

The Ohio State University Wexner Medical Center

Patient Dining Menu: Regular/Non-Restricted Diet

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, Scrambled Eggs, & Sausage

Sunday: French Toast



Lunch served 11am-1:30pm

Monday: Grilled Steak Strips with Cabbage Lo Mein

Tuesday: Chicken Tenders with Macaroni and Cheese, Broccoli

Wednesday: Southwestern Beef with Cilantro Lime Rice & Black Beans

Thursday: Pulled Pork Sandwich

Friday: Breaded Chicken Sandwich

Saturday: Chicken Noodles over Mashed Potatoes, Green Beans

Sunday: Rotini and Meat Sauce

Dinner served 4pm-7pm

Monday: Pulled Pork with BBQ Sauce, Coleslaw, & Cornbread Casserole, Apple Cobbler Cake

Tuesday: Lemon Herb Chicken, Rice Casserole, Green Beans, Strawberry Cake & Lemon Frosting

Wednesday: Stuffed Shells with Pasta Sauce, Peas, Lemon Cake with Fresh Berries

Thursday: Honey Mustard Chicken, Au Gratin Potatoes, Broccoli, Oreo Cheesecake Brownies

Friday: Potato Crusted Cod, Roasted Redskin Potatoes, Carrots, Bread Pudding

Saturday: Meatloaf, Mashed Potatoes, Peas, Texas Sheet Cake

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

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

Monday: Chicken and White Bean Chili

Tuesday: Lemon Chicken Orzo

Wednesday: Vegetable Beef

Thursday: Broccoli Cheddar

Friday: Roasted Tomato, Kale, and Chickpea

Saturday: Vegetable Minestrone

Sunday: Chicken Noodle

Daily Options *some items subject to seasonal availability*

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

Biscuit & Sausage Gravy | Breakfast Sandwich | French Toast
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 | Pineapple
Apple | Banana | Grapes | Mixed Fresh Fruit | Orange
Cottage Cheese | Greek Yogurt | Light Yogurt

Beverages *served 7am-7pm*

Coffee | Tea | Green Tea | Hot Cocoa | Iced Tea | Lemonade
Juice: Apple | Grape | Orange | Prune | Tomato
Milk: 2% | Chocolate | Skim | Whole | Chocolate or Vanilla Silk® | Lactaid®
Coke® products *see your tablet or ask your nutrition aide for details*

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

Baked Chicken Tenders | Cheese Quesadilla | Chicken & Cheese Quesadilla
Chicken | 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
Side Salads: Caesar | House

Sides *served 11am-7pm*

Chips | Roll | Buttered Noodles | Mac & Cheese | White Rice
Baby Carrots | 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 | Vegetable Minestrone |
Roasted Tomato, Kale, and Chicken Pea

*** All soups are made here at the Medical Center.*

Desserts *served 11am-7pm*

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