



**Winter Wellness Tip:**  
**Focus on fruits and vegetables. While your garden may be covered in snow, it's more important than ever during the winter to eat a variety of fruits and vegetables.**

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 11, 2019

Monday, March 11

Entree: Sloppy Joe ☺  
Grilled Cheese  
Tater Tots  
Broccoli

Soup: Tomato Soup

Tuesday, March 12

550 Fit Mexican Bowl

Soup: Chicken & Wild Rice Soup

Wednesday, March 13

550 Fit Mexican Bowl

Soup: Broccoli Cheese Soup

Thursday, March 14

Entree: Quesadilla  
Caesar Chicken Breast  
Wild Rice  
Peas

Soup: Chicken Noodle Soup

Friday, March 15

Entree: Turkey Reuben  
Baked Cod  
Rice Pilaf  
California Blend Vegetables

Soup:

Saturday, March 16

Entree: Garlic Chicken  
Steamed Rice  
Green Beans

Soup: Soup Du Jour

Sunday, March 17, Happy St Patrick's Day

Entree: Irish Stew  
Roasted Red Potatoes  
Mixed Vegetables

Soup: Potato Soup