

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 (34g) turkey and Swiss cheese on toasted wheat bread, COLESLAW (5g) (v)

TUESDAY

CHICKEN CAESAR SALAD (7g) bed of greens with grilled chicken, tomatoes, parmesan cheese and croutons, RUSTIC FLATBREAD (11g) (v)

WEDNESDAY

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

THURSDAY

GRILLED CHICKEN SANDWICH (25g) served on a whole wheat bun, garnished with lettuce and tomato, SLICED APPLE (8g) (v*)

FRIDAY

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

SATURDAY

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

SUNDAY

PULLED PORK SANDWICH (25g) on a wheat bun, COLESLAW (5g) (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 (41g); STEAMED BROCCOLI, CAULIFLOWER, AND CARROTS (4g) (v*); BUCKEYE WHOOPIE PIE (22g)

TUESDAY

PORK FAJITAS (0g) WITH CORN TORTILLAS (24g), BROWN RICE (22g) (v*) AND 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 (v)

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

SATURDAY

GRILLED CHICKEN BREAST (0g); 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.

2 GRAM VERY LOW SODIUM

A 2-gram sodium diet is used to help control the buildup of extra fluids in your body. These extra fluids can contribute to higher blood pressure. Many processed, convenience foods are high in sodium (salt). The foods offered to you will be freshly prepared. Our chefs have recreated favorite recipes so that they taste the same as the traditional food, but are lower in sodium so that you can still enjoy them. Instead of a salt packet with your meal, we may add a spice blend to enhance the flavor of your foods. To reduce the risk of heart disease, your diet may also be restricted in fat, cholesterol and caffeine. While everything on this menu is permitted on a Very Low Sodium Diet, look for the (♥) on the menu for these particularly heart-friendly foods.

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 Very Low Sodium



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

BREAKFAST OPTIONS

Available 7 - 10 a.m. daily

ENTRÉES AND SIDES

French Toast with topping (30g) (v) Hardboiled Egg ♥ (0g) (v) Banana Nut Bread (47g) (v)
Maple Syrup (4g) (v) Scrambled Eggs ♥ (2g) (v) Hash Brown Potato (12g) (v*)
Blueberry Topping (7g) Blueberry Yogurt Parfait (42g) (v)

CREATE YOUR OWN EGG WHITE OMELET (v)

Egg White Omelet ♥ (3g) (v) Swiss Cheese (1g) Peppers and Onions ♥ (1g)
Sour Cream (1g) Diced Tomatoes ♥ (2g)

CEREAL ♥ (v) – COLD OR HOT (INSTANT)

Oatmeal (19g) (v*) Honey Nut Cheerios® (22g) Cheerios® (14g) (v*)
Brown Sugar (12g) (v*), Craisins® (6g) (v*) Rice Chex® (16g) (v*)
Cream of Wheat (19g) (v*) Frosted Mini Wheats® (23g) 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*) Light Strawberry-Banana Yogurt (11g) White Toast (15g)
Sliced Apple (8g) (v*) Lite Cream Cheese (1g)
Applesauce (12g) (v*) Peanut Butter (5g)
Pears (13g) (v*) Jelly (1g)
Pears (13g) (v*) Butter (0g) | Margarine (0g) (v*)
Pineapple (20g) (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)

ENTRÉES (v)

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

GRILLED CHICKEN BREAST ♥ (0g)

VEGAN BLACK BEAN TACOS ♥ (53g) (v*)

PENNE PASTA ♥ (32g) (v*) with MARINARA ♥ (1g) (v) tomato

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

BEEF POT ROAST 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 ♥ (19g) Turkey Burger ♥ (0g) Turkey (0g)
White Bread (15g) Veggie Burger ♥ (9g) (v) Chicken Salad (6g)
Chicken Breast ♥ (0g) Tuna Salad (6g)
Romaine Lettuce ♥ (1g) Swiss Cheese (1g) Ketchup (3g) | Mustard (0g)
Sliced Tomato ♥ (1g) Mayo (0g) | Miracle Whip® (2g)
Sliced Red Onion ♥ (1g)

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

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

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: Italian (4g) | Thousand Island (2g)

CREATE YOUR OWN SALAD (v) – Entrée or Side

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

SIDES (v)

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

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) (v*) Sugar Free Hot Cocoa (10g)
Vanilla Soy Milk ♥ (18g) (v*)
Coke® Products* (0g – 45g) Lactaid® ♥ (13g) Decaf Iced Tea (0g)
Seagram's® Ginger Ale* (35g) Lemonade* (28g)
Orange Fanta®* (44g) Lite 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)

SANDWICHES – All Sandwiches are Served on a Multigrain Hamburger Bun

Grilled Chicken ♥ (25g) Chicken Salad (31g) Deli Turkey (25g)

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*)
Mashed Potatoes (20g) (v)

SNACKS (v)

Fresh Fruit ♥ (8g-23g) (v*) Cookies (13g – 26g) Yogurts ♥ (11g – 27g)
Applesauce ♥ (12g) (v*) Ice Creams (13g – 18g)
Peaches ♥ (13g) (v*) Puddings (13g – 26g)
Pears ♥ (13g) (v*) Sorbets ♥ (14g) (v*)



PLEASE REMEMBER TO ASK YOUR SERVER FOR CONDIMENTS WHEN ORDERING

DAILY BREAKFAST CHEF SPECIALS ♥ (v)

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

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

MONDAY

SWISS CHEESE OMELET (4g), CRANBERRY ORANGE BREAD (25g)

TUESDAY

SCRAMBLED EGGS (2g), PEACHES (13g) (v*), CHEERIOS® (14g) (v*), 2% MILK (6g)

WEDNESDAY

FRENCH TOAST (30g) WITH BLUEBERRY TOPPING (7g), RICE CHEX® (16g) (v*), 2% MILK (6g)

THURSDAY

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

FRIDAY

SWISS CHEESE OMELET (4g), BLUEBERRY BREAD (24g), PEARS (13g) (v*)

SATURDAY

SCRAMBLED EGGS (2g), TOTAL RAISIN BRAN® (25g) (v*), 2% MILK (6g)

SUNDAY

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