



North Ottawa Community Hospital Cafe

Week of Monday April 9, 2018

Mindful Tip of the Week:

Try not to multitask while you eat. When you eat, just eat.

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, April 9

Entree: Quinoa, Poached Egg & Tomato Lime Bowl ☺
Scalloped Potatoes & Diced Ham
Green Beans
Soup: Potato AuGratin Soup

Tuesday, April 10

Entree: Ranch Chicken Salad
Italian Chicken Breast ☺
Harvest Vegetable Rice
Green Peas
Soup: Cheese Soup

Wednesday, April 11

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

Thursday, April 12

Entree: Salisbury Steak
Pork Roast ☺
Whipped Potatoes
Corn
Soup: Cream of Broccoli

Friday, April 13

Entree: Open Grill

Soup: Vegetable Beef Soup

Saturday, April 14

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

Sunday, April 15

Entree: Chicken Wings
French Fries
Mixed Vegetables
Soup: Broccoli Cheese Soup