



Mindful Tip of the Week:

Squash is fall superfood. Because of its thick skin, it can be stored for months. It's high in omega-3 fatty acids and an excellent source of vitamin A.

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

North Ottawa Community Hospital Cafe

Week of Monday October 9, 2017

Monday, October 9, Columbus Day

Entree: Coconut Shrimp ☺
Baked Corn Quiche
Red Beans & Rice
Spinach
Soup: Santa Fe Black Bean Soup

Tuesday, October 10

Entree: Nacho Bar
Chicken Kabobs ☺
Spanish Rice
Green Beans
Soup: Beef Noodle Soup

Wednesday, October 11

Entree: Baked Tilapia ☺
Caribbean Jerk Chicken Sandwich ☺
Rice Pilaf
Broccoli Florets
Soup: Broccoli Cheese Soup

Thursday, October 12

Entree: Crunchy Baked Chicken
Baked Tortellini with Alfredo Sauce
Mixed Vegetables
Soup: Chicken Rice Soup

Friday, October 13

Open Grill

Saturday, October 14

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

Sunday, October 15

Entree: Lasagna
Green Beans
Soup: Unstuffed Pepper Soup