

Vegan, Plant-Based Menu

East Hospital

Breakfast Entrées and Sides

Apple pancakes | **cinnamon French toast**

Rice pudding *with chia seeds, coconut, toasted almonds and cranberries*

Sweet potato hash *with apples, onions and pecans*

Cereal: Cream of Wheat® | Quaker® oatmeal *add Craisins®, brown sugar if desired*
Cheerios® | Rice Chex® | Total® raisin bran

Lunch and Dinner Entrées

Quesadilla *sofritas, corn and black bean salsa, pico de gallo and guacamole*

Burrito in a bowl *sofritas, corn, black beans, pico de gallo, salsa verde, guacamole*

Black bean burger *served with lettuce, tomato and red pepper hummus*

Marinated, roasted tofu *served with Asian slaw*

Pasta primavera *pasta tossed with pesto, roasted cherry tomatoes and chickpeas*

Kale salad *with edamame, carrots, radishes and Asian roasted tofu*

Freshly Prepared Salads, Fresh Fruits and Vegetables

Entrée or side salads: mixed greens | spinach | create your own salad

Salad dressing: Italian | raspberry vinaigrette | oil and red wine vinegar

Steamed Vegetables: seasonal vegetable | broccoli | carrots | corn | peas

Potatoes and Grains: brown rice | chips

Whole Fresh Fruit: banana | navel orange | Gala apple | pear

Prepared Fruit: mixed fresh fruit | applesauce | peaches

Soups

Poblano black bean | **tomato basil** | **vegetable broth**

Smoothies and Beverages

Seasonal smoothies

Beverages: Folgers® coffee | tea | juices | Silk® soy milk | Coke® products

At The Ohio State University Wexner Medical Center, we care about the foods you eat and recognize that eating well is key to living well. Our award-winning chefs crafted this specialized menu using fresh, local and natural ingredients whenever possible.



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER