



# North Ottawa Community Hospital Cafe

Week of Monday January 15, 2018

**Mindful Tip of the Week:**  
Avoid Fad Diets. While they seem attractive and promise great results, they are unsustainable and often unhealthy in the long term. Add more fruits and vegetables into your diet instead.

## 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 15

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

## Tuesday, January 16

Entree: Spinach Sld with Artichoke & Grilled Chicken ☺  
Pork Chop  
Scalloped Potatoes  
Green Beans  
Soup: Unstuffed Pepper Soup

## Wednesday, January 17

Entree: Baked Salmon ☺  
Farmers Pot Roast  
Corn  
Whipped Potatoes  
Soup: Broccoli Cheese Soup

## Thursday, January 18

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

## Friday, January 19

Entree: Taco Bar  
Soup: New England Clam Chowder

## Saturday, January 20

Entree: Pork Chop  
New Potatoes  
Green Beans  
Soup: Cream of Broccoli Soup

## Sunday, January 21

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

