



Mindful Tip of the Week!
Prebiotics and probiotics are hot topics. Both are great for gut health. You can get these by eating fermented dairy foods such as yogurt, kefir, and aged cheeses.

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

North Ottawa Community Hospital Cafe

Week of Monday April 23, 2018

Monday, April 23

Entree: Sloppy Joe ☺
Ramen Bowl ☺
Peas & Carrots
Soup: Cream of Broccoli

Tuesday, April 24

Entree: Garlic Cilantro Chicken ☺
Spaghetti & Meat Sauce ☺
Steamed Rice
California Blend Vegetables
Soup: Black Bean Soup

Wednesday, April 25, Admin Professionals Day

Entree: Cobb Salad
Chicken Salad Croissant ☺
Broccoli
Wild Rice
Soup: Chicken Dumpling Soup

Thursday, April 26

Entree: Chicken Tortellini
Buffalo Chicken Breast ☺
Whipped Potatoes
Green Beans
Soup: Minestrone Soup

Friday, April 27, Arbor Day

Entree: Garlic Chicken
Tortilla Encrusted Tilapia
Steamed Rice
Corn

Soup: Potato AuGratin Soup

Saturday, April 28

Entree: Lasagna
California Blend
Soup: Chicken Noodle Soup

Sunday, April 29

Entree: Meatloaf
Whipped Potatoes
Corn
Soup: Vegetable Beef Soup