



FRESH

Mindful Tip of the Week:

Need some good pre-workout snack ideas: try 1/2c plain Greek Yogurt with blueberries , 1/2c oatmeal with 1T peanut butter or 1pc of whole grain toast and a hard boiled egg. Eat 60-90 minutes before.

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

North Ottawa Community Hospital Cafe

Week of Monday January 21, 2019

Monday, January 21, Martin Luther King Jr Day

Entree: Stuffed Shells with Marinara ☺

Tacos

Spanish Rice

Peas

Soup: Chicken & Wild Rice Soup

Tuesday, January 22

Entree: Quesadilla

Herb & Mustard Pork Roast ☺

Rice Pilaf

California Blend Vegetables

Soup: Beef Noodle Soup

Wednesday, January 23

Entree: Chicken Pot Pie

Tortilla Encrusted Tilapia ☺

Wild Rice Pilaf

Green Beans

Soup: Italian Wedding Soup

Thursday, January 24, Nat'l Peanut Butter Day

Entree: Gyro

Roasted Chicken Quarter ☺

Whipped Potatoes

Corn

Soup: Lemon Chicken & Rice Soup

Friday, January 25

Funky Veggie Burger Day

Saturday, January 26

Entree: Chicken Tenders

French Fries

Cole Slaw

Soup: Soup Du Jour

Sunday, January 27

Entree: Maple Glazed Roast Pork ☺

Red Skin Potatoes

Broccoli

Soup: Canadian Cheese Soup