Café Menu
Week of March 23, 2020

MONDAY, March 23
Grilled Cheese
Crunchy Baked Chicken
Wild Rice
Mixed Vegetables
Soup: Tomato Soup

TUESDAY, March 24
Bowlful

Soup: Chicken Tortilla Soup

WEDNESDAY, March 25
Bowlful

Soup: Minestrone Soup

THURSDAY, March 26
French Dip
Chicken Tenders
French Fries
Green Beans
Soup: Broccoli Cheese Soup

FRIDAY, March 27
Sloppy Joe
Fish Tacos
Cilantro Lime Rice
Soup: Chicken & Dumpling 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:
Low Fat doesn’t mean healthy. Foods that are naturally low in fat, like fruits and vegetables are great, but processed foods labeled “Low Fat” are usually loaded with unhealthy ingredients.

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