



**Mindful Tip of the Week:**  
**Getting too much added sugar in your diet could significantly increase your risk for heart disease, obesity, high blood pressure and high cholesterol. Keep sugar intake to less than 6 teaspoons per day.**

### 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 27, 2017

### Monday, March 27

Entree: Meatballs  
Stuffed Shells with Marinara ☺  
Green Beans  
Steamed Rice  
Soup: Tuscan 7 Vegetable Soup

### Tuesday, March 28

Entree: Quesadilla  
Sloppy Joes ☺  
Rice Pilaf  
California Blend Vegetables  
Soup: Beef Noodle Soup

### Wednesday, March 29

Entree: Michigan Cherry Salad ☺  
Roast Pork ☺  
AuGratin Potatoes  
Corn  
Soup: Tomato Florentine Soup

### Thursday, March 30

Entree: Crunchy Baked Chicken  
Turkey Club Wrap  
Wild Rice  
Baby Carrots  
Soup: Italian Wedding Soup

### Friday, March 31

Entree: Fish Tacos ☺  
Chicken Wings  
French Fries  
Coleslaw  
Soup: Chicken Noodle Soup

### Saturday, April 1, April Fool's Day

Entree: Tacos  
Onion Rings  
Squash  
Soup: Tomato Herb Bisque

### Sunday, April 2

Entree: Italian Chicken Cutlets  
Whipped Potatoes  
Corn  
Soup: Lobster Bisque