



Mindful Tip of the Week:

Increase your intake of plant-based proteins. These include: chia seeds, flax seeds, almonds, edamame, black beans, walnuts, quinoa, lentils and oat bran.

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 May 1, 2017

Monday, May 1, May Day

Entree: Meatballs
Stuffed Shells with Marinara ☺
Green Beans
Steamed Rice
Soup: Vegetable Soup

Tuesday, May 2

Entree: Michigan Cherry Salad ☺
Sloppy Joes ☺
Rice Pilaf
California Blend Vegetables
Soup: Beef Noodle Soup

Wednesday, May 3

Entree: Quesadilla
Roast Pork ☺
AuGratin Potatoes
Corn
Soup: Tomato Florentine Soup

Thursday, May 4

Entree: Crunchy Baked Chicken
Turkey Club Wrap
Wild Rice
Baby Carrots
Soup: Italian Wedding Soup

Friday, May 5, Cinco de Mayo

Entree: Fish Tacos ☺
Tamales
Spanish Rice/Refried Beans
Grilled Mexican Vegetables
Soup: Grilled Chicken & Hominy Soup

Saturday, May 6, Kentucky Derby

Entree: Taco Bar
Onion Rings
Squash
Soup: Tomato Herb Bisque

Sunday, May 7

Entree: Italian Chicken Cutlets
Whipped Potatoes
Corn
Soup: Lobster Bisque