



**Winter Wellness Tip:
Get out and exercise.
Bundle up and take a
walk. Even a 15 minute
walk can increase your
mood and energy levels.**

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 March 4, 2019

Monday, March 4

Entree: Garlic Chicken
Baked Macaroni & Cheese
Steamed Rice
Vegetable Egg Roll
Soup: Chicken Tortilla Soup

Tuesday, March 5, Mardi Gras

Entree: Hand Crafted Sandwiches
Jambalaya
Red Beans & Rice
Green Beans
Soup: Gumbo

Wednesday, March 6, Ash Wednesday

Entree: Hand Crafted Sandwiches
Baked Salmon
Peas & Carrots
Soup: Chicken Noodle Soup

Thursday, March 7, RD in the Cafe

Entree: Meatloaf
Chicken Cordon Bleu
Whipped Potatoes
Broccoli
Soup: Cheese Soup

Friday, March 8

Entree: Lasagna
French Fries
Corn
Soup: New England Clam Chowder

Saturday, March 9

Entree: Ham & Scalloped Potatoes
Mixed Vegetables
Soup: Italian Wedding Soup

Sunday, March 10, Daylight Savings Time Begins

Entree: BBQ Meatballs
Steamed Rice
Peas
Soup: Chili