



# North Ottawa Community Hospital Cafe

Week of Monday January 29, 2018

## Mindful Tip of the Week:

*Don't skip meals. Being overly hungry leads to making unhealthy food choices.*

### 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, January 29

Entree: Chickpea & Farro Stew ☺  
Scalloped Potatoes & Diced Ham  
Green Bean  
Soup: Potato AuGratin Soup

## Tuesday, January 30

Entree: Ranch Chicken Salad  
Stuffed Cabbage Roll ☺  
Harvest Vegetable Rice  
Green Peas  
Soup: Cheese Soup

## Wednesday, January 31

Entree: Oven Fried Chicken Breast  
Pork BBQ Sandwich ☺  
Red Skin Potatoes  
California Blend Vegetables  
Soup: Homemade Chicken & Wild Rice Soup

## Thursday, February 1

Entree: Meatloaf  
Stuffed Turkey Breast  
Whipped Potatoes  
Green Beans  
Soup: Cream of Broccoli

## Friday, February 2, Groundhog Day

Entree: Vegetable Lasagna  
Southwest Lasagna  
Breadstick  
Broccoli  
Soup: Turkey Vegetable Soup

## Saturday, February 3

Entree: Cheese Manicotti ☺  
Garlic Breadstick  
Spinach  
Soup: Squash Bisque

## Sunday, February, Super Bowl Sunday

Entree: Chicken Tenders & Wings  
French Fries  
Guacamole Cups  
Soup: Broccoli Cheese Soup