



Mindful Tip of the Week:

Avoid Eating while distracted. You will miss out on the enjoyment and the ability to notice when you've had enough

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

North Ottawa Community Hospital Cafe

Week of Monday April 8, 2019

Monday, April 8

Entree: Garlic Chicken
Baked Macaroni & Cheese
Steamed Rice
Vegetable Egg Roll

Soup: Chicken Tortilla Soup

Tuesday, April 9

Entree: Hand Crafted Sandwiches

Soup: Gumbo

Wednesday, April 10

Entree: Hand Crafted Sandwiches

Soup: Chicken Noodle Soup

Thursday, April 11

Entree: Meatloaf
Chicken Cordon Bleu
Whipped Potatoes
Broccoli

Soup: Cheese Soup

Friday, April 12

Entree: Lasagna
French Fries
Corn

Soup: New England Clam Chowder

Saturday, April 13

Entree: Ham & Scalloped Potatoes
Mixed Vegetables

Soup: Italian Wedding Soup

Sunday, April 14, Palm Sunday

Entree: BBQ Meatballs
Steamed Rice
Peas

Soup: Chili