**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.

**RENAILO GUIDELINES**

A renal diet is used to control sodium, potassium and phosphorous 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, sherbert, soups and jello.

**GENERAL MENU GUIDLINES:**

- 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 meal, 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 (v) on the menu for these heart-friendly foods.
- 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.
- 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 meal, 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 (v) on the menu for these heart-friendly foods.
- 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.
- Foods such as fruits, vegetables and dairy products can be high in phosphorus. Your diet will be limited in foods with high amounts of phosphorus, such as tomatoes, bananas, oranges, dried fruit, milk, yogurt, pudding and ice cream.

**GUEST & VISITOR DINNING OPTIONS**

Our medical center cafeteria, BistrO! 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! 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.

**BISTRÖH!**

- **Open Daily** 6 a.m. – 7 p.m.
- **BISTRÖH! to go**
  - Sunday– Friday 10:30 a.m. – 1 p.m.

**THE MICHAEL D. BLOCH CAFÉ & TERRACE**

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

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

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**NUTRITION SERVICES**

Dining on Demand Menu

**Renal**

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**DAILY LUNCH CHEF SPECIALS**

<table>
<thead>
<tr>
<th>Day</th>
<th>Special</th>
<th>Calories</th>
<th>Protein</th>
<th>Total Fat</th>
<th>Sodium</th>
<th>Carbs</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Turkey melt (4g), turkey and Swiss cheese on toasted whole wheat bread, ColeSlaw (5g)</td>
<td>34g</td>
<td>7g</td>
<td>0.5g</td>
<td>0.94g</td>
<td>3g</td>
<td>3g</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Chicken Caesar salad (7g) bed of greens with grilled chicken, tomatoes, parmesan cheese and croutons, rustic flatbread (16g)</td>
<td>7g</td>
<td>1.5g</td>
<td>0.4g</td>
<td>0.3g</td>
<td>3g</td>
<td>3g</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Buckeye Club Panini (3g) roasted turkey on toasted whole wheat bread with bacon, lettuce and garlic mayonnaise, fresh Baby Carrots (5g)</td>
<td>13g</td>
<td>1.5g</td>
<td>1.5g</td>
<td>0.3g</td>
<td>5g</td>
<td>5g</td>
</tr>
<tr>
<td>Thursday</td>
<td>Grilled chicken sandwich (25g) served on a whole wheat bun, garnished with lettuce, sliced apple (5g)</td>
<td>24g</td>
<td>2.5g</td>
<td>2g</td>
<td>0.9g</td>
<td>6g</td>
<td>6g</td>
</tr>
<tr>
<td>Friday</td>
<td>Beef brisket sandwich (43g) slow cooked beef brisket, roasted peppers and onions with horseradish mayonnaise on ciabatta roll, side salad (4g)</td>
<td>54g</td>
<td>5g</td>
<td>3.5g</td>
<td>0.3g</td>
<td>6g</td>
<td>6g</td>
</tr>
<tr>
<td>Saturday</td>
<td>Chicken salad (6g) and sliced apples (8g)</td>
<td>13g</td>
<td>1.5g</td>
<td>1.5g</td>
<td>0.3g</td>
<td>5g</td>
<td>5g</td>
</tr>
<tr>
<td>Sunday</td>
<td>Pulled pork sandwich (25g) on a wheat bun, ColeSlaw (5g)</td>
<td>24g</td>
<td>2.5g</td>
<td>2g</td>
<td>0.9g</td>
<td>6g</td>
<td>6g</td>
</tr>
</tbody>
</table>

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**DAILY DINNER CHEF SPECIALS**

