

July 8 - 12

WEEK 3

One price  
for all.

LUNCH & DINNER MENU

Monday, July 8, 2024

	Turkey Spinach & Farro Soup	\$1.75
	Tomato Blue Cheese Bisque (Gluten-Free)	\$1.75
	Beef & Rice Stuffed Pepper	\$3.50
	Roast Pork & Apple Pork Glaze - Local, grass fed and antibiotic free pork. Gluten-Free	\$4.00
	Roasted Sweet Potatoes	\$1.25
	Whipped Squash	\$1.00
	Peas	\$1.00
	Braised Red Cabbage	\$1.00
Lunch Wok Special	Miso Ginger Grilled Marinated Salmon	\$5.50
Lunch Wok Special	Miso Ginger Grilled Marinated Tofu	\$3.00

Tuesday, July 9, 2024

	Split Pea Soup (Gluten-Free)	\$1.75
	Tofu Hot and Sour Soup (Gluten-Free)	\$1.75
	Pot Roast and Gravy	\$4.00
	Macaroni & Cheese - per scoop	\$2.00
	Fresh Whipped Potatoes	\$1.25
	Side Order of Gravy	\$1.25
	Cauliflower Gobi Aloo	\$1.00
	Roasted Local Butternut Squash	\$1.00
	Fresh Spinach	\$1.00
Lunch Wok Special	Chicken and Sausage Gumbo	\$5.00
Lunch Grille Special	Pulled BBQ Chicken Sandwich with Cole Slaw	\$3.75

Wednesday, July 10, 2024

	Cheese & Potato Leek Chowder	\$1.75
	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	\$3.25
New Homemade Antibiotic-Free	Chicken Parmesan with Shells & Sauce	\$5.00
Chicken Parmesan	Chicken Parmesan & Sauce - no shells	\$4.00
	Organic Tofu Parmesan	\$3.00
	Tofu Parmesan, Shells and Sauce	\$5.00
	Fresh Local Fish of the Day	\$5.50
	Side of Pasta & Sauce - 1/2 c. pasta and 2 oz. sauce	\$2.00
	Side of Pasta Only or Sauce Only	\$1.25
	Meatball - 1 each	\$0.85
	Roasted Spaghetti Squash	\$1.00
	Roasted Vegetables	\$1.00
	Roasted Pesto Soy Mushrooms	\$1.00
Lunch Wok Special	Grilled Chicken Wings & Homemade Potato Salad	\$5.25
	Garlic Knot	\$0.75
Lunch Grille Special	Meatball Parmesan Sandwich	\$4.50

Thursday, July 11, 2024

	Black Bean & Chorizo Sausage Soup (Gluten-Free)	\$1.75
	Cream of Spinach Soup	\$1.75
	Turkey, Stuffing, Gravy and Cranberry	\$4.50
	Homemade Seafood Lasagna	\$4.00
	Teriyaki Organic Tofu	\$3.00
	Fresh Whipped Potatoes	\$1.25
	Broccoli Cuts	\$1.00
	Carrots	\$1.00
	Whole Green Beans & Almonds	\$1.00
Lunch Grille Special	Cod Fish Sandwich	\$5.50

Friday, July 12, 2024

	Corned Beef Hash (breakfast special only)	\$2.00
	Beef Mushroom Barley Soup	\$1.75
"Dock to Table" Fresh Fish	Seafood Bisque	\$1.75
	Chicken Green Chili Burrito	\$4.00
"Dock to Table" Fresh Fish	Fresh Local Cracker Crumb Cod	\$5.50
Sorry, there are likely to be last minute changes to the menu during this COVID-19 crisis.	Red Beans & Rice	\$1.25
	Hearty Grains and Mushrooms	\$1.25
	Fresh Spinach	\$1.00
	Carrots	\$1.00
	Fresh Zucchini and Onions	\$1.00
Lunch Grille Special	Vegan Tan Tan Noodles	\$2.50

Dining Room Hours

Weekdays: 6:30a-7:00p

Weekends: 7:00a-2:00p

Send comments to [Food.Nutrition.Comments@hitchcock.org](mailto:Food.Nutrition.Comments@hitchcock.org)

[Check out our web site on one.hitchcock.org](http://www.hitchcock.org)

(go to "Departments" and then click "Food and Nutrition Services.")

For our weekly posted menus,

[Visit to go.d-h.org/diningroom](http://go.d-h.org/diningroom) [[go.d-h.org](http://go.d-h.org)]

Menu is subject to change.

