



North Ottawa Community Hospital Cafe

Week of Monday January 7, 2019

Monday, January 7

- Entree: Ginger Crunch Wrap ☺
French Dip
Harvest Rice Pilaf
Corn
- Soup: Chicken & Dumpling Soup

Tuesday, January 8

- Entree: Nacho Bar
Taco Bar ☺
Spanish Rice
Green Beans
- Soup: Beef Noodle Soup

Wednesday, January 9

- Entree: Lasagna
Baked Salmon ☺
Rosemary Potatoes
Carrots
- Soup: Turkey Rice Soup

Thursday, January 10

- Entree: Chicken Caesar Salad ☺
Caesar Chicken Breast
Wild Rice
Mixed Vegetables
- Soup: Chicken Noodle Soup

Friday, January 11, National Milk Day

- Entree: Open Grill

Soup:

Saturday, January 12

- Entree: Lemon Pepper Chicken ☺
Wild Rice
Carrots
- Soup: Canadian Cheese Soup

Sunday, January 13

- Entree: Meatloaf
Whipped Potatoes
Corn
- Soup: Chili

Mindful Tip of the Week:

The top immune boosting vitamins are: Vitamin A, Vitamin C, and Vitamin D. Getting these from foods is best but you can also take a supplement.

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