



Healthy Holiday Tip of the Week!

Don't shop hungry. You will save calories and money!

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 31, 2018

Monday, December 31, New Years Eve

Entree: Sloppy Joe ☺
Tater Tots
Broccoli
Soup: Tomato Soup

Tuesday, January 1, Happy New Year!

Entree: Baked Cod ☺
Harvest Vegetable Rice
Green Beans
Soup: Cheeseburger Soup

Wednesday, January 2

Entree: Pork BBQ Sandwich ☺
Sweet Potato Fries
Corn
Soup: Broccoli Cheese Soup

Thursday, January 3

Entree: Chicken Cordon Bleu
Wild Rice
Peas
Soup: Chicken Noodle Soup

Friday, January 4

Entree: Hot Dog Bar

Soup: Chili

Saturday, January 5

Entree: Chicken Tenders
Rice Pilaf
Green Beans
Soup: Soup Du Jour

Sunday, January 6

Entree: Pork Chop
Roasted Red Potatoes
Mixed Vegetables
Soup: Soup Du Jour