Week 3 - DHMC Cafe  
Nutritional Information

Recipe Name	GF Gluten Free V Vegan	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	SFA (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Sodium (mg)	Potas sium (mg)	Dietry Fiber (gm)	Sugars (gm)
<b>Monday, July 8, 2024</b>													
Sausage,Gravy,Biscuit		6 ounces	213	466	16.0	30.8	17.84+	31.9	72+	853	320	2.2+	6.1+
Soup,Turkey,Farro,Spinach		8 oz	271	79	7.0	1.9	0.44+	8.1	15+	528	256+	2.8+	0.9+
Soup,Tomato,Blue Cheese,Bisque,GF	GF	8 oz	239	174	5.2	9.7	6.02+	15.8	34+	421	324+	2.9+	7.4+
Stuffed Pepper, Beef Homemade	GF	1 each	264	331	18.0	17.6	8.32+	25.3	62+	395	523	3.4+	4.8+
Pork,Roast,Apple Glaze GF	GF	4 ounces	193	307	27.1	18.5	6.25+	6.9	86+	81	568+	0.9+	1.8+
Potato,Roasted,Sweet	GF V	1/2 cup	148	186	2.1	7.8	2.05+	27.4	0+	148	464	4.1+	5.7+
Squash,Winter,Whipped	GF V	1/2 cup	136	63	1.6	0.0		14.1	0	0	287	1.6	
Peas	GF V	1/2 cup	113	89	5.9	0.5	0.00	15.5	0	127	169	4.8	
Cabbage,Red,Braised	GF V	1/2 cup	232	114	2.9	3.4	0.85+	21.5	0+	116	495	4.3+	13.5+
Fish,Fresh Salmon Miso,w/Lemon	GF	6 ounces	179	265	33.9	12.9	1.80+	1.8	92+	277	830+	0.0+	1.5+
Tofu,Miso,Grilled	V	1 each	181	118	12.8	5.3	0.15+	5.8	0+	315	409+	0.0+	1.5+
<b>Tuesday, July 9, 2024</b>													
Soup,Gr ,Split Pea GF	GF	8 ounces	325	178	12.1	0.9	0.17+	28.4	8+	373	508	12.9+	1.9+
Soup,Tofu Hot&Sour,GF	GF V	8 oz	240	93	4.5	0.8	0.01+	17.4	0+	641	240+	1.1+	5.2+
Pot Roast & Gravy,GF	GF	4 oz	220	299	29.3	14.3	4.76+	9.4	76+	258	623	1.1+	2.3+
Mac & Cheese		1 cup	200	316	14.1	15.9	8.25+	30.0	40+	505	143	1.3+	2.5+
Potato,Whipped Cafe	GF	4 oz	121	78	1.7	1.0	0.25+	16.1	0+	113	313	1.5+	0.3+
Cauliflower,Gobi Aloo	GF V	4 ounces	134	131	1.6	9.2	0.68+	9.9	0+	126	249+	1.8+	1.7+
Squash, Butternut Roasted	GF V	4 oz	195	145	1.8	6.2	1.62+	23.9	0+	67	525	2.7+	7.9+
Spinach,Fresh(DR)	GF V	1/2 cup	162	37	4.6	0.6	0.10	5.9	0	128	904	3.6	0.7
Corn	GF V	1/2 cup	113	100	3.4	0.9	0.13	23.5	0	3	242	2.4	2.8
Chicken and Sausage,Gumbo/ Rice		1 each	496	523	42.0	19.6	4.43+	42.4	111+	987	408+	3.5+	4.5+
BBQ Pulled Chicken Sandwich		1 each	337	599	42.2	22.2	2.53	51.6	103	1068	788+	4.2	27.4+
<b>Wednesday, July 10, 2024</b>													
Soup,Chowder,Cheese, Potato leek		6 ounces	231	193	8.1	13.6	7.28+	9.9	39+	424	185	0.6+	1.4+
Pasta,Shell,plain	V	1 cup	57	213	7.1	1.0	0.00	42.5	0	0	106	2.0	3.0
Sauce,Alfredo,DR		4 oz	122	236	9.5	19.0	10.69+	8.8	57+	343	157	0.2+	4.2+
Sauce,Marinara,DR		4 oz	96	36	0.9	1.4	0.11+	4.5	0+	12	197	1.6+	2.5+
Chicken,Parmesan,PastaSauce	GF V	1 each	282	375	36.8	9.9	3.68+	32.0	88+	358	586	3.3+	4.7+
Tofu,Parmesan,Marinara Sauce		1 each	266	299	21.6	18.6	5.08+	11.4	25+	439	544	1.1+	1.7+
Chicken, Parmesan only		1 each	159	233	32.4	8	3.57	6.5	88	345	337	0.6	0.7
Meatball, Local		1 each	113	280	17.3	21.3	9.34	9.3	100	534	0	0	1.3
