

# The Ohio State University Wexner Medical Center

## Patient Dining Menu: Heart Healthy / 4g Sodium Limit

### 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:** Spinach Egg Bake with Herbed Cream Sauce

**Tuesday:** Cinnamon Roll Bake

**Wednesday:** Breakfast Scramble with Southwest Cheese Sauce

**Thursday:** Hashbrown Casserole

**Friday:** Western Egg Bake with Queso

**Saturday:** Potatoes & Peppers, Scrambled Eggs, & Turkey Sausage

**Sunday:** French Toast Sticks



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

**Monday:** Roast Beef Sandwich with Mushrooms, Onions, & Red Sauce

**Tuesday:** Turkey Reuben (half) with Coleslaw

**Wednesday:** Southwestern Beef with Cilantro Lime Rice & Black Beans

**Thursday:** Crispy Fish Sandwich

**Friday:** Shredded Italian Beef (half)

**Saturday:** Italian Sub (half)

**Sunday:** Chicken Club Sandwich

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

**Monday:** Pulled Pork with BBQ Sauce, Coleslaw, & Creamed Corn, Angel Food Cake

**Tuesday:** Lemon Rosemary Chicken, Au Gratin Potatoes, Pineapple Upside Down Cake

**Wednesday:** Stuffed Shells with Sauce, Lemon Cake with Fresh Berries

**Thursday:** Herb Roasted Chicken with Sweet Potatoes, Oreo Cheesecake Brownie

**Friday:** Potato Crusted Cod with Roasted Redskin Potatoes, Bread Pudding

**Saturday:** Meatloaf with Sour Cream and Chive Mashed Potatoes, Texas Sheet Cake

**Sunday:** Pot Roast with Roasted Red Skin Potatoes, Carrot Cake Cupcake

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

**Monday:** Chicken Tortilla

**Tuesday:** Vegetable Minestrone

**Wednesday:** Corn Chowder

**Thursday:** French Onion

**Friday:** Tomato Basil

**Saturday:** Italian Wedding

**Sunday:** Black Bean

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

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

Breakfast Sandwich | French Toast

Gluten Free Apple Oat Pancakes | Gluten Free, Vegan Sweet Potato Hash

Scrambled Eggs | Scrambled Egg Whites | Hard Boiled Egg

Breakfast Potatoes | Hardwood Smoked Bacon | Turkey Sausage

Blueberry Muffin | Bagel | English Muffin | Gluten Free Bread

Granola with Dried Fruit *we recommend adding a yogurt*

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

Cheerios® | Frosted Mini Wheats® | Honey Nut Cheerios® | Rice Chex® | Raisin Bran®

Cream of Wheat® | Oatmeal

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

Applesauce | Peaches | Pears

Apple | Banana | Grapes | Mixed Fresh Fruit | Orange

Cottage Cheese | Greek Yogurt | Light Yogurt

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

Decaf Coffee | Decaf Tea | Hot Cocoa | Decaf Iced Tea | Lemonade

Juice: Apple | Fruit Punch | Grape | Orange | Prune

Milk: 2% | Chocolate | Skim | Chocolate or Vanilla Silk® | Lactaid®

Coke® products *see your tablet or ask your nutrition aide for details*

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

Cheese Quesadilla | Chicken & Cheese Quesadilla

Chicken | Pot Roast | Salmon

Chicken Noodles over Mashed Potatoes | Pasta with Alfredo or Marinara Sauce

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

Hamburger | Cheeseburger | Grilled Chicken | Black Bean Burger | PB&J

Entrée Salads: Chef | Chicken Caesar | Southwest

Side Salads: Caesar | House

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

Cornbread | Roll | Buttered Noodles | Mac & Cheese | White Rice

Baby Carrots | Celery Sticks | Broccoli | Carrots | Corn | Peas | Green Beans

Mashed Potatoes | Mini Baked Potatoes | Redskin Potatoes | Sweet Potatoes

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

Broths: Beef | Chicken | Vegetable

Soup of the Day | Chicken Noodle | Chili | Vegan Black Bean | Vegan Tomato Basil

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

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

Angel Food Cake | Brownie | Cookies | Custard | Ice Cream | Seasonal Pie