



North Ottawa Community Hospital Cafe

Week of Monday March 18, 2019

Monday, March 18

Mindful Tip of the Week:

**March is
National Nutrition Month!**

**Focus on the quality of food
instead of quantity.**

Entree: Cheese Manicotti ☺
French Dip
Harvest Rice Pilaf
Corn
Soup: Chicken & Dumpling Soup

Tuesday, March 19

Spuds Bowl

Soup: Beef Noodle Soup

Wednesday, March 20, Spring Begins

Spuds Bowl

Soup: Turkey Rice Soup

Thursday, March 21

Entree: Chicken Caesar Salad
Italian Chicken Breast ☺
Wild Rice
Green Beans
Soup: Chicken Noodle Soup

Friday, March 22

Entree: Tuna Melt Sandwich

Soup:

Saturday, March 23

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

Sunday, March 24

Entree: Meatloaf
Whipped Potatoes
Peas
Soup: Chili

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