Café Menu
Week of April 20, 2020

MONDAY, April 20
Chicken “Pot” Pie
Baked Cheese Manicotti V
Tater Tots
Peas V
Soup: Vegetable Beef Soup

TUESDAY, April 21
Roast Beef
Ranch Chicken Salad
Red Potatoes
Carrots V
Soup: Tomato Florentine Soup

WEDNESDAY, April 22, Earth Day
550 Mexi Bowl 🍜
Soup: Italian Wedding Soup

THURSDAY, April 23
RD in the Cafe
550 Mexi Bowl 🍜
Soup: Beef Noodle Soup

FRIDAY, April 24
Dog Bar
Soup: New England Clam Chowder

Café Hours
Monday-Friday
Breakfast: 6:30-9:30 AM
Continental Breakfast: 9:30-11:00 am
Lunch: 11:30 AM-1:30 PM
Salad Bar 1:30-5:00 pm
Dinner (Monday-Thursday): 5:00-6:45 PM
Café closes Friday at 3:00 PM

MINDFUL TIP OF THE WEEK:
Eat enough calories: when you cut way back on your calories, your body thinks it starving & conserves energy, slowing your metabolism & burns fewer calories than you would normally.

Managers:
Food Service: Peggy Hoover, 616.847.5246
Dietitian: Kelli Meyer, 616.847.5357

NOTE: If you have food allergy concerns, please ask your server.

North Ottawa Community Health System