

The Ohio State University Wexner Medical Center

Patient Dining Menu: Renal Diet - Limits Phosphorous, Potassium, and Sodium

How to Order Meals

Use your camera on your phone/tablet to scan this QR code for details on how to order and additional dining information; it is best to order your meals by 6am, 10am, and 3pm

Chef Specials *available only at the meal and day indicated*

Breakfast served 7am-9:30am

Monday: Breakfast Sandwich

Tuesday: Cinnamon Roll Bake

Wednesday: Breakfast Scramble (eggs, peppers, and onions)

Thursday: Oatmeal and Scrambled Eggs

Friday: Western Egg Bake (eggs, ham, peppers, and onions)

Saturday: Oatmeal and Scrambled Eggs

Sunday: French Toast Sticks



Lunch served 11am-1:30pm

Monday: Roast Beef Sandwich

Tuesday: Turkey Reuben (half sandwich)

Wednesday: Chicken with Cilantro Lime Rice, Corn and Black Beans

Thursday: Crispy Fish Sandwich

Friday: Shredded Italian Beef Half Sandwich

Saturday: Italian Sub (half)

Sunday: Chicken Club Sandwich

Dinner served 4pm-7pm

Monday: Pulled Pork, Coleslaw, Creamed Corn, and Angel Food Cake

Tuesday: Lemon Rosemary Chicken, Buttered Noodles, Pineapple Upside Down Cake

Wednesday: Pasta Alfredo, Chicken Strips, Lemon Cake with Fresh Berries

Thursday: Herb Roasted Chicken, Sweet Potatoes, Oreo Cheesecake Brownies

Friday: Potato Crusted Cod, Rice, Bread Pudding

Saturday: Meatloaf with Gravy, Buttered Noodles, Green Beans, and Texas Sheet Cake

Sunday: Pot Roast, Carrots, Buttered Noodles, Seasonal Pie

If your doctor has prescribed a renal diet, you will be limited from ordering foods high in phosphorus and potassium.

This includes foods such as milk, chocolate, whole grains, nuts, processed meats, starchy vegetables, and many fruits.

Ask for your care team to consult a Registered Dietitian Nutritionist if you have questions.

Daily Options *some items subject to seasonal availability*

Breakfast Entrees & Sides *served 7am-9:30am*

French Toast | Scrambled Eggs | Hard Boiled Egg
Gluten Free Apple Oat Pancakes | Rice Pudding

Blueberry Muffin | English Muffin | Wheat Toast | White Toast

Cereal *served 7am-7pm*

Cheerios® | Frosted Mini Wheats® | Honey Nut Cheerios® | Rice Chex®
Cream of Wheat® | Oatmeal

Fruit & Lighter Sides *served 7am-7pm*

Applesauce | Peaches | Pears | Pineapple
Apple | Grapes

Beverages *served 7am-7pm*

Coffee | Tea | Green Tea | Hot Cocoa | Iced Tea | Lemonade
Juice: Apple | Fruit Punch | Grape
Coke® products *see your tablet or ask your nutrition aide for details*

Lunch & Dinner Entrées *served 11am-7pm*

Chicken | Salmon | Vegan Pasta Primavera | Pasta with Alfredo
Create Your Own Sandwich/Salad *see your tablet or ask your nutrition aide for details*
Hamburger | Cheeseburger | Grilled Chicken | Chicken Salad | Tuna Salad
Side Salads: House

Sides *served 11am-7pm*

Dinner Roll | Buttered Noodles | White Rice
Baby Carrots | Celery Sticks | Carrots | Corn | Peas | Green Beans

Soups & Broths *served 11am-7pm*

Broths: Beef | Chicken | Vegetable
Soup of the Day | Chicken Noodle
*** All soups are made here at the Medical Center. They're so good!*

Desserts *served 11am-7pm*

Angel Food Cake | Cookies | Sherbet

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