

Café Menu

Week of July 11, 2022

MONDAY, July 11

Honey Mustard Roast Pork 🍏
Spinach & Quinoa Salad 🍏

Broccoli

Spanish Rice

Soup: Golden Broccoli Soup

TUESDAY, July 12

Pizzetta Meal

Jerk Chicken Pizzetta

Hawaiian BBQ Chicken Pizzetta

Featured Dessert Pizzetta

Soup: Chicken & Wild Rice Soup

WEDNESDAY, July 13, Natl French Fry Day

Cobb Salad

Coast Guard Fries

California Blend Vegetables

Soup: Minestrone Soup

THURSDAY, July 14, Natl Mac & Cheese Day

Baja Avocado Bacon Wrap

Sloppy Joe 🍏

Mac & Cheese

Mixed Vegetables

Soup: Vegetable Beef Soup

FRIDAY, July 15

Chicken Tenders

French Fries

Soup: Cheese 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

Grab & Go 1:30-4:30 pm

Dinner (Monday-Thursday): 4:30-6:30 PM

Café closes Friday at 3:00 PM

MINDFUL TIP OF THE WEEK:

Corn is a whole grain that is rich in Vitamin C and Magnesium & is low in fat.

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