



Mindful Tip of the Week:

If you eat cereal, check out the sugar content. Aim for 4 grams or less per serving!

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 September 25, 2017

Monday, September 25

Entree: Garlic Chicken, Cheese Ravioli with Vodka Sauce, Steamed Rice/ Egg Roll, Peas
Soup: Cream of Broccoli

Tuesday, September 26

Entree: Almond Dijon Baked Tilapia, Roasted Butternut Squash Salad, Rice Pilaf, Mixed Vegetables
Soup: Greek Lemon Chicken Soup

Wednesday, September 27

Entree: Turkey Wrap, Basil Caesar Chicken, Breadstick, Broccoli & Carrot Medley
Soup: Tomato Soup

Thursday, September 28

Entree: Chicken Cavatappi, Roast Turkey, Whipped Potatoes, Green Beans
Soup: Minestrone Soup

Friday, September 29

Entree: Baked Potato Bar, Chicken Tenders, French Fries
Soup: Veggie Chili

Saturday, September 30

Entree: Chicken Wings, French Fries, California Blend
Soup: Chicken Noodle Soup

Sunday, October 1

Entree: Meatloaf, Whipped Potatoes, Corn
Soup: Vegetable Beef Soup