



North Ottawa Community Hospital Cafe

Week of Monday April 16, 2018

Monday, April 16

Entree: Greens & Ancient Grains Salad ☺
Stuffed Shells with Marinara ☺
Breadstick

Soup: Peas
Chicken & Dumpling Soup

Tuesday, April 17, Tax Day

Entree: Chicken Caesar Breast
Baked Pork Chop
Rice Pilaf
California Blend Vegetables

Soup: Beef Noodle Soup

Wednesday, April 18

Entree: Gyro ☺
Parmesean Tilapia ☺
Wild Rice Pilaf
Green Beans

Soup: Theresa's Wedding Soup

Thursday, April 19, RD in the Cafe

Entree: Roast Turkey Breast ☺
Roast Pork ☺
Whipped Potatoes
Corn

Soup: Tomato Florentine Soup

Friday, April 20

Entree: Meatballs
Beer Battered Fish
French Fries
Carrots

Soup: Crab Corn Chowder

Saturday, April 21

Entree: Taco Bar
Onion Rings
California Blend Vegetables

Soup: Cream of Broccoli Soup

Sunday, April 22, Earth Day

Entree: Sustainable Salmon ☺
Red Skin Potatoes
Fresh Broccoli

Soup: Taco Soup

Mindful Tip of the Week:
**The more time you spend
being physically inactive
every day, the greater
risk for health problems.
Make a goal to get up
and move every 30
minutes during your work
day.**

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