



## North Ottawa Community Hospital Cafe

Week of Monday April 17, 2017

**Mindful Tip of the Week:**  
**Consider portions at meal time. A cup of pasta is about the size of a fist, a 3 ounce serving of meat is about the size of a deck of cards and a domino is about the size of 1 ounce of cheese.**

### 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

### Monday, April 17

Entree: Chicken Salad Croissant  
Manicotti with Marinara ☺  
Whipped Potatoes  
Green Beans  
Soup: French Onion Soup

### Tuesday, April 18

Entree: Nacho Bar  
Chicken BLT Salad  
Spanish Rice  
Cauliflower  
Soup: Beef Noodle Soup

### Wednesday April 19

Entree: Chicken Cavatappi  
Pork BBQ Sandwich ☺  
Rosemary Redskins  
Broccoli Florets  
Soup: Broccoli Cheese Soup

### Thursday, April 20

Entree: Jamaican Chicken Tenders  
Chili Cheese Fries  
Pineapple Rice  
Lima Beans  
Soup: Chicken Rice Soup

### Friday, April 21

Open Grill

Soup: Cream of Potato Soup

### Saturday, April 22

Entree: Chicken Pot Pie  
Carrots  
French Fries  
Soup: Canadian Cheese Soup

### Sunday, April 23

Entree: Herb Roasted Chicken ☺  
Green Beans  
Scalloped Potatoes  
Soup: Loaded Baked Potato Soup