



North Ottawa Community Hospital Cafe

Week of Monday January 14, 2019

Mindful Tip of the Week:

What are your goals for 2019? Try coming up with one professional, one personal and three wellness goals to work on.

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

10:00am-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

Monday, January 14

Entree: Aphrodite Wrap ☺
Crunchy Baked Chicken
Redskin Potatoes
Green Beans
Soup: Tomato Florentine Soup

Tuesday, January 15

Entree: Turkey Quinoa Stuffed Pepper ☺
Baked Cod ☺
Harvest Vegetable Rice
Green Peas
Soup: Cheese Soup

Wednesday, January 16

Entree: Turkey Reuben
Stuffed Cabbage Roll
Scalloped Potatoes
Carrots
Soup: Split Pea Soup

Thursday, January 17

Entree: Chicken Tortellini
Honey Mustard Pork Roast ☺
Wild Rice
Spinach
Soup: Cream of Broccoli

Friday, January 18

Entree: Meatballs
Turkey Burger Bar
Sweet Potato Fries
Corn
Soup: Vegetable Beef Soup

Saturday, January 19, National Popcorn Day

Entree: Cheese Manicotti ☺
Garlic Breadstick
Peas & Carrots
Soup: Squash Bisque

Sunday, January 20

Entree: Chicken Wings
French Fries
Mixed Vegetables
Soup: Broccoli Cheese Soup