



Mindful Tip of the Week:
Sit Down. A study in the Journal of Health Psychology found that people eat 5x more while standing up. Sitting while you eat can boost your focus and attention.

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 30, 2018

Monday, April 30

Entree: Grilled Cheese
 Baked Tilapia
 Tater Tots
 Broccoli
 Soup: Tomato Soup

Tuesday, May 1, May Day

Entree: Country Beef Sandwich
 Pork Chop
 Scalloped Potatoes
 Green Beans
 Soup: Unstuffed Pepper Soup

Wednesday, May 2

Entree: Caesar Chicken Breast
 Farmers Pot Roast
 Corn
 Whipped Potatoes
 Soup: Broccoli Cheese Soup

Thursday, May 3

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

Friday, May 4

Entree: Open Grill

Soup:

Saturday, May 5, Cinco de Mayo

Entree: Taco Bar
 Spanish Rice
 Corn
 Soup: Chicken Tortilla Soup

Sunday, May 6

Entree: Pork Chop
 Roasted Red Potatoes
 Green Beans
 Soup: Cream of Potato Soup

