



# North Ottawa Community Hospital Cafe

Week of Monday January 8, 2018

## Mindful Tip of the Week:

**When making a resolution, make sure to consider how life might get in the way. Planning to be flexible is crucial to sustaining your new habits and goals.**

### 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

## Monday, January 8

Entree: Sloppy Joe ☺  
Roasted Vegetable Hummus Sandwich  
Peas & Carrots  
Soup: Cream of Broccoli

## Tuesday, January 9

Entree: Almond Dijon Baked Tilapia ☺  
Harvest Chicken Salad Wrap ☺  
Spanish Rice  
Mixed Vegetables  
Soup: Greek Lemon Chicken Soup

## Wednesday, January 10

Entree: Turkey Wrap ☺  
Chicken Fajitas  
Spanish Rice  
California Blend Vegetables  
Soup: Chicken Tortilla Soup

## Thursday, January 11

Entree: Lasagna  
Buffalo Chicken ☺  
Whipped Potatoes  
Green Beans  
Soup: Minestrone Soup

## Friday, January 12

Entree: Baked Pasta Carbonara  
Basil & Chive Chicken Breast  
Wild Rice  
Broccoli

Soup: Tomato Florentine Soup

## Saturday, January 13

Entree: Chicken Wings  
French Fries  
California Blend  
Soup: Chicken Noodle Soup

## Sunday, January 14

Entree: Meatloaf  
Whipped Potatoes  
Corn  
Soup: Vegetable Beef Soup