



Mindful Tip of the Week:

**Are you hydrated?  
Lack of water is the  
#1 trigger of  
daytime fatigue.**

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 September 18, 2017

**Monday, September 18, National Cheeseburger Day**

Entree: Cheeseburger Bar

No Fries, Chips

Soup: Vegetable Soup

**Tuesday, September 19**

Entree: Poached Pear Salad with Balsamic Chicken ☺

Sloppy Joes ☺

Rice Pilaf

California Blend Vegetables

Soup: Beef Noodle Soup

**Wednesday, September 20, Oktoberfest pt. 2**

Entree: Beer Braised Sausage with Sauerkraut

Angus Reuben Sandwich

Pretzel Breadstick

Green Beans with Bacon & Herbs

Soup: Smoked Ham, Cabbage & Potato Soup

**Thursday, September 21**

Entree: Quesadilla

Roast Pork ☺

AuGratin Potatoes

Corn

Soup: Tomato Florentine Soup

**Friday, September 22, Fall Begins**

Entree: 4 Piece Fried Chicken

Dijon Turkey Burger ☺

Mashed Potatoes

Acorn Squash

Soup: Squash Bisque

**Saturday, September 23**

Entree: Taco Bar

Onion Rings

California Blend Vegetables

Soup: Cream of Broccoli Soup

**Sunday, September 24**

Entree: Italian Chicken Cutlets ☺

Whipped Potatoes

Corn

Soup: Taco Soup