

Dec 9 - 13

WEEK 1

Monday, December 9, 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

Tuesday, December 10, 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

Wednesday, December 11, 2024

	Chicken Noodle Soup	\$1.75
Homemade Antibiotic-Free	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	\$3.25
	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

Thursday, December 12, 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

Friday, December 13, 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]
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)
Monday, December 9, 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+
Tuesday, December 10, 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+
Wednesday, December 11, 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, Pasta Sauce		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
Thursday, December 12, 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+
Friday, December 13, 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