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WEEK 3 - This is a new cycle menu.

One price

WEEK 3	PLU #	LUNCH & DINNER MENU		One price for all.
<b>MONDAY</b>				
		Turkey Spinach & Farro Soup		\$1.50
		Tomato Blue Cheese Bisque (Gluten-Free)		\$1.50
	4027	Beef & Rice Stuffed Pepper	no apples	\$2.50
	3601	Local, Grass Fed, Antibiotic-Free Roast Pork and Gravy		\$3.50
	3027	Roasted Sweet Potatoes		\$0.75
	3976	Black Bean 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	Vegetable Pizza		\$2.50
<b>TUESDAY</b>				
		Split Pea Soup		\$1.50
		Tofu Hot and Sour Soup (Gluten-Free)		\$1.50
	3533	Pot Roast and Gravy		\$3.35
	3573	Macaroni & Cheese - per scoop	no apples	\$1.75
	3912	Fresh Whipped Potatoes		\$0.75
	3011	Side Order of Gravy		\$0.35
	3042	Cuban Millet Sofrito		\$1.25
	4041	Fresh Local Braised Kale		\$0.75
	3963	Roasted Local Butternut Squash		\$0.75
	3953	Fresh Local Spinach		\$0.75
	3956	Corn		\$0.75
	Lunch Wok Special 3740	Chicken and Sausage Gumbo	no apples	\$4.25
	Lunch Grille Special 3503	Pulled BBQ Chicken Sandwich with Cole Slaw	no apples	\$3.75
<b>WEDNESDAY</b>				
		Cheese & Potato Leek Chowder		\$1.50
	3619	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	Apple listings for Pasta posted steamtable.	\$3.00
Join us for the Service Club Reception 3:00 - 6:00 pm	1072	Chicken Parmesan w/ Pasta & Sauce		\$4.50
The Dining Room closes at 6:00 pm tonight.	1073	Chicken Parmesan & Sauce - no pasta		\$3.25
	4110	Side of Pasta & Sauce - 1/2 c. pasta and 2 oz. sauce		\$1.50
	1220	Side of Sauce only - no pasta		\$0.75
	3954	Roasted Spaghetti Squash		\$0.75
	3404	Roasted Vegetables		\$0.80
	3808	Roasted Pesto Soy Mushrooms		\$0.75
	3900	Garlic Bread		\$0.85
	Lunch Wok Special 3410	Grilled Spicy or Chimichuri Glazed Chicken Wings & Homemade Potato Salad	no apples	\$4.75
	Lunch Wok Special 3411	Grilled Spicy Chicken Wings a la carte	no apples	\$4.50
	Lunch Grille Special 3832	Meatball Parmesan Sandwich	no apples	\$4.00
<b>THURSDAY</b>				
		Black Bean & Chorizo Sausage Soup (Gluten-Free)		\$1.50
		Cream of Spinach Soup		\$1.50
Now served at the Grille	3561	Turkey, Stuffing, Gravy and Cranberry		\$4.00
	4023	Homemade Seafood Lasagna	no apples	\$3.50
	3505	Organic Lemon Garlic Tofu		\$2.00
	3042	Farro Wild Mushroom Risotto		\$1.25
	3912	Fresh Whipped Potatoes		\$0.75
	3926	Mashed Turnips and Carrots		\$0.75
	3972	Fresh Local Sauted Swiss Chard		\$0.75
	3946	Whole Green Beans Hellinka		\$0.75
Lunch Wok Special	3030	Chicken Dosas		\$4.25
Lunch Grille Special	3735	Cod Fish Sandwich		\$3.75
<b>FRIDAY</b>				
	2014	Corned Beef Hash (breakfast special only)	no apples	\$1.25
		Beef Mushroom Barley Soup		\$1.50
"Dock to Table" Fresh Fish		Seafood Bisque	no apples	\$1.50
	3597	Chicken Green Chili Burrito	no apples	\$2.00
"Dock to Table" Fresh Fish	3543	Fresh Local Cracker Crumb Cod		\$3.50
	3043	Hearty Grains & Mushrooms		\$1.25
	3975	Red Beans & Rice		\$0.75
	3920	Turkey Lima Bean Corn Stuffing		\$1.50
	3959	Maple Roasted Acorn Squash		\$0.75
	3950	Carrots		\$0.75
	3961	Fresh Zucchini and Onions		\$0.75
Lunch Grille Special	3805	Breaded Chicken & Cheddar Sandwich	no apples	\$3.75
		The wok is closed today.	no apples	
<b>SATURDAY and SUNDAY</b>				

The Dining Room now closes at 2 pm on weekend.

**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:

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

Breakfast 6:30-10:00

[Check out our web site on one.hitchcock.org](http://Check_out_our_web_site_on_one.hitchcock.org)

Lunch 10:30-2:00

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

Dinner 4:00-closing. Weekdays only.

