



## North Ottawa Community Hospital Cafe

Week of Monday February 18, 2019

### Monday, February 18, President's Day

Entree: Government Cheese Sandwich ☺  
Crunchy Baked Chicken  
Russian Style Potatoes  
French Style Green Beans  
Soup: Tomato Florentine Soup

### Tuesday, February 19

Taqueria Tacos  
Soup: Cheese Soup

### Wednesday, February 20

Taqueria Tacos  
Soup: Split Pea Soup

### Thursday, February 21

Entree: Chicken Tortellini  
Honey Mustard Pork Roast ☺  
Wild Rice  
Spinach  
Soup: Cream of Broccoli

### Friday, February 22

Entree: Meatballs  
Funky Veggie Burger Bar  
Sweet Potato Fries  
Corn  
Soup: Vegetable Beef Soup

### Saturday, February 23

Entree: Cheese Manicotti ☺  
Garlic Breadstick  
Peas & Carrots  
Soup: Squash Bisque

### Sunday, February 24

Entree: Chicken Wings  
French Fries  
Mixed Vegetables  
Soup: Broccoli Cheese Soup

**Winter Wellness Tip:**  
**Take time for extra sleep.**  
**With the shorter, colder days**  
**and longer nights, our**  
**bodies naturally need more**  
**sleep. A sleep deprived body**  
**is susceptible to illness.**

#### 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