



Healthy Holiday Tip of the Week!

Take 10 before taking seconds. Take a 10 minute break and recheck your appetite. Chances are you will be full or eat way less if you wait.

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 December 17, 2018

Monday, December 17

Entree: Stuffed Shells with Marinara ☺
Tacos
Spanish Rice
Peas
Soup: Chicken & Wild Rice Soup

Tuesday, December 18

Entree: Quesadilla
Herb & Mustard Pork Roast ☺
Rice Pilaf
California Blend Vegetables
Soup: Beef Noodle Soup

Wednesday, December 19

Entree: Chicken Pot Pie
Parmesean Tilapia ☺
Wild Rice Pilaf
Green Beans
Soup: Italian Wedding Soup

Thursday, December 20

Entree: Pot Roast
Roasted Chicken Quarter ☺
Whipped Potatoes
Corn
Soup: Chicken & Dumpling Soup

Friday, December 21

Open Grill

Saturday, December 22

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

Sunday, December 23

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