



Mindful Tip of the Week:
Enjoy the cool crisp autumn air! Spending time outdoors increases your vitamin D levels, makes you happier and improves your concentration.

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 November 6, 2017

Monday, November 6

Entree: Grilled Cheese
Steamed Tilapia ☺
Tater Tots
Broccoli & Cauliflower
Soup: Tomato Soup

Tuesday, November 7, Election Day

Entree: Chicken Caesar Salad
Pork Chop
Scalloped Potatoes
Green Beans
Soup: Unstuffed Pepper Soup

Wednesday, November 8

Entree: Baked Salmon ☺
Farmers Pot Roast
Corn
Whipped Potatoes
Soup: Broccoli Cheese Soup

Thursday, November 9

Entree: Chicken Cordon Bleu
BBQ Chicken Breast ☺
Wild Rice
Peas
Soup: Chicken Noodle Soup

Friday, November 10

Entree: Taco Bar
Soup: New England Clam Chowder

Saturday, November 11, Veterans' Day

Entree: Pork Chop
New Potatoes
Green Beans
Soup: Cream of Broccoli Soup

Sunday, November 12, National Pizza Day

Entree: Pizza Made to Order
Breadstick with Sauce
Soup: Cream of Potato Soup

