




Heart Healthy University Hospital East





Breakfast: 7 a.m. – 10 a.m.






Lunch: 11 a.m. – 2 p.m.

Dinner: 4 p.m. – 7:30 p.m.







Monday





Breakfast: French Toast , Light & Fit® Yogurt , Cereal with Milk 






Lunch: Chicken Quesadilla, Spinach Salad with Tomato, Onion and Ranch Dressing , Poblano Black Bean Soup 

Dinner: Penne with Meatballs, Dinner Roll , California Blend Vegetables , Ice Cream 

Tuesday

Breakfast: Scrambled Egg Whites , Oatmeal with Brown Sugar , Red Grapes and Sliced Apples 




Lunch: Prime Rib Sandwich, Baked Potato Chips , House Side Salad with Ranch Dressing , Chicken and Wild Rice Soup 

Dinner: Lemon Rosemary Chicken , Roasted Redskin Potatoes , Seasonal Vegetable , Peach Pie 



Wednesday

Breakfast: Cheddar Cheese Egg White Omelet , Turkey Sausage , Breakfast Potatoes , Cereal with Milk 




Lunch: Pulled Pork Sandwich, Vinegar Slaw , Italian Wedding Soup

Dinner: Chicken Noodle over Mashed Potato, Dinner Roll , California Blend Vegetables , Sherbet


Thursday

Breakfast: Hash Brown Casserole , Scrambled Egg Whites , Mixed Fresh Fruit , Greek Yogurt 






Lunch: Deluxe Hamburger, Spring Mix Salad with Balsamic Dressing , Broccoli Cheddar Soup 

Dinner: Roasted Turkey, Mashed Potatoes, Steamed Baby Carrots , Chocolate Cake 

Friday


Breakfast: Western Omelet , Seasonal Muffin , Red Grapes and Sliced Apples 

Lunch: Fire-Braised Chicken Sandwich, Pasta Salad , Italian Sausage Soup 

Dinner: Meatloaf with Gravy, Brown Rice , Steamed Broccoli , Chocolate and Peanut Butter Whoopie Pie 







Saturday

Breakfast: Cheesy Scrambled Egg Whites , Breakfast Potatoes , Mixed Fresh Fruit 






Lunch: Chicken Salad, Flatbread, Mixed Fresh Fruit , Greek Salad with Italian Dressing , Potato Shallot Soup 

Dinner: Pulled Pork with BBQ Gravy , Corn Bread , Collard Greens , Apple Pie 

Sunday

Breakfast: Scrambled Egg Whites , Turkey Sausage , Cinnamon Roll , Red Grapes and Sliced Apples 

Lunch: Buckeye Club, Caesar Side Salad with Caesar Dressing, Tomato Basil Soup 

Dinner: Pot Roast with Beef Gravy , Steamed Baby Carrots , Roasted Redskin Potatoes , Cherry Pie 



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER