













HOUSE














FRESH FLAVORS- HEART HEALTHY

BREAKFAST: 7 A.M. – 10 A.M. **LUNCH:** 11 A.M. – 2 P.M. **DINNER:** 4 P.M. – 7:30 P.M.










MONDAY

- Breakfast: Sweet potato and pot roast hash  , scrambled egg whites  , banana  
- Lunch: Cranberry almond chicken salad sandwich (half), fresh pepper couscous , poblano black bean soup  
- Dinner: Southwest salad with grilled chicken and avocado ranch dressing , seasoned flatbread , lemon cookie 













TUESDAY

- Breakfast: Multigrain pancake , turkey sausage , mango protein smoothie  
- Lunch: Turkey chipotle panini, house side salad with ranch dressing  , chicken and wild rice soup 
- Dinner: Grilled salmon with lemon herb butter , garlic mashed potatoes  , seasonal vegetable  , peach pie 












WEDNESDAY

- Breakfast: Garden egg white scramble  , seasonal muffin , fresh fruit cup  
- Lunch: Greek chicken and veggie pita, lemon dill farro , Italian wedding soup
- Dinner: Chicken and cheese burrito, southwestern black beans  , brownie 












THURSDAY

- Breakfast: Granola bowl with dried fruit , vanilla Greek yogurt  , tropical fruit cup  
- Lunch: Italian turkey sub, spring mix salad with balsamic dressing  , broccoli cheddar soup  
- Dinner: Pesto quinoa bowl with grilled chicken, tomatoes, and broccoli , orange sherbet  


















FRIDAY

- Breakfast: Breakfast cobbler , blueberry Greek yogurt  , apple grape cup  
- Lunch: Falafel platter (falafel with spring mix, olive tapenade, flatbread, tomatoes, and cucumber ranch) , spinach and dried fruit salad with balsamic dressing  , Italian sausage soup 
- Dinner: Chicken teriyaki bowl with fried rice and stir fry vegetables , chocolate and peanut butter whoopie pie 

SATURDAY

- Breakfast: Egg white panini with roasted red pepper , bacon , cereal with milk 
- Lunch: Asian noodle salad with grilled chicken, fresh pear  , potato shallot soup  
- Dinner: Vegetarian stuffed pepper , California blend vegetables  , apple pie 

SUNDAY

- Breakfast: Oatmeal with dried fruit and almonds  , turkey sausage , blueberry Greek yogurt  , fresh fruit cup  
- Lunch: Caprese panini , Italian side salad with Italian dressing , tomato basil soup  
- Dinner: Jerk chicken with pineapple mango salsa , steamed broccoli  , coconut rice with black beans  , cherry pie 



THE OHIO STATE UNIVERSITY













WEXNER MEDICAL CENTER

HOUSE


















CLASSIC COMFORT- HEART HEALTHY

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 raspberry yogurt , cereal with milk 
Lunch: Chicken quesadilla, spinach salad with tomato, onion, and ranch dressing , poblano black bean soup 
Dinner: Penne with meatballs, California blend vegetables , dinner roll , lemon cookie 


















TUESDAY

Breakfast: Scrambled egg whites , oatmeal with brown sugar , apple grape cup 
Lunch: Prime rib sandwich (half), 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, California blend vegetables, dinner roll, brownie













THURSDAY

Breakfast: Hash brown casserole , scrambled egg whites , tropical fruit cup , vanilla Greek yogurt 
Lunch: Deluxe hamburger, spring mix salad with balsamic dressing , broccoli cheddar soup 
Dinner: Turkey pot pie, steamed baby carrots , dinner roll , orange sherbet 














FRIDAY

Breakfast: Western omelet , seasonal muffin , apple grape cup 
Lunch: Grilled chicken sandwich, pasta salad , Italian sausage soup 
Dinner: Potato-crust cod, brown rice , steamed broccoli , chocolate and peanut butter whoopie pie 

SATURDAY

Breakfast: Breakfast burrito , breakfast potatoes 
Lunch: Chicken salad platter (chicken salad, flatbread, fresh fruit cup), 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 , apple grape cup 
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 



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