



North Ottawa Community Hospital Cafe

Week of Monday February 26, 2018

**Mindful Tip of the Month:
March is National Nutrition
Month! The theme for the
month is: Go Further With
Food. Whether you're
starting your day off right
with a healthy breakfast or
choosing a healthy snack,
the foods you choose
everyday make a difference.**

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 26

Entree: Cheese Enchiladas ☺
Honey Mustard Roast Pork ☺
Harvest Rice Pilaf
Corn
Soup: Santa Fe Black Bean Soup

Tuesday, February 27

Entree: Nacho Bar
Turkey Club Wrap ☺
Spanish Rice
Green Beans
Soup: Beef Noodle Soup

Wednesday, February 28

Entree: Tilapia Milanese ☺
Open Face Hot Beef Sandwich
Whipped Potatoes
Broccoli
Soup: Broccoli Cheese Soup

Thursday, March 1

Entree: Crunchy Baked Chicken
French Dip
Whipped Potatoes
Mixed Vegetables
Soup: Chicken Rice Soup

Friday, March 2

Entree: Chicken Pot Pie
Beer Battered Fish
French Fries
Coleslaw
Soup: Potato AuGratin Soup

Saturday, March 3

Entree: Chicken Tenders
Carrots
French Fries
Soup: Canadian Cheese Soup

Sunday, March 4

Entree: Chicken Cordon Bleu
Whipped Potatoes
Golden Corn
Soup: Red Carpet Chili