



Mindful Tip of the Week!

Enjoy the first day of Spring!

**Get moving on your break.
Walking 2 times around the
hospital campus is equal to
1 mile!**

Hours

Monday - Friday

Breakfast

6:30am-9:30am

Continental Breakfast

9:30am-11:00am

Lunch

11:30am-1:30pm

Salad & Deli Bar

1:30pm-5:00pm

Dinner

5:00pm-6:45pm

Saturday - Sunday

Continental Breakfast

8:00am-11:00am

Lunch

11:30am-1:30pm

Cafe Closes at 2:00pm

on Weekends

Managers

Food Service Manager

Peggy Hoover

847-5246

Dietitian

Kelli Meyer

847-5357

North Ottawa Community Hospital Cafe

Week of Monday March 20, 2017

Monday, March 20, First Day of Spring

Entree: Baked Spaghetti & Meatballs ☺
Cheese Enchiladas
Breadstick
Spinach
Soup: Cream of Broccoli Soup

Tuesday, March 21

Entree: Maple Glazed Roast Pork ☺
Chicken Caesar Breast
Roasted Red Potatoes
Fresh Steamed Baby Carrots
Soup: Lobster Bisque

Wednesday, March 22

Entree: Meatloaf ☺
Ham Cheddar Apple Ciabatta
Whipped Potatoes
California Blend Vegetables
Soup: Chicken & Wild Rice Soup

Thursday, March 23

Entree: Southwest Lasagna
Chicken Tortellini
Broccoli
Soup: Tomato Florentine

Friday, March 24

Open Grill

Entree: Tilapia with Lemon Butter

Saturday, March 25

Entree: Cheese Manicotti ☺
Garlic Breadstick
Spinach
Soup: Squash Bisque

Sunday, March 26

Entree: Beef Stew
Whipped Potatoes
Green Beans
Soup: Split Pea with Ham