

Nov 11 - 17

WEEK 1

Sunday, November 17, 2024

LUNCH & DINNER MENU

One price
for all.

	Turkey Vegetable Soup (Gluten-Free)	\$1.75
	Tomato Cheddar Cheese Soup (Gluten-Free)	\$1.75
	Homemade Chicken 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
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Monday, November 18, 2024		
	Split Pea Soup (Gluten-Free)	\$1.75
	West African Vegetable 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	\$0.50
	Cauliflower Gobi Aloo	\$1.00
	Roasted Local Butternut Squash	\$1.00
	Fresh Spinach	\$1.00
	Corn	\$1.00
Lunch Grille Special	Pulled BBQ Chicken Sandwich with Cole Slaw	\$4.50
Lunch Wok Special	Chicken, Pork and Shrimp Jambalya with Rice	\$5.00
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Tuesday, November 19, 2024		
	Chicken Noodle Soup	\$1.75
	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	\$3.25
Homemade Antibiotic-Free	Chicken Parmesan w/ Shells & Sauce	\$5.00
	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
	Garlic Knot	\$0.75
Lunch Wok Special	Grilled Chicken Wings & Potato Salad	\$5.25
Lunch Grille Special	Meatball Parmesan Sandwich	\$4.50
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Wednesday, November 20, 2024		
	Beef Ropa Vieja Soup (Gluten-Free)	\$1.75
	Corn Chowder	\$1.75
	Turkey, Stuffing, Gravy and Cranberry	\$4.50
	Homemade Vegetable Lasagna	\$4.00
	Organic Crispy Tofu & Roasted Corn Relish	\$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
Lunch Wok Special	Sweet and Sour Chicken or Tofu over Rice	\$5.00
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Thursday, November 21, 2024		
	Corned Beef Hash (breakfast special only)	\$2.00
	Chicken Mulligatawny Soup (Gluten Free)	\$1.75
"Dock to Table" Fresh Fish	New England Clam Chowder	\$1.75
	Beef and Bean Burrito	\$4.00
"Dock to Table" Fresh Fish	Fresh Local Broiled Cod Piccata	\$5.50
	Couscous	\$1.25
	Black Beans & Rice	\$1.25
	Fresh Spinach	\$1.00
	Carrots	\$1.00
	Sauteed Italian Zucchini	\$1.00
New Vegan Lunch Grille Special	Vegan Soba Noodles (per scoop)	\$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](http://go.d-h.org/diningroom) [\[go.d-h.org\]](http://go.d-h.org)

Menu is subject to change.

Week 1 - 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)	Sugar s (gm)
Sunday, November 17, 2024													
Soup,Turkey,Vegetable,GF	GF	8 oz	237	77	5.3	0.5	0.01+	12.5	8+	379	221	1.4+	1.7+
Soup,Tomato, Cheddar Cheese,Bisque,GF	GF	8 oz	254	238	9.4	15.0	8.72+	16.3	52+	419	353+	2.9+	7.0+
Chicken,Stuffed Pepper		1 each	259	226	17.5	5.6	1.57+	25.1	43+	195	467+	3.3+	4.2
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	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+
Monday, November 18, 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,West African Vegetable,GF	GF	8 oz	243	89	2.8	0.6	0.15+	17.8	0+	538	257	3.8+	3.2+
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+
Gravy, Beef, Str, GF	GF	2 oz	40	24	0.4	0.0	0.01+	4.9	0+	51	67	0.6+	0.9+
Cauliflower,Gobi Aloo	GF V	1/2 cup	134	131	1.6	9.2	0.68+	9.9	0+	126	249+	1.8+	1.7+
Squash, Butternut Roasted	GF V	1/2 cup	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
Jambalaya		1 each	551	605	49.5	24.1	4.47+	43.5	183+	1430	507+	3.5+	4.0+
BBQ Pulled Chicken Sandwich		1 each	337	599	42.2	22.2	2.53	51.6	103	1068	788+	4.2	27.4+
Tuesday, November 19, 2024													
Soup,Chicken Noodle		8 ounces	270	103	8.9	2.5	0.67+	10.3	31+	411	176	0.7+	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	GF V	4 oz	96	36	0.9	1.4	0.11+	4.5	0+	12	197	1.6+	2.5+
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,PastaSauce		1 each	282	375	36.8	9.9	3.68+	32.0	88+	358	586	3.3+	4.7+
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 V	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
Wednesday, November 20, 2024													
Soup,Beef,Ropa Vieja,GF		8 oz	220	90	5.1	3.1	0.68+	8.5	11+	326	250+	1.4+	2.8+
Soup,Chowder,Corn		8 ounces	305	180	3.2	7.8	3.88+	26.4	20+	360	281	2.3+	4.8+
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,Vegetable Homemade		1 each	392	457	34.7	21.6	12.42+	34.2	103+	962	796	4.2+	9.7+
Tofu,Crispy,Roasted Corn Relish	V	1 each	274	276	16.9	7.9	1.15+	34.5	0+	410	488+	3.4+	3.5+
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
Turnip+Carrots Mashed	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,Sweet & Sour, Not Fried		1 each	565	600	38.1	15.2	1.61+	74.2	89+	978	510+	3.5+	31.3+
Fish,Cod Sandwich,DR		1 each	241	369	28.6	12.6	4.02+	36.0	15+	714	385	4.7	4.3+
Thursday, November 21, 2024													
Soup,Chicken Mulligatawny GF	GF	8 ounces	225	107	8.7	2.2	0.55+	12.8	23+	150	241+	1.5+	1.7+
Soup,Chowder,NE,Clam		8 ounces	276	139	7.9	7.5	3.94+	9.2	35+	564	228+	0.7+	2.0+
Beef,Burrito,Bean		1 each	247	424	19.9	19.0	6.86+	43.0	50+	924	437	4.4+	4.7+
Fish,Piccata Broiled - COD		1 each	182	163	26.7	4.5	0.45+	2.6	64+	195	653	0.7+	0.2+
Grain,Couscous	V	1/2 cup	63	74	2.2	1.5	0.00	13.3	0	266		0.7	0.7
Rice,Black beans	GF V	1/2 cup	128	129	3.8	1.9	0.15+	24.3	0+	121	204	1.6+	0.9+
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
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

