



North Ottawa Community Hospital Cafe

Week of Monday March 5, 2018

Mindful Tip of the Week:

The FDA has banned trans-fat from our food supply but companies have through 2018 to comply. Always check the ingredient label on processed food. If the food lists partially hydrogenated oil as an ingredient, put it back on the shelf!

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

Monday, March 5

Entree: Baked Potato Bar ☺
Scalloped Potatoes & Diced Ham
Green Beans
Soup: Potato AuGratin Soup

Tuesday, March 6

Entree: Ranch Chicken Salad
Italian Chicken Breast ☺
Harvest Vegetable Rice
Green Peas
Soup: Cheese Soup

Wednesday, March 7

Entree: Oven Fried Chicken Breast
Pork BBQ Sandwich ☺
Red Skin Potatoes
California Blend Vegetables
Soup: Homemade Chicken & Wild Rice Soup

Thursday, March 8, International Womens' Day

Entree: Meatloaf
Pork Roast ☺
Whipped Potatoes
Corn
Soup: Cream of Broccoli

Friday, March 9

Entree: Open Grill
Vegetable Lasagna

Soup: Vegetable Soup

Saturday, March 10

Entree: Cheese Manicotti ☺
Garlic Breadstick
Spinach
Soup: Squash Bisque

Sunday, March 11, Daylight Savings Begins

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