



# North Ottawa Community Hospital Cafe

Week of Monday February 5, 2018

## Mindful Tip of the Week:

February is National Heart  
Healthy Month!  
Take the pledge! Eat less: salt,  
high fat, high sugar foods. Eat  
more: fiber, fish, fruits,  
vegetables, and whole grains.

### 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, February 5

Entree: Turkey Reuben  
Stuffed Shells with Marinara ☺  
Breadstick  
Peas  
Soup: Chicken & Dumpling Soup

## Tuesday, February 6

Entree: Chicken Caesar Salad  
Greek Chicken Potatoes & Spinach Dip ☺  
Rice Pilaf  
California Blend Vegetables  
Soup: Beef Noodle Soup

## Wednesday, February 7

Entree: Gyro ☺  
Parmesean Tilapia ☺  
Wild Rice Pilaf  
Green Beans  
Soup: Italian Wedding Soup

## Thursday, February 8

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

## Friday, February 9

Entree: Meatballs  
Dijon Turkey Burger ☺  
Whipped Potatoes  
Carrots  
Soup: Squash Bisque

## Saturday, February 10

Entree: Taco Bar  
Onion Rings  
California Blend Vegetables  
Soup: Cream of Broccoli Soup

## Sunday, February 11

Entree: Italian Chicken Cutlets ☺  
Whipped Potatoes  
Broccoli  
Soup: Taco Soup