



Mindful Tip of the Week:

A poor diet can act as a major stress on your immune system-this can be in the form of a high carbohydrate or high saturated fat intake.

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 28, 2019

Monday, January 28

Entree: Garlic Chicken
Baked Potato Bar ☺
Steamed Rice
Vegetable Egg Roll
Soup: Veggie Chili

Tuesday, January 29

Entree: Ham
Green Sld w/ Pears Pecans Blue Cheese & Chicken
Whipped Potatoes
Green Beans
Soup: Split Pea Soup

Wednesday, January 30, RD in the Cafe

Entree: Baked Cod ☺
Pork BBQ Sandwich
Peas & Carrots
Soup: Chicken Noodle Soup

Thursday, January 31

Entree: Meatloaf
Chicken Cordon Bleu
Whipped Potatoes
Broccoli
Soup: Cheese Soup

Friday, February 1

Entree: Lasagna
French Fries
Corn
Soup: New England Clam Chowder

Saturday, February 2, Groundhog's Day

Entree: Ham & Scalloped Potatoes
Mixed Vegetables
Soup: Italian Wedding Soup

Sunday, February 3, Super Bowl Sunday

Entree: Chicken Wings
Nachos
Fries
Soup: Chili