



Winter Wellness Tip:

Eat Protein with each meal. Protein can help keep blood sugar levels stable and decrease sugar cravings.

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 25, 2019

Monday, February 25

Entree: Chicken Pot Pie ☺
Cheese Enchiladas
Chipotle Pinto Beans
Peas
Soup: Chicken & Wild Rice Soup

Tuesday, February 26

Marinara Pasta Bowl
Soup: Beef Noodle Soup

Wednesday, February 27

Marinara Pasta Bowl
Soup: Italian Wedding Soup

Thursday, February 28

Entree: Gyro
Roast Turkey Breast ☺
Whipped Potatoes
Corn
Soup: Chicken and Dumpling

Friday, March 1

Entree: Pork BBQ Sandwich
Beer Battered Fish
French Fries
Coleslaw
Soup: Squash Bisque

Saturday, March 2

Entree: Chicken Tenders
French Fries
Cole Slaw
Soup: Soup Du Jour

Sunday, March 3

Entree: Roast Pork ☺
Red Skin Potatoes
Broccoli
Soup: Canadian Cheese Soup