



**Winter Wellness Tip:
Stay Social. The winter
months can cause people
to be more isolated. Make
a date with friends or
family members at least
once a week to keep spirits
high.**

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

10:00am-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 February 11, 2019

Monday, February 11

Entree: Cheese Manicotti ☺
French Dip
Harvest Rice Pilaf
Corn
Soup: Chicken & Dumpling Soup

Tuesday, February 12

Spuds Bowl

Soup: Beef Noodle Soup

Wednesday, February 13

Spuds Bowl

Soup: Turkey Rice Soup

Thursday, February 14, Happy Valentine's Day!

Entree: Chicken Caesar Salad
Shrimp Cocktail
Wild Rice
Dessert
Soup: Chicken Noodle Soup

Friday, February 15

Entree: Open Grill

Soup:

Saturday, February 16

Entree: Lemon Pepper Chicken ☺
Wild Rice
Carrots
Soup: Canadian Cheese Soup

Sunday, February 17

Entree: Meatloaf
Whipped Potatoes
Corn
Soup: Chili