥ (v) – COLD OR HOT (INSTANT)

Oatmeal with	Honey Nut Cheerios® (GF)	Cheerios® (v*) (GF)
Brown Sugar, Craisins® (v*)	Frosted Mini Wheats®	Rice Chex® (v*) (GF)
Cream of Wheat (v*)		Total Raisin Bran® (v*)

FRUIT AND LIGHTER SIDES ♥ (v)

Mixed Fresh Fruit (v*) (GF)	Blueberry Yogurt	Toasted English Muffin ♥
Fresh Banana (v*) (GF)	Strawberry Yogurt	Toasted Bagel
Fresh Orange (v*) (GF)	Light Strawberry Yogurt (GF)	Wheat Toast
Whole Fresh Apple (v*) (GF)	Light Strawberry-Banana Yogurt (GF)	White Toast
Sliced Apple (v*) (GF)	Cottage Cheese (GF)	Cream Cheese (GF)
Applesauce (v*) (GF)		Peanut Butter (GF)
Peaches (v*) (GF)		Jelly
Pears (v*) (GF)		Butter (GF) Margarine (v*)
Pineapple (v*) (GF)		



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 (v) sweet peppers, onions, tomatoes, spinach, and shredded cheese in an egg white omelet, TURKEY SAUSAGE, CRANBERRY ORANGE BREAD (v)

TUESDAY

BISCUIT AND SAUSAGE GRAVY, PEACHES (v*)

WEDNESDAY

FRENCH TOAST WITH BLUEBERRY TOPPING (v), APPLEWOOD SMOKED BACON

THURSDAY

BREAKFAST SANDWICH egg (v), turkey sausage, and American cheese (v) on a toasted English muffin (v), HASH BROWN POTATO (v*), MIXED FRESH FRUIT (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), APPLEWOOD SMOKED BACON, APPLESAUCE (v*)

LUNCH AND DINNER OPTIONS

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

SOUPS

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

ENTRÉES

BAKED CHICKEN TENDERS | GRILLED CHICKEN BREAST ♥
BBQ Sauce | Honey Mustard

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

CHEESE QUESADILLA (v) | CHICKEN AND CHEESE QUESADILLA
Sour Cream | Salsa | Guacamole (GF)

VEGAN BLACK BEAN TACOS ♥ (v*)

PENNE PASTA (v*) with choice of sauce ALFREDO (v) white cream or MARINARA ♥ (v) (GF) tomato

HOME-STYLE CHICKEN NOODLES OVER MASHED POTATOES

BEEF POT ROAST TOPPED WITH GRAVY

MEATLOAF TOPPED WITH GRAVY

GRILLED SALMON FILET ♥ (GF) 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
	Chicken Breast ♥	Chicken Salad (GF)
		Tuna Salad (GF)
Romaine Lettuce ♥ (GF)	American Cheese (GF)	
Sliced Tomato ♥ (GF)	Provolone Cheese (GF)	Ketchup (GF) Mustard
Sliced Red Onion ♥ (GF)	Swiss Cheese (GF)	Mayo (GF) Miracle Whip®
Pickle Spear		

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

CAESAR SALAD ♥ bed of greens with croutons and parmesan cheese; chicken or salmon optional

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

TACO SALAD bed of greens with corn, black beans, tomatoes, shredded cheese and tortilla strips; chicken or salmon optional; sour cream, salsa and guacamole available by request

SIDE SALADS: Caesar ♥ | Tossed ♥ (v*) (GF) | Coleslaw | Quinoa and Roasted Vegetables ♥ (v*) (GF)

DRESSINGS: Caesar | Ranch | French | Italian | Raspberry Vinaigrette

CREATE YOUR OWN SALAD (v) – Entrée or Side

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

SIDES (v)

Baked Potato Wedges	Mixed Fresh Fruit ♥ (GF)	Asparagus ♥ (GF)
Potato Chips (GF)	Fresh Banana ♥ (GF)	Broccoli ♥ (GF)
Baked Potato Chips (GF)	Fresh Orange ♥ (GF)	Baby Carrots ♥ (GF)
Macaroni and Cheese	Fresh Apple ♥ (GF)	Roasted Redskin Potatoes
Brown Rice ♥ (GF)	Applesauce ♥ (GF)	Mashed Potatoes
Dinner Roll	Peaches ♥ (GF)	Chicken Gravy
Wheat Bread ♥	Pears ♥ (GF)	Beef Gravy
White Bread	Pineapple ♥ (GF)	Carrots and Ranch Dressing

ADDITIONAL OPTIONS

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

DESSERTS (v)

Blueberry Tart	Chocolate Chunk Cookie
Peanut Butter Tart	Oatmeal Raisin Cookie

Chocolate Ice Cream (GF)	Sugar Free Chocolate Chip Cookie
Strawberry Ice Cream	Sugar Free Lemon Cookie
Vanilla Ice Cream	
Orange Sherbet (GF)	Chocolate Pudding
Sugar Free Chocolate Ice Cream (GF)	Vanilla Pudding
Sugar Free Vanilla Ice Cream (GF)	Sugar Free Chocolate Pudding (GF)

Orange Sorbet ♥ (v*) (GF)	Baked Custard
Pineapple Sorbet ♥ (v*) (GF)	
Strawberry Sorbet ♥ (v*) (GF)	

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 (GF)	Chicken Broth (GF)	Vegetable Broth (v*) (GF)
Chicken Noodle	Creamy Tomato (v)	Vegetable Beef

SANDWICHES – All Sandwiches are Served on a Multigrain Hamburger Bun

Grilled Chicken ♥	Hamburger ♥	Black Bean Burger ♥ (v*)
Chicken Salad	Ham and Swiss	Deli Turkey

ENTRÉES AND SIDES

Daily Dinner Chef Special ♥ see dinner specials for specifics

Meatloaf ♥	Broccoli ♥ (v*) (GF)	Caesar Salad ♥ (v)
Grilled Chicken Breast ♥	Baby Carrots ♥ (v*) (GF)	Tossed Salad ♥ (v*) (GF)
Macaroni and Cheese	Mashed Potatoes	Chef Salad

SNACKS (v)

Carrots and Ranch	Fresh Fruit ♥ (v*) (GF)	Cookies
Potato Chips (v*) (GF)	Applesauce ♥ (v*) (GF)	Ice Cream
Baked Potato Chips (v*) (GF)	Peaches ♥ (v*) (GF)	Puddings
	Pears ♥ (v*) (GF)	Sorbets ♥ (v*) (GF)