

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: Spinach 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: Potatoes & Peppers (17g), Scrambled Eggs (2g), & Turkey Sausage (0g)

Sunday: French Toast Sticks with Sugar Free Syrup (51g)

Lunch served 11am-1:30pm

Monday: Roast Beef Sandwich (33g) with Mushrooms & Onions (4g), & Red Sauce (5g)

Tuesday: Turkey Reuben (55g)

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

Thursday: Crispy Fish Sandwich (64g)

Friday: Shredded Italian Beef Sandwich (30g)

Saturday: Italian Sub (48g)

Sunday: Crispy Chicken Sandwich (57g)

Dinner served 4pm-7pm

Monday: Pulled Pork (4g), BBQ Sauce (12g), Creamed Corn (14g), Angel Food Cake (23g)

Tuesday: Lemon Chicken (1g), Au Gratin Potatoes (25g), Pineapple Upside Down Cake (31g)

Wednesday: Stuffed Shells with Sauce (32g), Lemon Cake with Fresh Berries (35g)

Thursday: Roasted Chicken (1g), Sweet Potatoes (29g), Oreo Cheesecake Brownie (29g)

Friday: Potato Crusted Cod (16g), Roasted Redskin Potatoes (18g), Bread Pudding (15g)

Saturday: Meatloaf (13g), Chive Mashed Potatoes (16g), Texas Sheet Cake (34g)

Sunday: Pot Roast (2g), Roasted Red Skin Potatoes (18g), Seasonal Pie (variable)

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

Monday: Chicken Tortilla (10g)

Tuesday: Vegetable Minestrone (23g)

Wednesday: Corn Chowder (21g)

Thursday: French Onion (12g)

Friday: Tomato Basil (11g)

Saturday: Italian Wedding (10g)

Sunday: Black Bean (11g)



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*

Breakfast Sandwich (28-31g) | French Toast with Sugar Free Syrup (37g)
Gluten Free Apple Oat Pancakes (45g) | Gluten Free, Vegan Sweet Potato Hash (22g)
Scrambled Eggs (2g) | Hard Boiled Egg (0g)

Breakfast Potatoes (22g) | Hardwood Smoked Bacon (0g) | Turkey Sausage (0g)
Blueberry Muffin (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) | Frosted Mini Wheats® (24g) | 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) | Mixed Fresh Fruit (17g) | Orange (19g)
Cottage Cheese (7g) | Greek Yogurt (12g) | 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 (33g) | Pasta with Alfredo or Marinara (43g)
Create Your Own Sandwich/Salad *see your tablet or ask your nutrition aide for details*
Hamburger (46g) | Cheeseburger (47g) | Grilled Chicken (44g)
Black Bean Burger (60g) | PB&J (32g)
Entrée Salads: Chef (15g) | Chicken Caesar (29g) | Southwest (21g)
Side Salads: Caesar (15g) | House (4g)

Sides *served 11am-7pm*

Cornbread (28g) | Roll (23g) | Egg Noodles (38g) | Mac & Cheese (36g) | Rice (30g)
Celery (3g) | Broccoli (5g) | Carrots (9g) | Corn (16g) | Peas (16g) | Green Beans (11g)
Mashed Potatoes (17g) | Redskin Potatoes (18g) | Sweet Potatoes (29g)

Soups & Broths *served 11am-7pm*

Broths: Beef (3g) | Chicken (1g) | Vegetable (5g)
Daily Soup | Black Bean (11g) | Chicken Noodle (16g) | Chili (15g) | Tomato Basil (11g)
*** 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) | Seasonal Pie (variable)

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