

Soft & Bite-Sized Chef Special (Dysphagia 3/Mechanical Soft)

East Hospital

Monday

- Breakfast:** Pureed peach French toast, scrambled eggs, turkey sausage, light yogurt
Lunch: Minced chicken with gravy, mashed potatoes, pureed broccoli, pureed potato shallot soup
Dinner: Penne with marinara, minced beef, peas, sherbet

Tuesday

- Breakfast:** Scrambled eggs, turkey sausage, oatmeal with brown sugar
Lunch: Minced beef with gravy, steamed carrots, applesauce, diced peaches, cream of chicken soup
Dinner: Grilled salmon, mashed potatoes, pureed broccoli, frozen custard

Wednesday

- Breakfast:** Cheddar cheese egg white omelet, Cream of Wheat®, pureed mixed berries
Lunch: Minced turkey with gravy, peas, mashed sweet potatoes, pureed Italian wedding soup
Dinner: Penne with marinara, minced chicken with marinara, pureed broccoli, pudding

Thursday

- Breakfast:** Hash brown casserole, scrambled eggs, diced peaches, Greek yogurt
Lunch: Hamburger patty, roasted sweet potatoes, peas, applesauce, pureed Italian sausage soup
Dinner: Minced turkey with gravy, mashed potatoes, pureed carrots, sherbet

Friday

- Breakfast:** Cheddar cheese egg white omelet, turkey sausage, oatmeal with brown sugar, light yogurt
Lunch: Minced chicken with BBQ sauce, pureed carrots, mashed sweet potatoes, poblano black bean soup
Dinner: Grilled salmon, macaroni and cheese, pureed broccoli, peanut butter whip

Saturday

- Breakfast:** Cheesy scrambled eggs, pureed peach French toast, oatmeal, banana
Lunch: Chicken salad, peas, diced peaches, pureed broccoli cheddar soup
Dinner: Minced beef with gravy, mashed potatoes, steamed carrots, sherbet

Sunday

- Breakfast:** Scrambled eggs, turkey sausage, oatmeal with brown sugar, Greek yogurt
Lunch: Hamburger patty, pureed broccoli, diced peaches, pureed tomato basil soup
Dinner: Minced pot roast and gravy, pureed carrots, roasted sweet potatoes, frozen custard

Order your meals with your MyChart Bedside tablet or with your server. You can also leave a voice message by calling extension 7-3185.



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER