









































SEPTEMBER 25 - OCT. 1, 2017

WEEK 1 - This is a new cycle menu.

One price
for all.

| WEEK 1 | | LUNCH & DINNER MENU | |
|--|---------------------------|---|--|
| MONDAY | | | |
| | | Turkey Vegetable Soup (Gluten-Free) |  \$1.50 |
| | | Tomato Cheddar Cheese Bisque (Gluten-Free) |  \$1.50 |
| | 3601 | Roast Pork and Gravy - Local, grass fed and antibiotic free pork |  \$3.50 |
| | 4027 | Homemade Chicken Stuffed Pepper |  \$2.50 |
| | 3027 | Roasted Sweet Potatoes |  \$0.75 |
| | 3976 | Spring Vegetable Quinoa |  \$1.25 |
| | 3962 | Whipped Squash |  \$0.75 |
| | 3955 | Peas |  \$0.75 |
| | 1511 | Braised Red Cabbage |  \$0.75 |
| | Lunch Wok Special 4006 | Miso Ginger Grilled Marinated Salmon and Caesar Salad |  \$5.50 |
| | Lunch Wok Special 3990 | Miso Ginger Grilled Marinated Salmon |  \$5.00 |
| | Lunch Grille Special 1002 | Margherita Pizza | \$2.50 |
| TUESDAY | | | |
| | | Split Pea Soup |  \$1.50 |
| | | West African Vegetable Soup (Gluten-Free) | \$1.50 |
| | 3533 | Pot Roast and Gravy |  \$3.35 |
| | 3573 | Macaroni & Cheese - per scoop | no apples \$1.75 |
| | 3042 | Farro & Mixed Grains with Red Peppers |  \$1.25 |
| | 3912 | Fresh Whipped Potatoes |  \$0.75 |
| | 3011 | Side Order of Gravy | \$0.35 |
| | 3963 | Roasted Butternut Squash |  \$0.75 |
| | 4041 | Fresh Local Organic Braised Kale |  \$0.75 |
| | 3956 | Corn |  \$0.75 |
| | 3953 | Fresh Spinach |  \$0.75 |
| | Lunch Wok Special 3865 | Chicken, Pork and Shrimp Jambalaya with Rice | no apples \$4.25 |
| | Lunch Grille Special 3503 | Pulled BBQ Chicken Sandwich with Cole Slaw |  \$3.75 |
| WEDNESDAY | | | |
| | | Cream of Wild Mushroom Soup | no apples \$1.50 |
| | 3619 | Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce) | Apple \$3.00 |
| | 1072 | Chicken Parmesan w/ Pasta & Sauce | listings \$4.50 |
| | 1073 | Chicken Parmesan & Sauce - no pasta | for Pasta \$3.25 |
| | 4110 | Side of Pasta & Sauce - 1/2 c. pasta and 2 oz. sauce | posted \$1.50 |
| | 3902 | Side of Pasta only - no sauce | at the \$0.75 |
| | 1220 | Side of Sauce only - no pasta | steamtable. \$0.75 |
| | 3954 | Roasted Spaghetti Squash |  \$0.75 |
| | 3808 | Roasted Pesto Soy Mushrooms |  \$0.75 |
| | 3404 | Roasted Vegetables |  \$0.80 |
| | 3900 | Garlic Bread | \$0.85 |
| | Lunch Wok Special 3410 | Grilled Spicy or Thai Glazed Chicken Wings with Homemade Potato Salad | no apples \$4.75 |
| | Lunch Wok Special 3411 | Grilled Spicy or Thai Glazed Chicken Wings a la carte | no apples \$4.50 |
| | Lunch Grille Special 3832 | Meatball Parmesan Sandwich | no apples \$3.75 |
| THURSDAY | | | |
| | | Beef Ropa Vieja Soup (Gluten-Free) | \$1.50 |
| | | Corn Chowder |  \$1.50 |
| | 3561 | Turkey, Stuffing, Gravy and Cranberry - Antibiotic Free Turkey |  \$4.00 |
| | 3505 | Organic Sweet & Spicy Roasted Tofu |  \$2.00 |
| | 3584 | Homemade Vegetable Lasagna | no apples \$3.50 |
| | 3912 | Fresh Whipped Potatoes |  \$0.75 |
| | 3042 | Wheatberry Pilaf |  \$1.25 |
| | 4041 | Fresh Local Swiss Chard |  \$0.75 |
| | 3926 | Mashed Turnips and Carrots |  \$0.75 |
| | 3943 | Whole Green Beans & Mushrooms |  \$0.75 |
| | Lunch Wok Special 1089 | Sweet & Sour Chicken over Rice | no apples \$4.75 |
| | Lunch Grille Special 3735 | Cod Fish Sandwich |  \$3.75 |
| FRIDAY | | | |
| | 2014 | Corned Beef Hash (breakfast special only) | no apples \$1.25 |
| | | Chicken Mulligatawny Soup (Gluten-Free) |  \$1.50 |
| "Dock to Table" Fresh Fish | | New England Clam Chowder |  \$1.50 |
| | 3597 | Beef & Bean Burrito | \$2.25 |
| "Dock to Table" Fresh Fish | 3340 | Fresh Local Broiled Cod Piccata |  \$3.50 |
| | 3043 | Cous Cous |  \$1.25 |
| | 3975 | Black Beans & Rice |  \$0.75 |
| | 3920 | Sausage Apple Farro Stuffing | \$1.50 |
| | 3959 | Roasted Acorn Squash |  \$0.75 |
| | 3950 | Carrots |  \$0.75 |
| | 3964 | Sauteed Italian Zucchini |  \$0.75 |
| | Lunch Wok Special | The wok is closed today. | |
| | Lunch Grille Special 3805 | Breaded Chicken and Cheddar Sandwich | no apples \$3.75 |
| SATURDAY & SUNDAY | | | |
| Please see our DR Menu Board for today's specials. | | | |

NEW HOURS: The Dining Room is open Mon.-Fri. 6:30 am - 7:00 pm and weekends and holidays 6:30 am - 2:00 pm.

Hot Meal Times:

Breakfast 6:30-10:00

Lunch 10:30-2:00

Dinner 4:00-closing weekdays only.

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

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

Check out our web site on one.hitchcock.org

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

[For our weekly posted menus.](#)

go to patients.d-h.org/diningroom.

Menu is subject to change.

Week 1 - DHMC Cafe
Nutritional Information

| Recipe Name | GF Gluten Free V Vegan | Size | Amt (gm) | Calories (kcal) | Protein (gm) | Fat (gm) | SFA (gm) | Carbohydrat (gm) | Cholesterol (mg) | Sodium (mg) | Potassium (mg) | Dietry Fiber (gm) | Sugars (gm) |
|---------------------------------------|------------------------|----------|----------|-----------------|--------------|----------|----------|------------------|------------------|-------------|----------------|-------------------|-------------|
| Date: Mon Sept 25, 2017 | | | | | | | | | | | | | |
| 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 | 256 | 238 | 10.0 | 15.0 | 8.72+ | 17.0 | 52+ | 644 | 403+ | 2.2+ | 6.6+ |
| Pork,Roast,With Gravy | GF | 4 ounces | 210 | 308 | 27.5 | 18.7 | 6.36+ | 5.2 | 86+ | 195 | 579+ | 0.3+ | 2.6+ |
| Chicken,Stuffed Pepper | | 1 each | 224 | 200 | 17.0 | 4.8 | 1.57+ | 22.0 | 43+ | 268 | 485 | 2.8+ | 3.2 |
| Potato,Roasted,Sweet | GF | 1/2 cup | 148 | 186 | 2.1 | 7.8 | 2.05+ | 27.4 | 0+ | 148 | 464 | 4.1+ | 5.7+ |
| Grain,Quinoa, Spring Vegetable | GF V | 4 ounces | 138 | 187 | 4.7 | 6.6 | 0.43+ | 27.9 | 0+ | 109 | 89+ | 3.8+ | 14.1+ |
| 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 each | 124 | 91 | 1.4 | 6.2 | 1.62+ | 9.1 | 0+ | 84 | 250 | 2.1+ | 5.3+ |
| Fish,Salmon,Miso,Caesar | | 1 each | 317 | 409 | 37.9 | 22.8 | 3.52+ | 13.4 | 101+ | 656 | 1098+ | 2.6+ | 3.0+ |
| Pizza,Margherita,Cafe | | 1 slice | 282 | 560 | 24 | 24 | 10 | 61 | 40 | 970 | 230 | 4 | 5 |
| Date: Tues 9/26/2017 | | | | | | | | | | | | | |
| Soup,Green,SplitPea GF | GF | 8 ounces | 327 | 188 | 12.0 | 1.5 | 0.39+ | 29.5 | 8+ | 770 | 495 | 12.9+ | 1.6+ |
| Soup,West African Vegetable,GF | GF | 8 oz | 243 | 88 | 2.8 | 0.6 | 0.15+ | 18.0 | 0+ | 620 | 265 | 3.6+ | 2.7+ |
| Pot Roast & Gravy,GF | GF | 4 oz | 220 | 299 | 29.5 | 14.3 | 4.76+ | 9.1 | 76+ | 369 | 629 | 1.1+ | 2.6+ |
| Mac & Cheese | | 1 cup | 222 | 327 | 14.5 | 16.9 | 8.75+ | 31.4 | 46+ | 511 | 180 | 1.3+ | 4.1+ |
| Farro,Mixed Grains,Roasted Red Pepper | V | 1/2 cup | 36 | 86 | 4.6 | 2.6 | 0.27+ | 12.5 | 0+ | 71 | 32+ | 3.0+ | 0.3+ |
| Potato,Whipped Cafe | GF | 4 oz | 121 | 103 | 3.3 | 1.0 | 0.25+ | 20.9 | 0+ | 83 | 313 | 3.1+ | 1.3+ |
| Gravy, Beef,Str,GF | GF | 2 oz | 40 | 24 | 0.5 | 0.0 | 0.01+ | 4.7 | 0+ | 106 | 70 | 0.6+ | 1.1+ |
| Squash, Butternut Roasted | GF V | 4 oz | 195 | 145 | 1.8 | 6.2 | 1.62+ | 23.9 | 0+ | 67 | 525 | 2.7+ | 7.9+ |
| Fresh Local Organic Braised Kale | GF V | 1/2 cup | 176 | 110 | 3 | 7 | 1 | 11 | 0 | 35 | 360 | 3 | 3 |
| 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 |
| Jambalaya | | 1 each | 550 | 597 | 49.5 | 23.8 | 5.37+ | 45.1 | 183+ | 1358 | 520+ | 3.1+ | 3.3+ |
| BBQ Pulled Chicken Sandwich | | 1 each | 336 | 633 | 41.7 | 27.8 | 5.10 | 51.6 | 120+ | 1082 | 632+ | 3.2 | 26.4+ |
| Date: Wed Sept 27, 2017 | | | | | | | | | | | | | |
| Soup,Cream,Wild Mushroom | | 8 ounces | 232 | 135 | 5.5 | 8.8 | 4.47+ | 9.2 | 18+ | 413 | 260 | 0.9+ | 1.8+ |
| Pasta,Wheat | V | 1 cup | 57 | 182 | 7.1 | 1.5 | 0.00 | 41.5 | 0 | 0 | 25 | 6.1 | 2.0 |
| Pasta,Shell,plain | V | 1 cup | 57 | 213 | 7.1 | 1.0 | 0.00 | 42.5 | 0 | 0 | 106 | 2.0 | 3.0 |
| Pasta,Spaghetti | V | 1 cup | 57 | 210 | 7.4 | 0.9 | 0.16 | 42.3 | 0 | 3 | 126 | 1.8 | 1.5 |
| Sauce,Alfredo,DR | | 4 oz | 122 | 236 | 9.5 | 19.0 | 10.69+ | 8.8 | 57+ | 343 | 157 | 0.2+ | 4.2+ |
| Sauce,Meat,DR | GF | 4 oz | 115 | 102 | 6.8 | 5.2 | 1.97+ | 7.0 | 19+ | 147 | 329+ | 1.8+ | 3.9+ |
| Sauce,Marinara,DR | GF V | 4 oz | 97 | 36 | 1.3 | 1.4 | 0.20+ | 4.8 | 0+ | 100 | 227 | 1.4+ | 2.7+ |
| Chicken,Parmesan,PastaSauce | | 1 each | 294 | 583 | 34.2 | 29.0 | 10.87+ | 45.0 | 75+ | 1297 | 689 | 5.3+ | 3.5+ |
| Pasta,Spag & M'balls DR | | 1 each | 578 | 602 | 28.2 | 22.8 | 10.15 | 64.6 | 50 | 1638 | 789+ | 6.8 | 16.1 |
| Squash, Spaghetti Roasted | GF V | 4 oz | 215 | 69 | 1.4 | 1.3 | 0.18+ | 13.8 | 0+ | 39 | 250 | 2.8+ | 5.5+ |
| Mushroom,Roasted,Pesto,Soy | GF | 1/2 cup | 128 | 92 | 4.9 | 7.0 | 1.26+ | 4.6 | 3+ | 196 | 376+ | 1.2+ | 2.7+ |
| Roasted,Vegetable,Fresh,Mix | GF V | 1/2 cup | 85 | 43 | 1.3 | 2.0 | 0.28+ | 5.8 | 0+ | 14 | 189 | 1.7+ | 3.0+ |
| Bread,Garlic | | 1 each | 86 | 173 | 4.5 | 6.0 | 0.00 | 24.0 | 0 | 210 | | 1.5 | 0.0 |
| Chicken,Wings w/Potato Salad | | 1 each | 476 | 941 | 60.2 | 69.6 | 14.55+ | 16.3 | 410+ | 2470 | 319+ | 1.6+ | 4.3+ |
| Chicken,Wings only | | 1 each | 302 | 617 | 58.7 | 41.1 | 10.28 | 2.9 | | 1762 | | 0 | 2.9 |
