



## Mindful Tip of the Week:

**Fun Fact: Honey has an indefinite shelf-life. You can keep it for years. Try and store it in a dark cool place and tightly capped. If it does crystalize, simply place the honey jar in warm water and stir until it dissolves.**

### 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 August 28, 2017

### Monday, August 28

Entree: Grilled Cheese  
Cod Crumb Fillet  
Tater Tots  
Broccoli & Cauliflower  
Soup: Tomato Soup

### Tuesday, August 29

Entree: Asian Chicken Noodle Salad  
Roast Turkey 🍷  
Smashed Potatoes  
Green Beans  
Soup: Unstuffed Pepper Soup

### Wednesday, August 30

Entree: Cranberry Turkey Croissant  
Farmers Pot Roast  
Corn  
Whipped Potatoes  
Soup: Broccoli Cheese Soup

### Thursday, August 31, RD in the Cafe

Entree: Chicken Cordon Bleu  
Buffalo Chicken Breast 🍷  
Wild Rice  
Peas  
Soup: Chicken Noodle Soup

### Friday, September 1

Entree: Taco Bar

### Saturday, September 2

Entree: Rainbow Trout Fillet 🍷  
New Potatoes  
Green Beans  
Soup: Cream of Broccoli Soup

### Sunday, September 3

Entree: Brats  
Scalloped Potatoes  
Peas  
Soup: Taco Soup

