

AUG. 26 - SEPT. 1, 2019

WEEK 1 - This is a new cycle menu.

One price

WEEK 1	PLU #	LUNCH & DINNER MENU	for all.
<b>Monday, August 26, 2019</b>			
		Turkey Vegetable Soup (Gluten-Free)	\$1.50
		Tomato Cheddar Cheese Soup (Gluten-Free)	\$1.50
	4027	Homemade Chicken Stuffed Pepper	\$2.50
	3601	Roast Pork & Apple Pork Glaze - Local, grass fed and antibiotic free pork. Gluten-Free	\$3.50
	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	3990	Miso Ginger Grilled Marinated Salmon	\$5.00
Lunch Wok Special	3505	Miso Ginger Grilled Marinated Tofu	\$2.00
Lunch Grille Special	3524	Vegetable or Quiche Lorriane	\$3.00
<b>Tuesday, August 27, 2019</b>			
		Split Pea Soup (Gluten-Free)	\$1.50
		West African Vegetable Soup (Gluten-Free)	\$1.50
	3533	Pot Roast and Gravy	\$3.35
	3573	Macaroni & Cheese - per scoop	\$1.75
	3912	Fresh Whipped Potatoes	\$0.75
	3011	Side Order of Gravy	\$0.35
	3042	Farro, Mixed Grains and Red Peppers	\$1.25
	3965	Curried Cauliflower	\$0.75
	3963	Roasted Local Butternut Squash	\$0.75
	3953	Fresh Spinach	\$0.75
	3956	Corn	\$0.75
Lunch Wok Special	3865	Chicken, Pork and Shrimp Jambalya with Rice	\$4.25
Lunch Grille Special	3503	Grilled Tempeh Sandwich with Cole Slaw	\$3.75
Lunch Grille Special	3503	Pulled BBQ Chicken Sandwich with Cole Slaw	\$3.75
<b>Wednesday, August 28, 2019</b>			
New Homemade Antibiotic-Free	1072	Cream of Wild Mushroom Soup	\$1.50
Chicken Parmesan	1073	Chicken Parmesan with Shells & Sauce	\$4.75
	3569	Chicken Parmesan & Sauce - no shells	\$3.25
	1077	Organic Tofu Parmesan	\$2.50
	4322	Tofu Parmesan, Shells and Sauce	\$4.00
	1075	Fresh Local Fish of the Day	\$5.00
	1076	Side of Pasta & Sauce - 1/2 c. pasta and 2 oz. sauce	\$1.50
	1078	Side of Pasta only - no sauce	\$0.75
	1078	Side of Sauce only - no pasta	\$0.75
	3595	Meatball - 1 each	\$0.75
	3954	Roasted Spaghetti Squash	\$0.75
	3404	Roasted Vegetables	\$0.80
	3808	Roasted Pesto Soy Mushrooms	\$0.75
New Antibiotic-Free Chicken Wings	3900	Garlic Bread	\$0.85
Lunch Wok Special	3410	Grilled or Thai Glazed Chicken Wings & Homemade Potato Salad	\$4.75
Lunch Wok Special	3411	Grilled Chicken Wings a la carte	\$4.50
Lunch Grille Special	3832	Meatball Parmesan Sandwich	\$4.00
<b>Thursday, August 29, 2019</b>			
		Beef Ropa Vieja Soup (Gluten-Free)	\$1.50
		Corn Chowder	\$1.50
	3561	Turkey, Stuffing, Gravy and Cranberry	\$4.00
	3584	Homemade Vegetable Lasagna	\$3.50
	3505	Organic Sweet & Spicy Tofu	\$2.00
	3042	Wheatberry Pilaf	\$1.25
	3912	Fresh Whipped Potatoes	\$0.75
	3951	Broccoli Cuts	\$0.75
	3926	Mashed Turnips and Carrots	\$0.75
	3946	Whole Green Beans & Mushrooms	\$0.75
Lunch Wok Special	1089	Sweet and Sour Chicken or Tofu over Rice	\$4.75
Lunch Grille Special	3735	Cod Fish Sandwich	\$3.75
<b>Friday, August 30, 2019</b>			
	2014	Corned Beef Hash (breakfast special only)	\$1.25
		Chicken Mulligatawny Soup (Gluten Free)	\$1.50
"Dock to Table" Fresh Fish		New England Clam Chowder	\$1.50
	3597	Beef and Bean Burrito	\$2.25
"Dock to Table" Fresh Fish	3340	Fresh Local Broiled Cod Piccata	\$3.50
	3043	Couscous	\$1.25
	3975	Black Beans & Rice	\$0.75
	3920	Sausage Apple Farro Stuffing	\$1.50
	3959	Maple Roasted Acorn Squash	\$0.75
	3950	Carrots	\$0.75
	3964	Sauteed Italian Zucchini	\$0.75
New Vegan Lunch Grille Special	4046	Vegan Soba Noodles (per scoop)	\$1.75
Lunch Grille Special	3037	Grilled Chorio Sandwich	\$3.75

SATURDAY and SUNDAY

New Hours of Operation:

7:00 am - 1:00 pm.