For our weekly posted menus,

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

[go to patients.d-h.org/diningroom](http://go_to_patients.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)	Calories (kcal)	Protein (gm)	Fat (gm)	SFA (gm)	Carbohydrat (gm)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Dietary Fiber (gm)	Sugars (gm)
<b>Date: Mon Sept 11, 2017</b>													
Soup,Tomato,Blue Cheese,Bisque,GF	GF	8 oz	240	174	5.7	9.7	6.02+	16.5	34+	646	375+	2.2+	7.0+
Stuffed Pepper, Beef Homemade	GF	1 each	265	330	18.0	17.6	8.32+	25.6	62+	569	508+	2.9+	3.7+
Pork,Roast,With Gravy	GF	4 ounces	210	308	27.5	18.7	6.36+	5.2	86+	195	579+	0.3+	2.6+
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+
Grain,Quinoa, Black Bean	GF V	4 ounces	136	81	4.0	0.7	0.03+	15.5	0+	151	351	3.3+	2.1+
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,Vegetable,Cafe		1 slice	363	580	25	24	10	65	40	970	420	5	7
<b>Date: Tue Sept 12, 2017</b>													
Soup,Split,Pea GF	GF	8 ounces	339	243	13.9	5.9	1.56+	31.9	11+	544	536	13.1+	2.0+
Soup,Tofu Hot&Sour,GF	GF V	8 oz	248	117	5.3	1.3	0.18+	21.5	24+	647	247+	1.2+	8.1+
Pot Roast & Gravy,GF	GF	4 oz	220	299	29.5	14.3	4.76+	9.1	76+	369	629	1.1+	2.6+
Gravy, Beef,Str,GF	GF	2 oz	40	24	0.5	0.0	0.01+	4.7	0+	106	70	0.6+	1.1+
Mac & Cheese		1 cup	222	327	14.5	16.9	8.75+	31.4	46+	511	180	1.3+	4.1+
Potato,Whipped Cafe	GF	4 oz	121	103	3.3	1.0	0.25+	20.9	0+	83	313	3.1+	1.3+
Grain,Millet,Cuban Sofrito GF	GF V	4 oz	125	144	4.0	2.2	0.34+	26.9	0+	228	163	1.9+	1.0+
Squash, Butternut Roasted	GF V	4 oz	195	145	1.8	6.2	1.62+	23.9	0+	67	525	2.7+	7.9+
Kale, Braised	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
Corn	GF V	1/2 cup	113	100	3.4	0.9	0.13	23.5	0	3	242	2.4	2.8
Chicken,Gumbo		1 each	496	519	42.0	19.5	4.88+	43.7	111+	784	408+	3.5+	4.5+
BBQ Pulled Chicken Sandwich		1 each	336	633	41.7	27.8	5.10	51.6	120+	1082	632+	3.2	26.4+
<b>Date: Wed Sept 13, 2017</b>													
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,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+
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+
Mushroom,Roasted,Pesto,Soy	GF V	1/2 cup	128	92	4.9	7.0	1.26+	4.6	3+	196	376+	1.2+	2.7+
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
<b>Date: Thurs Seot 14, 2017</b>													
Soup,Black Bean&Chorizo Sausage	GF	8 ounces	258	118	6.0	4.5	1.72+	13.6	10+	551	356+	3.2+	1.8+
Soup,Cream,Spinach		8 ounces	256	118	4.0	5.4	3.09+	14.5	15+	439	336	2.4+	1.3+
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+
Lasagna,Seafood Homemade		1 each	386	463	50.8	13.7	6.73+	30.9	185+	1333	552+	1.5+	6.1+
Tofu,DR Roasted,Lemon Garlic	GF V	1 each	196	149	10.6	9.8	1.01+	5.3	0+	216	429	0.4+	1.0+
Grain,Farro,Risotto,Wild Mushroom		1/2 cup	40	77	6.3	3.2	1.10+	8.9	5+	93	19+	3.3+	0.7+
Potato,Whipped Cafe	GF	4 oz	121	103	3.3	1.0	0.25+	20.9	0+	83	313	3.1+	1.3+
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+
Swiss Chard,Saute, Fresh,Seasonal	GF V	1/2 cup	168	104	2.8	7.1	0.99	9.2	0	254	799	3	3.8
Beans,Green Hellinika	GF V	1/2 cup	115	50	1.4	1.9	0.26+	7.9	0+	75	151	2.6+	1.9+
Chicken,Dosas		1 each	442	498	41.7	16.9	3.72+	46.5	83+	821	550+	5.8+	8.7+
Fish,Cod Sandwich,DR		1 each	240	364	25.0	12.7	3.41+	36.4	17+	679	384	3.7	4.0+
<b>Date: Fri Sept 15, 2017</b>													
Beef,Corn,Hash,Homeade		0.5 cup	113	175	10.0	9.3	3.10+	12.2	46+	508	333+	1.0+	0.5+
Soup,Beef,Mushroom,Barley		8 ounces	224	148	7.3	4.0	1.46+	18.0	15+	794	279+	3.6+	3.0+
Soup,Seafood,Bisque		8 ounces	265	213	10.2	12.6	6.33+	14.0	57+	715	256+	0.6+	1.3+
Chicken,Burrito,Green chili Black bean		1 each	315	567	37.6	25.5	8.55+	46.8	98+	1356	564+	4.6+	3.9+
Fish,Cracker Crumb,w/Lemon		1 each	176	196	27.2	6.6	1.62+	6.7	64+	167	659	1.0+	0.6+
Rice,Hearty, Grain Mushrooms	V	1/2 cup	108	191	5.9	1.1	0.00	39.5	0	191	75+	3.8	0.0
Rice,Red beans	GF V	1/2 cup	143	147	5.1	1.8	0.26+	27.0	0+	158	234	2.5+	1.2+
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 Onion,DR	GF V	1/2 cup	184	54	2.2	2.3	0.39+	7.5	0+	13	448	2.0+	5.1+
Stuffing,Turkey,Lima,Corn		6 oz	160	227	17.5	8.9	3.18+	21.9	40+	215	443	3.9+	1.7+