Café Menu
Week of March 9, 2020

MONDAY, March 9
Tortilla Encrusted Tilapia
Honey Mustard Pork Roast
Rice Pilaf
Corn
Soup: Tomato Florentine Soup

TUESDAY, March 10
Marinara
Soup: Vegetable Beef Soup

WEDNESDAY, March 11
Marinara
Soup: Pasta Fagioli Soup

THURSDAY, March 12
Chicken Caesar Breast
Meatloaf
Whipped Potatoes
Broccoli
Soup: Beef Noodle Soup

FRIDAY, March 13
Chicken Tenders
Veggie Burger
French Fries
Soup: Chicken Noodle Soup

Café Hours
Monday-Friday
Breakfast: 6:30-9:30 AM
Continental Breakfast: 9:30-11:00 am
Lunch: 11:30 AM-1:30 PM
Salad Bar: 1:30-5:00 pm
Dinner (Monday-Thursday): 5:00-6:45 PM
Café closes Friday at 3:00 PM

MINDFUL TIP OF THE WEEK:

Remember that HEALTH is much more than your weight or the number on the scale.

Managers:
Food Service: Peggy Hoover, 616.847.5246
Dietitian: Kelli Meyer, 616.847.5357

NOTE: If you have food allergy concerns, please ask your server.

North Ottawa Community Health System