| Meatball Parmesan Sub | | 1 each | 229 | 363 | 21.3 | 22.4 | 11.20 | 14.2 | 56 | 1173 | 337+ | 3.7 | 7.1 |
| Date: Thu Sept 28, 2017 | | | | | | | | | | | | | |
| Soup,Beef,Ropa Vieja,GF | | 8 oz | 220 | 89 | 5.4 | 3.1 | 0.68+ | 7.8 | 11+ | 631 | 263+ | 1.2+ | 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 | 399 | 520 | 40.0 | 14.7 | 1.44+ | 57.2 | 91+ | 906 | 578 | 2.8+ | 19.8+ |
| Gravy,Turkey,STR | | 2 ounces | 12 | 10 | 0.2 | 0.3 | 0.09+ | 1.5 | 0+ | 143 | 23 | 0.2+ | 0.3+ |
| Tofu,DR, Roasted,Sweet&Spicy | GF V | 1 each | 191 | 101 | 10.6 | 2.7 | 0.02+ | 9.0 | 0 | 287 | 436+ | 0.5+ | 4.3+ |
| Lasagna,Vegetable Homemade | | 1 each | 293 | 344 | 26.1 | 16.3 | 9.29+ | 25.5 | 77+ | 720 | 525 | 3.5+ | 7.1+ |
| Potato,Whipped Cafe | GF | 4 oz | 121 | 103 | 3.3 | 1.0 | 0.25+ | 20.9 | 0+ | 83 | 313 | 3.1+ | 1.3+ |
| Grain,Wheatberry,Pilaf | GF V | 4 oz | 97 | 111 | 4.0 | 1.1 | 0.16+ | 21.4 | 0+ | 13 | 59+ | 4.2+ | 0.7+ |
| 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, Mushrooms | GF V | 1 each | 111 | 48 | 1.8 | 2.2 | 0.31+ | 6.9 | 0+ | 7 | 141 | 2.7+ | 1.6+ |
| Chicken,Sweet,Sour,Not fried | | 1 each | 561 | 586 | 37.7 | 15.0 | 2.51+ | 74.0 | 89+ | 700 | 505+ | 3.0+ | 31.4+ |
| Fish,Cod Sandwich,DR | | 1 each | 240 | 364 | 25.0 | 12.7 | 3.41+ | 36.4 | 17+ | 679 | 384 | 3.7 | 4.0+ |
| Date: Fri Sept 29, 2017 | | | | | | | | | | | | | |
| Beef,Corn,Hash,Homemade | | 0.5 cup | 113 | 175 | 10.0 | 9.3 | 3.10+ | 12.2 | 46+ | 508 | 333+ | 1.0+ | 0.5+ |
| Soup,Chicken Mulligatawny GF | | 8 ounces | 226 | 107 | 8.7 | 2.2 | 0.55+ | 13.0 | 23+ | 200 | 247+ | 1.4+ | 1.5+ |
| 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 | 423 | 20.0 | 19.0 | 6.86+ | 42.7 | 50+ | 1137 | 397+ | 4.1+ | 4.2+ |
| Fish,Piccata Broiled - COD | | 1 each | 179 | 159 | 26.7 | 4.4 | 0.66+ | 2.5 | 64+ | 195 | 652 | 0.7+ | 0.2+ |
| Grain,Couscous | GF 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 | 127 | 128 | 3.8 | 1.8 | 0.26+ | 24.3 | 0+ | 122 | 204 | 1.6+ | 0.9+ |
| Stuffing,Sausage,Apple,Farro | | 6 oz | 94 | 151 | 7.9 | 9.1 | 2.36+ | 10.9 | 19+ | 271 | 151+ | 3.4+ | 1.1+ |
| Squash, Acorn Roasted | GF V | 1 each | 586 | 393 | 6.4+ | 8.8 | 2.27+ | 83.4 | 0+ | 112 | 2481+ | 24.9+ | 0.5+ |
| Carrots,Coins | GF V | 1/2 cup | 113 | 41 | 0.9 | 0.5 | 0.05 | 9.0 | 0 | 77 | 266 | 3.7 | 5.4 |
| Zucchini Saute Ital, DR | GF V | 1/2 cup | 154 | 42 | 1.8 | 2.3 | 0.38+ | 4.7 | 0+ | 12 | 404 | 1.5+ | 3.8+ |