Nov 11 - 17

WEEK 1

LUNCH MENU

PATIENTS: If your diet order allows, you may choose from our weekday Dining Room menu specials. We apologize if last minute substitutions are made and your request cannot be honored. Please call 5-5903 to place your order.

GF = Gluten Free

These foods are available every day:

Plain Baked Cod GF

Plain Baked Salmon GF

Falafel Patty GF V

Pepperoni Pizza

V = Vegan

Mini Chocolate Gluten-Free Vegan Muffin

Sunday, November 17, 2024

Table with 2 columns: Item Name and Dietary Info. Items include Turkey Vegetable Soup, Tomato Cheddar Cheese Soup, Homemade Chicken Stuffed Pepper, Local, Grass Fed, Antibiotic-Free Roast Pork and Apple Pork Glaze, Roasted Sweet Potatoes, Whipped Squash, Peas, Braised Red Cabbage, Miso Ginger Grilled Marinated Salmon, Miso Ginger Grilled Marinated Tofu, and Lemon Meringue Pie.

Monday, November 18, 2024

Table with 2 columns: Item Name and Dietary Info. Items include Split Pea Soup, West African Vegetable Soup, Pot Roast and Gravy, Macaroni & Cheese, Fresh Whipped Potatoes, Side Order of Gravy, Roasted Butternut Squash, Cauliflower Gobi Aloo, Corn, Fresh Spinach, Chicken, Pork, and Shrimp Jambalaya over Rice, Pulled BBQ Chicken Sandwich with Cole Slaw, and Carrot Cake.

Tuesday, November 19, 2024

Table with 2 columns: Item Name and Dietary Info. Items include Chicken Noodle Soup, Full Order of Shells and Sauce, Chicken Parmesan w/ Pasta & Sauce, Chicken Parmesan & Sauce - no shells, Organic Tofu Parmesan, Tofu Parmesan, Shells and Sauce, Side of Pasta & Marinara, Side of Pasta & Alfredo, Roasted Spaghetti Squash, Roasted Vegetables, Roasted Pesto Soy Mushrooms, Garlic Bread, Grilled Chicken Wings with Homemade Potato Salad, Grilled Chicken Wings a la carte, Meatball Parmesan Sandwich, and Cheesecake.

Wednesday, November 20, 2024

Table with 2 columns: Item Name and Dietary Info. Items include Beef Ropa Veija Soup, Corn Chowder, Turkey, Stuffing, Gravy and Cranberry, Homemade Vegetable Lasagna, Organic Sweet & Spicy Tofu, Fresh Whipped Potatoes, Mashed Turnips and Carrots, Broccoli Cuts, Whole Green Beans & Mushrooms, Sweet and Sour Chicken or Tofu over Rice, Cod Fish Sandwich, and Brownie.

Thursday, November 21, 2024

Table with 2 columns: Item Name and Dietary Info. Items include Corned Beef Hash (breakfast special only), Chicken Mulligatawny Soup, New England Clam Chowder, Beef and Bean Burrito, Fresh Local Broiled Cod Piccata, Couscous, Black Beans & Rice, Sautéed Italian Zucchini, Vegan Soba Noodles, and Chocolate Cake.

Saturday Bakeshop Special Dessert

Apple Pie

Sunday Bakeshop Special Dessert

Boston Crème Pie

NEW HOURS: The Dining Room is open Mon.-Fri. 6:30 am - 7:00 pm. We are closed on the weekends.

Dining Room Hot Meal Times:

Breakfast 6:30-10:00

Lunch 10:30-2:00 Weekdays only.

Dinner 4:00-closing. Weekdays only.

Wok Hours: 10:30-2:00 weekdays only.