









































AUG. 28 - SEPT. 3, 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

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	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 Aug 28, 2017												
Soup,Turkey,Vegetable,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	8 oz	256	238	10.0	15.0	8.72+	17.0	52+	644	403+	2.2+	6.6+
Pork, Roast, With Gravy	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	1/2 cup	148	186	2.1	7.8	2.05+	27.4	0+	148	464	4.1+	5.7+
Grain, Quinoa, Spring Vegetable	4 ounces	138	187	4.7	6.6	0.43+	27.9	0+	109	89+	3.8+	14.1+
Squash, Winter, Whipped	1/2 cup	136	63	1.6	0.0		14.1	0	0	287	1.6	
Peas	1/2 cup	113	89	5.9	0.5	0.00	15.5	0	127	169	4.8	
Cabbage, Red, Braised	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: Tue Aug 29, 2017												
Soup, Green, SplitPea	8 ounces	327	188	12.0	1.5	0.39+	29.5	8+	770	495	12.9+	1.6+
Soup, West African Vegetable, GF	8 oz	243	88	2.8	0.6	0.15+	18.0	0+	620	265	3.6+	2.7+
Pot Roast & Gravy, 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+
Grain, Farro, Mixed Grains, Roasted Red Pepp	1/2 cup	36	86	4.6	2.6	0.27+	12.5	0+	71	32+	3.0+	0.3+
Potato, Whipped Cafe	4 oz	121	103	3.3	1.0	0.25+	20.9	0+	83	313	3.1+	1.3+
Gravy, Beef, Str, GF	2 oz	40	24	0.5	0.0	0.01+	4.7	0+	106	70	0.6+	1.1+
Squash, Butternut Roasted	4 oz	195	145	1.8	6.2	1.62+	23.9	0+	67	525	2.7+	7.9+
Fresh Local Organic Braised Kale	1/2 cup	176	110	3	7	1	11	0	35	360	3	3
Spinach, Fresh (DR)	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 Aug 30, 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	1 cup	57	182	7.1	1.5	0.00	41.5	0	0	25	6.1	2.0
Pasta, Shell, plain	1 cup	57	213	7.1	1.0	0.00	42.5	0	0	106	2.0	3.0
Pasta, Spaghetti	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	4 oz	115	102	6.8	5.2	1.97+	7.0	19+	147	329+	1.8+	3.9+
Sauce, Marinara, DR	4 oz	97	36	1.3	1.4	0.20+	4.8	0+	100	227	1.4+	2.7+
Chicken, Parmesan, Pasta Sauce	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	4 oz	215	69	1.4	1.3	0.18+	13.8	0+	39	250	2.8+	5.5+
Mushroom, Roasted, Pesto, Soy	1/2 cup	128	92	4.9	7.0	1.26+	4.6	3+	196	376+	1.2+	2.7+
Roasted, Vegetable, Fresh, Mix	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 Aug 31, 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	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	4 oz	121	103	3.3	1.0	0.25+	20.9	0+	83	313	3.1+	1.3+
Grain, Wheatberry, Pilaf	4 oz	97	111	4.0	1.1	0.16+	21.4	0+	13	59+	4.2+	0.7+
Turnip+Carrots Mashed	1/2 cup	119	68	1.0	4.1	1.04+	7.7	0+	113	232	2.4+	4.6+
Beans, Whole Fresh, Mushrooms	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 1, 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	1/2 cup	63	74	2.2	1.5	0.00	13.3	0	266		0.7	0.7
Rice, Black beans	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	1 each	586	393	6.4+	8.8	2.27+	83.4	0+	112	2481+	24.9+	0.5+
Carrots, Coins	1/2 cup	113	41	0.9	0.5	0.05	9.0	0	77	266	3.7	5.4
Zucchini Saute Ital, DR	1/2 cup	154	42	1.8	2.3	0.38+	4.7	0+	12	404	1.5+	3.8+