



North Ottawa Community Hospital Cafe

Week of Monday January 22, 2018

Monday, January 22

**Mindful Tip of the Week:
Protein is important but
make sure it's coming
from healthy sources.**

**Low fat dairy, lean
poultry, legumes, beans,
lentils, and nuts are good
choices.**

Entree: Wh. Wheat Penne with Squash Sauce ☺
Honey Mustard Roast Pork ☺
Harvest Rice Pilaf
Broccoli Rabe
Soup: Santa Fe Black Bean Soup

Tuesday, January 23

Entree: Nacho Bar
Turkey Club Wrap ☺
Spanish Rice
Green Beans
Soup: Beef Noodle Soup

Wednesday, January 24

Entree: Baked Tilapia ☺
Open Face Hot Turkey Sandwich
Whipped Potatoes
Broccoli
Soup: Broccoli Cheese Soup

Thursday, January 25, Winterfest Begins

Entree: Crunchy Baked Chicken
French Dip
Whipped Potatoes
Mixed Vegetables
Soup: Chicken Rice Soup

Friday, January 26

Entree: Chicken Pot Pie
Smokehouse Pork
California Blend Vegetables
Sweet Potato, Kale & Carrot Mash
Soup: Potato AuGratin Soup

Saturday, January 27

Entree: Chicken Tenders
Carrots
French Fries
Soup: Canadian Cheese Soup

Sunday, January 28

Entree: Lasagna
Green Beans
Soup: Unstuffed Pepper Soup

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

8:00am-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