

Aug 5 - 9

WEEK 3

One price
for all.

LUNCH & DINNER MENU

Monday, August 5, 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, August 6, 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, August 7, 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, August 8, 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, August 9, 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
	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

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

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)
Monday, August 5, 2024													
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+
Tuesday, August 6, 2024													
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+
Wednesday, August 7, 2024													
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
Thursday, August 8, 2024													
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+
Friday, August 9, 2024													
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+