Pasta,Shells & M'balls DR		1 each	521	403	18.6	13.1	4.67	57.1	50	415	770+	5.0	12.0
Squash, Spaghetti Roasted	GF V	1/2 cup	215	70	1.4	1.3	0.09+	13.8	0+	39	250	2.8+	5.5+
Mushroom,Roasted,Pesto,Soy	GF	1/2 cup	128	94	4.9	7.1	1.08+	4.6	3+	196	376+	1.2+	2.7+
Roasted,Vegetable,Fresh,Mix	GF V	1/2 cup	85	45	1.3	2.1	0.17+	5.8	0+	14	189	1.7+	3.0+
Bread,Garlic		1 each	86	254	6.9	9.2	2.31	37.0	0	439		2.3	2.3
Chicken,Wings w/Potato Salad		1 each	476	929	83.4	64.1	14.95+	16.9	210+	1846	319+	1.6+	1.4+
Chicken, Wings Only		1 each	302	605	81.8	35.6	10.67	3.6	196	1138		0	0
Meatball Parmesan Sub		1 each	336	547	29.7	27.9	12.32	49.4	118	1151	414+	4.3	7.6
<b>Thursday, July 11, 2024</b>													
Soup,Black Bean&Chorizo Sausage	GF	8 ounces	257	119	6.0	4.5	1.72+	13.4	10+	443	345+	3.6+	2.4+
Soup,Cream,Spinach		8 ounces	281	142	4.4	7.3	4.56+	15.0	23+	462	364	1.8+	1.0+
Turkey,Stuffing,Gravy,Cafe		1 each	340	438	38.4	12.7	1.30+	41.6	91+	817	539	2.3+	19.4+
Turkey Only	GF	1 each	135	194	27.9	8.5	0.61	1.2	73	389	356	0	0
Gravy, Turkey,STR		2 ounces	12	10	0.2	0.3	0.09+	1.5	0+	143	23	0.2+	0.3+
Lasagna,Seafood Homemade		1 each	359	453	49.4	13.4	6.79+	29.3	170+	1305	716	1.5+	4.8+
Tofu,Teriyaki	V	1 each	319	201	15.1	9.8	0.49+	13.3	0+	332+	651+	2.0+	4.9+
Potato,Whipped Cafe	GF	4 oz	121	78	1.7	1.0	0.25+	16.1	0+	113	313	1.5+	0.3+
Broccoli,Steam,Cuts	GF V	1/2 cup	78	22	2.4	0.1	0.01	4.2	0	9	111	2.3	1.1
Carrots	GF V	1/2 cup	119	68	1.0	4.1	1.04+	7.7	0+	113	232	2.4+	4.6+
Beans,Whole Fresh,Almonds	GF V	1 each	109	132	3.2	10.6	1.92	8.3	0+	67	160	3.5	1.6
Chicken,Dosas		1 each	442	502	41.7	17.1	3.21+	45.2	83+	1023	550+	5.8+	8.7+
Fish,Cod Sandwich,DR		1 each	241	369	28.6	12.6	4.02+	36.0	15+	714	385	4.7	4.3+
<b>Friday, July 12, 2024</b>													
Beef,Corn,Hash,Homemade		0.5 cup	153	264	17.0	17.2	5.75+	8.3	89+	987	269	0.5+	0.5+
Soup,Beef,Mushroom,Barley		8 ounces	224	150	7.1	4.0	1.46+	19.3	15+	368	274+	3.8+	3.1+
Soup,Seafood,Bisque		8 ounces	256	205	8.6	12.6	6.32+	14.0	53+	710	219+	0.6+	1.3+
Chicken,Burrito,Green chili Black bean		1 each	315	568	37.7	25.5	8.55+	46.5	98+	1211	550+	5.0+	4.8+
Fish,Cracker Crumb,w/Lemon		1 each	197	214	31.1	6.7	1.65+	6.7	73+	179	749	1.0+	0.6+
Rice,Red beans	GF V	1/2 cup	144	148	5.1	1.9	0.14+	27.0	0+	158	233	2.5+	1.2+
Grain,Hearty Grain & Mushrooms		1/2 cup	108	191	5.9	1.1	0.00	39.5	0	191	75+	3.8	0.0
Spinach,Fresh(DR)	GF V	1/2 cup	162	37	4.6	0.6	0.10	5.9	0	128	904	3.6	0.7
Carrots,Coins,Frozen (Soft Diets)	GF V	1/2 cup	113	41	0.9	0.5	0.05	9.0	0	77	266	3.7	5.4
Zucchini Saute Onion,DR	GF V	1/2 cup	184	55	2.2	2.4	0.27+	7.5	0+	13	448	2.0+	5.1+
Pasta,Tan Tan Noodles,Vegan	V	12 ounces	410	648	27.4	27.0	3.65+	75.8	0+	653	901+	11.2+	9.8+
Sausage,Grilled,Onions&Peppers,S/W		1 each	215	413	19.8	14.5	5.16+	49.6	40+	773	133+	3.3+	5.7+