

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); CHICKEN AND WILD RICE SOUP (9g)

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 bacon, lettuce and garlic mayonnaise, FRESH BABY CARROTS (5g) (v*)

THURSDAY

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

SATURDAY

CHICKEN SALAD (6g) AND SLICED APPLES (8g) (v*), 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 ALFREDO SAUCE (37g); STEAMED BROCCOLI, CAULIFLOWER, AND CARROTS (4g) (v*); BUCKEYE WHOOPIE PIE (22g)

TUESDAY

PORK FAJITAS (0g) WITH CORN TORTILLAS (24g) AND BROWN RICE (22g) (v*); PINEAPPLE UPSIDE-DOWN CAKE (37g)

WEDNESDAY

BEEF BRISKET WITH BARBEQUE GRAVY (9g); CORN PUDDING (32g) (v); STEAMED GREEN BEANS (7g) (v*); PEACH CRÈME (9g)

THURSDAY

ROASTED TURKEY (1g) AND EGG NOODLES (18g) TOPPED WITH GRAVY (3g); STEAMED CARROTS (6g) (v*); SPICED CUPCAKE (42g)

FRIDAY

GRILLED SALMON (1g); BROWN RICE (22g) (v*); STEAMED ASPARAGUS (4g) (v*); CHOCOLATE CHIP BROWNIE (36g)

SATURDAY

HONEY BARBEQUE CHICKEN (30g); EGG NOODLES (18g) (v*); STEAMED BROCCOLI (6g) (v*); PINEAPPLE CRÈME (12g)

SUNDAY

MEATLOAF (12g); BROWN RICE (22g) (v*); 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.

RENAL GUIDELINES

A renal diet is used to control sodium, potassium and phosphorus to help your kidney function. Your doctor may or may not also restrict your protein and fluids. If you are on a fluid restriction, please know that any food that is liquid at room temperature is considered a fluid. This includes all beverages, ice, sorbet, sherbet, soups and jello.

GENERAL MENU GUIDELINES:

Sodium

Foods offered 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 you can still enjoy them. Instead of a salt packet with your meals, we may add a spice blend to enhance the flavor of your foods. While everything on this menu is permitted on a Renal Diet, look for the ♥ on the menu for these heart-friendly foods.

Potassium

Foods such as fruits, vegetables and dairy products can be high in potassium. Your diet will be limited in foods with high amounts of potassium, such as tomatoes, bananas, oranges, dried fruit, milk, yogurt, pudding and ice cream.

Phosphorus

Dairy products, sodas, chocolate, nuts and dried beans are all examples of foods high in phosphorus. These will also be limited on this diet.

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 Menu Renal



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 ♥ (v) (2g) (v) Turkey Sausage Patty ♥ (1g)

CREATE YOUR OWN EGG WHITE OMELET

Egg White Omelet ♥ (3g) (v) Peppers and Onions ♥ (1g) Mild Salsa (2g)
Hot Sauce (0g)

CEREAL ♥ (v) – COLD OR HOT (INSTANT)

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

FRUIT AND LIGHTER SIDES ♥ (v)

Whole Fresh Apple (15g) (v*) Toasted English Muffin (24g) Lite Cream Cheese (1g)
Sliced Apple (8g) (v*) Toasted Bagel (47g) Peanut Butter (5g)
Applesauce (12g) (v*) Wheat Toast (19g) Jelly (1g)
Peaches (13g) (v*) White Toast (15g) Butter (0g) | Margarine (0g) (v*)
Pears (13g) (v*)
Pineapple (20g) (v*)



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 (4g) (v), CRANBERRY ORANGE BREAD (25g) (v), TURKEY SAUSAGE (1g)

TUESDAY (v)

SCRAMBLED EGGS (2g), PEACHES (13g)

WEDNESDAY

FRENCH TOAST (30g) WITH MAPLE SYRUP (4g) (v), APPLEWOOD SMOKED BACON (0g)

THURSDAY

BREAKFAST SANDWICH egg (4g) (v), turkey sausage (1g) and Swiss cheese (1g) (v) on a toasted English muffin (24g) (v), PINEAPPLE (20g) (v*)

FRIDAY (v)

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

SATURDAY

SCRAMBLED EGGS (2g) (v), TURKEY SAUSAGE (1g)

SUNDAY

BELGIAN WAFFLE WITH MAPLE SYRUP (35g) (v), APPLEWOOD SMOKED BACON (0g), 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) Soup of the Day available on select days

ENTRÉES

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

GRILLED CHICKEN BREAST ♥ (0g)

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

PENNE PASTA ♥ (32g) (v*) with ALFREDO (5g) (v) white cream sauce

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

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) Chicken Breast ♥ (0g) Chicken Salad (6g)
Tuna Salad (6g)

Romaine Lettuce ♥ (1g)
Sliced Red Onion ♥ (1g)

Ketchup (3g) | Mustard (0g)
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 or salmon optional

SIDE SALADS: Caesar ♥ (9g) | Tossed ♥ (2g) (v*) | Coleslaw (5g) |
Quinoa and Roasted Vegetables ♥ (19g) (v*)

DRESSINGS: Caesar (3g) | Ranch (0g) | French (2g) | Italian (1g) | Raspberry Vinaigrette (9g)

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) Red Onion Rings ♥ (1g) (v*)
Spinach ♥ (2g) (v*) Diced Turkey (0g)
Garlic Croutons (5g) Hardboiled Egg ♥ (0g) Grated Parmesan Cheese (0g)

SIDES (v)

Brown Rice ♥ (22g) (v*) Fresh Apple ♥ (15g) (v*) Asparagus ♥ (4g) (v*)
Wheat Bread ♥ (19g) Applesauce ♥ (12g) (v*) Broccoli ♥ (4g) (v*)
White Bread (15g) Peaches ♥ (13g) (v*) Baby Carrots ♥ (6g) (v*)
Pears ♥ (13g) (v*)
Pineapple ♥ (20g) (v*)

ADDITIONAL OPTIONS

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

DESSERTS (v)

Pineapple Crème ♥ (12g) Chocolate Chunk Cookie (26g)
Peach Crème ♥ (9g) 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)

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

BEVERAGES

Apple Juice* (28g) Regular Coffee (0g) Iced Tea (0g)
Grape Juice* (32g) Decaf Coffee (0g) Decaf Iced Tea (0g)
Coke® Products* (0g – 45g) Regular Hot Tea (0g) Lemonade* (28g)
Seagram's® Ginger Ale* (35g) Decaf Tea (0g) Lite Lemonade (1g)
Orange Fanta®* (44g) Regular Green Tea (0g)
Hot Cocoa (15g)
Sugar Free Hot Cocoa (10g)

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)

SANDWICHES – All Sandwiches are Served on a Multigrain Hamburger Bun

Grilled Chicken ♥ (25g) Hamburger (27g)
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*)

SNACKS (v)

Fresh Apple ♥ (15g) (v*) Cookies (13g – 26g)
Applesauce ♥ (12g) (v*) Sorbets ♥ (14g) (v*)
Peaches ♥ (13g) (v*) Ice Creams (13g – 18g)
Pears ♥ (13g) (v*)