



Mindful Tip of the Week:
A sedentary lifestyle is a top risk factor for heart disease. Make exercise like a brisk walk, a priority every day!

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 February 19, 2018

Monday, February 19, Presidents' Day

Entree: Grilled Cheese
Baked Tilapia ☺
Tater Tots
Broccoli & Cauliflower
Soup: Tomato Soup

Tuesday, February 20

Entree: Caprese Chicken Salad ☺
Pork Chop
Scalloped Potatoes
Green Beans
Soup: Unstuffed Pepper Soup

Wednesday, February 21

Entree: Caesar Chicken Breast ☺
Farmers Pot Roast
Corn
Whipped Potatoes
Soup: Broccoli Cheese Soup

Thursday, February 22

Entree: Chicken Cordon Bleu
Lemon Fettuccini ☺
Wild Rice
Peas
Soup: Chicken Noodle Soup

Friday, February 23

Entree: Taco Bar
Soup: New England Clam Chowder

Saturday, February 24

Entree: Pork Chop
Roasted Red Potatoes
Green Beans
Soup: Cream of Broccoli Soup

Sunday, February 25

Entree: Taco Bar
Spanish Rice
Corn
Soup: Cream of Potato Soup