<table>
<thead>
<tr>
<th>Day</th>
<th>Special</th>
<th>Calories</th>
<th>Protein</th>
<th>Total Fat</th>
<th>Sodium</th>
<th>Carbs</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Penne pasta with alfredo sauce (37g), steamed broccoli, cauliflower, and carrots (4g)</td>
<td>37g</td>
<td>7g</td>
<td>0.5g</td>
<td>0.94g</td>
<td>3g</td>
<td>3g</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Pork fajitas (5g) with corn tortillas (24g) and brown rice (22g)</td>
<td>32g</td>
<td>2.5g</td>
<td>1.5g</td>
<td>0.3g</td>
<td>5g</td>
<td>5g</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Beef brisket with barbecue gravy (9g), corn pudding (32g)</td>
<td>34g</td>
<td>2.5g</td>
<td>2g</td>
<td>0.9g</td>
<td>6g</td>
<td>6g</td>
</tr>
<tr>
<td>Thursday</td>
<td>Roasted turkey (9g) and egg noodles (18g) topped with gravy (3g), steamed green beans (7g)</td>
<td>35g</td>
<td>5g</td>
<td>3g</td>
<td>0.3g</td>
<td>6g</td>
<td>6g</td>
</tr>
<tr>
<td>Friday</td>
<td>Grilled salmon (9g), brown rice (22g)</td>
<td>25g</td>
<td>2.5g</td>
<td>1.5g</td>
<td>0.3g</td>
<td>5g</td>
<td>5g</td>
</tr>
<tr>
<td>Saturday</td>
<td>Honey barbecue chicken (20g), egg noodles (18g)</td>
<td>29g</td>
<td>2.5g</td>
<td>1.5g</td>
<td>0.3g</td>
<td>5g</td>
<td>5g</td>
</tr>
<tr>
<td>Sunday</td>
<td>Meatloaf (12g), brown rice (22g)</td>
<td>25g</td>
<td>2.5g</td>
<td>1.5g</td>
<td>0.3g</td>
<td>5g</td>
<td>5g</td>
</tr>
</tbody>
</table>

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**NUTRITION SERVICES**

Dining on Demand Menu

**Renal**

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**DINING ON DEMAND**

**Nutrition Services**

- Penne pasta with alfredo sauce (37g), steamed broccoli, cauliflower, and carrots (4g) | 37g | 7g | 0.5g | 0.94g | 3g | 3g |
- Pork fajitas (5g) with corn tortillas (24g) and brown rice (22g) | 32g | 2.5g | 1.5g | 0.3g | 5g | 5g |
- Beef brisket with barbecue gravy (9g), corn pudding (32g) | 34g | 2.5g | 2g | 0.9g | 6g | 6g |
- Roasted turkey (9g) and egg noodles (18g) topped with gravy (3g), steamed green beans (7g) | 35g | 5g | 3g | 0.3g | 6g | 6g |
- Grilled salmon (9g), brown rice (22g) | 25g | 2.5g | 1.5g | 0.3g | 5g | 5g |
- Honey barbecue chicken (20g), egg noodles (18g) | 29g | 2.5g | 1.5g | 0.3g | 5g | 5g |
- Meatloaf (12g), brown rice (22g) | 25g | 2.5g | 1.5g | 0.3g | 5g | 5g |

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**NUTRITION SERVICES**

Dining on Demand Menu

**Renal**

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**DINING ON DEMAND**

**Nutrition Services**

- Penne pasta with alfredo sauce (37g), steamed broccoli, cauliflower, and carrots (4g) | 37g | 7g | 0.5g | 0.94g | 3g | 3g |
- Pork fajitas (5g) with corn tortillas (24g) and brown rice (22g) | 32g | 2.5g | 1.5g | 0.3g | 5g | 5g |
- Beef brisket with barbecue gravy (9g), corn pudding (32g) | 34g | 2.5g | 2g | 0.9g | 6g | 6g |
- Roasted turkey (9g) and egg noodles (18g) topped with gravy (3g), steamed green beans (7g) | 35g | 5g | 3g | 0.3g | 6g | 6g |
- Grilled salmon (9g), brown rice (22g) | 25g | 2.5g | 1.5g | 0.3g | 5g | 5g |
- Honey barbecue chicken (20g), egg noodles (18g) | 29g | 2.5g | 1.5g | 0.3g | 5g | 5g |
- Meatloaf (12g), brown rice (22g) | 25g | 2.5g | 1.5g | 0.3g | 5g | 5g |