

HOUSE FRESH FLAVORS

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 ^{GS}, scrambled egg whites ^V^{GS}, apple grape cup ^{GS}
Lunch: Cranberry almond chicken salad sandwich (half), fresh pepper couscous ^V, poblano black bean soup ^{GS}
Dinner: Southwest salad with grilled chicken and avocado ranch dressing ^{GS}, seasoned flatbread ^V, lemon bar ^V

TUESDAY

- Breakfast:** Multigrain pancake ^V, turkey sausage ^{GS}, mango protein smoothie ^V^{GS}
Lunch: Turkey chipotle panini, southwest farro ^V, chicken and wild rice soup ^{GS}
Dinner: Grilled salmon with lemon herb butter ^{GS}, roasted sweet potatoes ^{GS}, seasonal vegetable ^{GS}, peach pie ^V

WEDNESDAY

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

THURSDAY

- Breakfast:** Granola bowl with dried fruit ^V, vanilla Greek yogurt ^V^{GS}, tropical fruit cup ^V^{GS}
Lunch: Italian turkey sub, spring mix salad with balsamic dressing ^{GS}, broccoli cheddar soup ^V^{GS}
Dinner: Pesto quinoa bowl with grilled chicken, tomatoes, and broccoli ^{GS}, chocolate cake ^V

FRIDAY

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

SATURDAY

- Breakfast:** Egg white panini with roasted red pepper ^V, fresh orange ^{GS}, Raisin Bran® with milk ^V
Lunch: Asian noodle salad ^V, fresh pear ^{GS}, potato shallot soup ^V^{GS}
Dinner: Vegetarian stuffed pepper ^V, California blend vegetables ^{GS}, apple pie ^V

SUNDAY

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



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

HOUSE CLASSIC COMFORT

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 (V), bacon (GS), light raspberry yogurt (V)(GS)

Lunch: Chicken quesadilla, spinach salad with tomato, onion and ranch dressing (V)(GS), poblano black bean soup (V)(GS)

Dinner: Penne with meatballs, California blend vegetables (V)(GS), lemon bar (V)

TUESDAY

Breakfast: Scrambled eggs (V)(GS), biscuits and sausage gravy, apple grape cup (V)(GS)

Lunch: Prime rib sandwich (half), potato chips (V)(GS), house side salad with ranch dressing (V), chicken and wild rice soup (GS)

Dinner: Lemon rosemary chicken (GS), garlic mashed potatoes (V)(GS), seasonal vegetable (V)(GS), peach pie (V)

WEDNESDAY

Breakfast: Cheddar cheese egg white omelet (V)(GS), bacon (GS), breakfast potatoes (V)(GS), Rice Chex® with milk (V)(GS)

Lunch: Pulled pork sandwich, vinegar slaw (V)(GS), Italian wedding soup

Dinner: Chicken Noodles over Mashed Potato, dinner roll, California blend vegetables (V)(GS), brownie (V)

THURSDAY

Breakfast: Hash brown casserole (V)(GS), scrambled eggs (V)(GS), turkey sausage (GS), orange mango fruit cup (V)(GS), vanilla Greek yogurt (V)(GS)

Lunch: Deluxe cheeseburger, spring mix salad with balsamic dressing (V)(GS), broccoli cheddar soup (V)(GS)

Dinner: Turkey pot pie, steamed baby carrots (V)(GS), chocolate cake (V)

FRIDAY

Breakfast: Western omelet (GS), seasonal muffin (V), apple grape cup (V)(GS)

Lunch: Honey mustard and Swiss chicken sandwich, pasta salad (GS), Italian sausage soup (GS)

Dinner: Potato-crust cod, macaroni and cheese (V), steamed broccoli (V)(GS), chocolate and peanut butter whoopie pie (V)

SATURDAY

Breakfast: Breakfast burrito (V), bacon (GS), breakfast potatoes (V)(GS)

Lunch: Chicken salad platter (chicken salad, flatbread, fresh fruit cup), Greek salad with Italian dressing (V)(GS), potato shallot soup (V)(GS)

Dinner: Pulled pork with BBQ gravy (GS), corn bread (V), collard greens (V), apple pie (V)

SUNDAY

Breakfast: Scrambled eggs (V)(GS), turkey sausage (GS), cinnamon roll (V), apple grape cup (V)(GS)

Lunch: Buckeye club, Caesar side salad with Caesar dressing, tomato basil soup (V)(GS)

Dinner: Pot roast with beef gravy (GS), steamed baby carrots (V), roasted redskin potatoes (V)(GS), cherry pie (V)



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