

# The Ohio State University Wexner Medical Center

## Patient Dining Menu: Carb Control / Diabetic Menu

### How to Order Meals

Use your camera on your phone/tablet to scan this QR code for details on how to order and additional dining information; it is best to order your meals by 6am, 10am, and 3pm

**Chef Specials** available only at the meal and day indicated

#### **Breakfast** served 7am-9:30am

**Monday:** Veggie Egg Bake (2g) with Herbed Cream Sauce (5g)

**Tuesday:** Cinnamon Roll Bake (half portion, 25g)

**Wednesday:** Breakfast Scramble (5g) with Southwest Cheese Sauce (4g)

**Thursday:** Hashbrown Casserole (22g)

**Friday:** Western Egg Bake (3g) with Queso (8g)

**Saturday:** Breakfast Potatoes (22g), Scrambled Eggs (2g), & Turkey Sausage (0g)

**Sunday:** French Toast with Sugar Free Syrup (37g)



#### **Lunch** served 11am-1:30pm

**Monday:** Teriyaki Beef (5g) with Fried Rice (36g), & Stir Fry Veggies (5g)

**Tuesday:** Baked Chicken Tenders (22g), White Cheddar Mac & Cheese (33g)

**Wednesday:** Southwestern Beef (1g), Cilantro Lime Rice (29g), & Black Beans (12g)

**Thursday:** Pulled Pork Sandwich (46g), Creamy Coleslaw (8g)

**Friday:** Grilled Chicken Sandwich (30g), Broccoli (5g)

**Saturday:** Homestyle Chicken Noodles over Mashed Potatoes (30g), Green Beans (11g)

**Sunday:** Rotini & Meat Sauce (19g), Shredded Mozzarella (1g), Dinner Roll (23g)

#### **Dinner** served 4pm-7pm

**Monday:** Pulled Pork (4g), BBQ Sauce (12g), Corn Casserole (28g), Angel Food Cake (23g)

**Tuesday:** Herb Chicken (1g), Green Beans (11g), Strawberry Cake w/ Lemon Icing (31g)

**Wednesday:** Stuffed Shells with Sauce (31g), Green Peas (16g), Pound Cake w/ Berries (13g)

**Thursday:** Honey Mustard Chicken (8g), Au Gratin Potatoes (25g), Oreo Cheesecake Brownie (29g)

**Friday:** Grilled Pollack (5g), Roasted Redskin Potatoes (18g), Bread Pudding (15g)

**Saturday:** Meatloaf (13g), Mashed Potatoes (14g), Chocolate Cake w/ Pecans (33g)

**Sunday:** Pot Roast (2g), Roasted Red Skin Potatoes (18g), Carrot Cake (37g)

#### **Soup of the Day** available only on the day indicated, after 11am

**Monday:** White Bean Chicken Chili (11g)

**Tuesday:** Hearty Beef Chili (11g)

**Wednesday:** Beef Vegetable Soup (4g)

**Thursday:** Broccoli Cheddar Soup (15g)

**Friday:** Hearty Minestrone (25g)

**Saturday:** Hearty Chili (11g)

**Sunday:** Homestyle Chicken Noodle Soup (16g)

If your doctor has prescribed a carb controlled/diabetic diet, you will be limited to 75g of carbs for each meal; for a strict carb controlled diet, you will be limited to 45 g of carbs per meal.

**Daily Options** *some items subject to seasonal availability*

**Breakfast Entrees & Sides** *served 7am-9:30am*

French Toast with Sugar Free Syrup (37g)

Scrambled Eggs (2g) | Hard Boiled Egg (0g)

Biscuits and Gravy (34g)

Breakfast Potatoes (22g) | Hardwood Smoked Bacon (0g) | Turkey Sausage (0g)

Blueberry Bread (33g) | Bagel (47g) | English Muffin (26g) | Gluten Free Bread (19g)

Granola with Dried Fruit (44g) *we recommend adding a yogurt*

**Cereal** *served 7am-7pm*

Cheerios® (14g) | Honey Nut Cheerios® (23g)

Rice Chex® (16g) | Raisin Bran® (28g) | Cream of Wheat® (23g) | Oatmeal (25g)

**Fruit & Lighter Sides** *served 7am-7pm*

Applesauce (15g) | Peaches (14g) | Pears (13g) | Pineapple (16g)

Apple (15g) | Banana (27g) | Grapes (26g) | Orange (19g)

Cottage Cheese (7g) | Greek Yogurt (13g) | Light Yogurt (10g)

**Beverages** *served 7am-7pm*

Hot Cocoa (10g) | Lemonade (1g)

Milk: 2% (12g) | Skim (13g) | Vanilla Silk® (18g)

Coke® products (0g) *see your tablet or ask your nutrition aide for details*

**Lunch & Dinner Entrées** *served 11am-7pm*

Cheese Quesadilla (31g) | Chicken & Cheese Quesadilla (33g)

Chicken (0g) | Pot Roast (2g) | Salmon (1g)

Chicken Noodles over Mashed Potatoes (30g) | Pasta with Alfredo or Marinara (43g)

Create Your Own Sandwich/Salad *see your tablet or ask your nutrition aide for details*

Hamburger on Wheat Bun (27g) | Cheeseburger (28g) | Grilled Chicken on Bun (25g)

Black Bean Burger (41g) | PB&J (32g)

Entrée Salads: Chef (15g) | Chicken Caesar (29g)

Side Salads: Caesar (15g) | House (4g)

**Sides** *served 11am-7pm*

Dinner Roll (23g) | Buttered Noodles (38g) | Mac & Cheese (33g) | Rice (30g)

Broccoli (5g) | Carrots (9g) | Corn (16g) | Peas (16g) | Green Beans (11g)

Mashed Potatoes (14g) | Redskin Potatoes (18g) | Sweet Potatoes (29g)

**Soups & Broths** *served 11am-7pm*

Broths: Beef (3g) | Chicken (1g) | Vegetable (5g)

Daily Soup | Chicken Noodle (16g) | Cream of Tomato (23g) | Cream of Chicken (9g)

*\*\* All soups are made here at the Medical Center. They're so good!*

**Desserts** *served 11am-7pm*

Angel Food Cake (23g) | Cookies (13-19g) | Ice Cream (16g) | Pudding (14g)

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