



Mindful Tip of the ^{sopexio}Week:

Stay Healthy!
The single best way
to prevent the flu is
to get a flu vaccine.
Get one today!

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 23, 2017

Monday, October 23

Entree: Chicken Fried Rice
Garlic Chicken
Egg Roll
Peas
Soup: Chicken & Dumpling Soup

Tuesday, October 24

Entree: Asian Noodle Salad ☺
Pierogies
Rice Pilaf
California Blend Vegetables
Soup: Beef Noodle Soup

Wednesday, October 25

Entree: Caesar Chicken Breast
Parmesean Tilapia ☺
Wild Rice Pilaf
Green Beans
Soup: Italian Wedding Soup

Thursday, October 26

Entree: Quesadilla
Roast Pork ☺
AuGratin Potatoes
Corn
Soup: Tomato Florentine Soup

Friday, October 27

Entree: Chili Mac
Dijon Turkey Burger ☺
Mashed Potatoes
Acorn Squash
Soup: Squash Bisque

Saturday, October 28

Entree: Taco Bar
Onion Rings
California Blend Vegetables
Soup: Cream of Broccoli Soup

Sunday, October 29

Entree: Italian Chicken Cutlets ☺
Whipped Potatoes
Corn
Soup: Taco Soup