



Mindful Tip of the Week:

Create healthy habits not unhealthy restrictions!

Thank a Volunteer Today!

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 15, 2017

Monday, May 15

Entree: Grilled Cheese
Vegetable Lasagna
Tater Tots
Broccoli & Cauliflower
Soup: Tomato Soup

Tuesday, May 16

Entree: Antipasto Salad
BBQ Chicken Quarters ☺
Cafe Roasted Potatoes
Carrots
Soup: Unstuffed Pepper Soup

Wednesday, May 17, Volunteers Luncheon

Entree: Caribbean Crab Salad Wrap ☺
Farmers Pot Roast
Corn
Whipped Potatoes
Soup: Chicken and Dumpling Soup

Thursday, May 18

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

Friday, May 19

Entree: Taco Bar
Spicy Crispy Chicken Stir Fry
Steamed Rice
Mixed Vegetables
Soup: Pasta Fagioli

Saturday, May 20, Armed Forces Day

Entree: Buttered Cod ☺
New Potatoes
Green Beans
Soup: Cream of Broccoli Soup

Sunday, May 21

Entree: Brats
Scalloped Potatoes
Peas
Soup: Taco Soup