



North Ottawa Community Hospital Cafe

Week of Monday March 19, 2018

Mindfu Tip of the Week!

Watch out for added sodium in foods. Processed foods are a major contributor to sodium in our diets.

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, March 19

Entree: Sloppy Joe ☺
Stuffed Artichoke Wrap ☺
Peas & Carrots
Soup: Cream of Broccoli

Tuesday, March 20

Entree: Garlic Cilantro Chicken ☺
Brats & Kraut
Steamed Rice
California Blend Vegetables
Soup: Chicken Gumbo

Wednesday, March 21, RD in the Cafe

Entree: Pierogies
Braised Pork Tacos ☺
Black Beans
Coleslaw
Soup: Chicken Dumpling Soup

Thursday, March 22

Entree: Chicken Tortellini
Buffalo Chicken Breast ☺
Whipped Potatoes
Green Beans
Soup: Minestrone Soup

Friday, March 23

Entree: Garlic Chicken
Tortilla Encrusted Tilapia
Steamed Rice
Corn

Soup: Potato AuGratin Soup

Saturday, March 24

Entree: Chicken Tenders
French Fries
California Blend
Soup: Chicken Noodle Soup

Sunday, March 25, Palm Sunday

Entree: Meatloaf
Whipped Potatoes
Corn
Soup: Vegetable Beef Soup