



Mindful Tip of the Week:
Over 77% of the salt you consume comes from eating out & processed foods. Aim for less than 1500mg 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 October 2, 2017

Monday, October 2

Entree: Grilled Cheese
Steamed Tilapia ☺
Tater Tots
Broccoli & Cauliflower
Soup: Tomato Soup

Tuesday, October 3

Entree: Chicken Caesar Salad
Roast Turkey ☺
Smashed Potatoes
Green Beans
Soup: Unstuffed Pepper Soup

Wednesday, October 4

Entree: Chicken Lasagna
Farmers Pot Roast
Corn
Whipped Potatoes
Soup: Broccoli Cheese Soup

Thursday, October 5

Entree: Chicken Cordon Bleu
BBQ Chicken Breast ☺
Wild Rice
Peas
Soup: Chicken Noodle Soup

Friday, October 6

Entree: Taco Bar
Soup: New England Clam Chowder

Saturday, October 8

Entree: Pork Chop
New Potatoes
Green Beans
Soup: Cream of Broccoli Soup

Sunday, October 9

Entree: Brats
Scalloped Potatoes
Peas
Soup: Cream of Potato Soup

