



# North Ottawa Community Hospital Cafe

Week of Monday March 25, 2019

## Mindful Tip of the Week:

**Try tracking your hunger level throughout the day.**

**This will help you recognize what foods are filling and which ones are not.**

### 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

## Monday, March 25

Entree: Vegetable Lasagna ☺  
Crunchy Baked Chicken  
Red Skin Potatoes  
French Style Green Beans

Soup: Tomato Florentine Soup

## Tuesday, March 26

Taqueria Tacos

Soup: Cheese Soup

## Wednesday, March 27

Taqueria Tacos

Soup: Split Pea Soup

## Thursday, March 28

Entree: BBQ Chicken Sandwich ☺  
Honey Mustard Pork Roast ☺  
Wild Rice  
Spinach

Soup: Cream of Broccoli

## Friday, March 29

Entree: Parmesan Crusted Tilapia ☺  
Chicken Tortellini  
Sweet Potato Fries  
Corn

Soup: Vegetable Beef Soup

## Saturday, March 30

Entree: Cheese Manicotti ☺  
Garlic Breadstick  
Peas & Carrots

Soup: Squash Bisque

## Sunday, March 31

Entree: Chicken Wings  
French Fries  
Mixed Vegetables

Soup: Broccoli Cheese Soup