Café Menu
Week of April 27, 2020

MONDAY, April 27
- Grilled Cheese
- Crunchy Baked Chicken
- Wild Rice
- Mixed Vegetables
- **Soup: Tomato Soup**

TUESDAY, April 28
- Garlic Chicken
- Chef Salad
- Steamed Rice
- Egg Roll
- **Soup: Chicken Tortilla Soup**

WEDNESDAY, April 29
- Baked Fish
- Spaghetti
- Breadstick
- Broccoli
- **Soup: Minestrone Soup**

THURSDAY, April 30
- Chicken Tortellini
- Onion Rings
- Green Beans
- **Soup: Broccoli Cheese Soup**

FRIDAY, May 1
- Burger Bar
- French Fries
- **Soup: Chicken & Dumpling Soup**

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:
- Build muscle: Muscle blasts fat.
  Strength training increases muscle mass, increasing your metabolism. Muscle is more metabolically active than fat, therefore burns more calories

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.

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North Ottawa Community Health System