



# North Ottawa Community Hospital Cafe

Week of Monday March 12, 2018

Monday, March 12, Reg. Dietitian Day-Thanks Kelli!

Entree: Sweet Pea Freekah Salad ☺  
Stuffed Shells with Marinara ☺  
Breadstick  
Peas  
Soup: Chicken & Dumpling Soup

Tuesday, March 13

Entree: Chicken Caesar Salad  
Baked Pork Chop  
Rice Pilaf  
California Blend Vegetables  
Soup: Beef Noodle Soup

Wednesday, March 14, Pi Day

Entree: Gyro ☺  
Parmesean Tilapia ☺  
Wild Rice Pilaf  
Green Beans  
Soup: Italian Wedding Soup

Thursday, March 15

Entree: Quesadilla  
Roast Pork ☺  
AuGratin Potatoes  
Corn  
Soup: Tomato Florentine Soup

Friday, March 16

Entree: Meatballs  
Fish Sandwich  
French Fries  
Carrots  
Soup: Squash Bisque

Saturday, March 17, Happy St. Patricks Day

Entree: Taco Bar  
Onion Rings  
California Blend Vegetables  
Soup: Cream of Broccoli Soup

Sunday, March 18

Entree: BBQ Meatballs  
Whipped Potatoes  
Broccoli  
Soup: Taco Soup

*Mindful Tip of the Week:  
Feeling Stress? Take a deep  
breath. One is good, three is  
great, five is fabulous! Fill  
your lungs to capacity, pause,  
and then exhale.  
Repeat 5 times.*

## 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