



Spring Break Time!

**Enjoy the over 25  
Ottawa County Parks  
The benefits of exercise goes  
beyond promoting weight  
loss. It strengthens your  
immune system, gives you  
energy and improves your  
sleep.**

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 April 3, 2017

## Monday, April 3

Entree: Jerk Chicken Breast ☺  
Veggie Penne Bake ☺  
Steamed Rice

Soup: Peas  
Chicken & Dumpling Soup

## Tuesday, April 4

Entree: Chicken Lasagna  
Au gratin Potatoes with Diced Ham  
Red Beans and Rice  
Mixed Vegetables

Soup: Chicken Gumbo

## Wednesday, April 5

Entree: Stuffed Peppers ☺  
Tortilla Encrusted Tilapia  
Harvest Vegetable Rice  
Broccoli & Carrot Medley

Soup: Black Bean Turkey Chili

## Thursday, April 6

Entree: Crispy BBQ Chicken Salad  
Roast Turkey ☺  
Whipped Potatoes  
Green Beans

Soup: Minestrone Soup

## Friday, April 7, Tigers Opening Day

Entree: Gyro  
Hot Dog Bar  
French Fries  
Corn

Soup: Chili

## Saturday, April 8

Entree: Chicken Wings  
French Fries  
California Blend

Soup: Chicken Noodle Soup

## Sunday, April 9, Palm Sunday

Entree: Roast Turkey ☺  
Whipped Potatoes  
Mixed Vegetables

Soup: Cheese Soup