**NEW HOURS:** The Dining Room is open Mon.-Fri. 6:30 am - 7:00 pm and weekends and holidays 7:00 am - 1:00 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 Weekdays only.

(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)	Dietry Fiber (gm)	Sugars (gm)
<b>Monday, August 26, 2019</b>													
Sausage,Gravy,Biscuit		6 ounces	213	514	15.1	35.6	18.79+	31.9	74+	825	320	2.2+	6.1+
Soup,Turkey Farro Spinach		8 oz	271	79	7	1.9	.44+	8.1	15+	528	256+	2.8+	.9+
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	541	2.9+	3.7+
Pork,Roast, Apple Pork Glaze Gluten-Free	GF	4 ounces	193	280	27	17.2	5.9	3.1	86	105	520	0.4	0.5
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	GF	1 each	179	265	34	13	0	1.8		277		0	1.5
Tofu, Miso Grilled	V	1 each	153	103	10.8	4.8	0.15	5.2	0	297	344	0	1.5
Pizza,Vegetable,Cafe		1 slice	363	577	25.1	24.4	10.18+	64.9	42+	974	424+	4.6+	6.8+
<b>Tuesday, August 27, 2019</b>													
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,Tofu Hot&Sour,GF	GF V	8 oz	233	90	4.1	0.7	0.01+	17.3	0+	636	225+	1.1+	5.2+
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+
Potato,Whipped Cafe	GF	4 oz	121	103	3.3	1.0	0.25+	20.9	0+	83	313	3.1+	1.3+
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+
Cauliflower,Curry Roasted	GF V	1/2 cup	169	69	2.6	4.7	0.65+	6.1	0+	78	244+	4.4+	1.7+
Squash, Butternut Roasted	GF V	4 oz	195	145	1.8	6.2	1.62+	23.9	0+	67	525	2.7+	7.9+
Spinach,Fresh	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+	42.4	111+	987	408+	3.5+	4.5+
BBQ Pulled Chicken Sandwich		1 each	336	589	39.2	22.2	2.53	51.6	103+	1068	787+	3.2	26.4+
<b>Wednesday, August 28, 2019</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,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,Meat,DR	GF	4 oz	113	99	6.2	5.2	1.97+	6.5	19+	37	291+	1.8+	3.7+
Sauce,Marinara,DR	GF V	4 oz	97	36	1.3	1.4	0.20+	4.8	0+	100	227	1.4+	2.7+
Tofu,DR Parmesan,Marinara Sauce		1 each	241	287	19.8	18.1	5.59+	12.2	25+	419	482	1.0+	1.8+
Chicken,Parmesan,PastaSauce		1 each	288	389	37.4	10.6	3.77+	34.6	88+	367	571	3.1+	4.2+
Chicken,Parmesan,Only		1 each	164	249	32.9	8.8	3.5	8.4	88	351	320	0.07	0.06
Pasta,Spag & M'balls DR		1 each	578	604	27.9	23.0	10.00	65.7	50	1634	770+	7.0	16.6
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	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
<b>Thursday, August 29, 2019</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	248	104	3.8	4.0	2.27+	14.3	11+	436	326	2.4+	1.1+
Turkey,Stuffing,Gravy,Cafe		1 each	353	465	39.0	13.9	1.30+	46.0	91+	822	551	2.2+	15.8+
Turkey Only	GF	1 each	170	243	35	10.6	0.76	1.5	91	486	445	0	0
Lasagna,Seafood Homemade		1 each	386	464	50.3	13.6	6.79+	30.9	170+	1320	760	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+
<b>Friday, August 30, 2019</b>													
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+
Beans,Green Hellinika	GF V	1/2 cup	116	50	1.4	1.9	0.26+	8.0	0+	75	153	2.6+	1.9+
Chicken,Dosas		1 each	442	498	41.7	16.9	3.72+	45.2	83+	1023	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>Friday, August 30, 2019</b>													
Beef,Corn,Hash,Home made		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	256	205	8.6	12.6	6.32+	14.0	53+	710	219+	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+
Stuffing,Turkey,Lima,Corn		6 oz	160	227	17.5	8.9	3.18+	21.9	40+	215	443	3.9+	1.7+
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+
Pasta,Tan Tan Noodles,Vegan	V	12 ounces	399	644	27.4	26.7	3.65+	76.7	0+	824	903+	11.6+	8.3+
Sausage,Grilled,Onions&Peppers,S/W		1 each	159	271	9.8	4.4	1.28+	49.6	0+	503	127+	3.3+	5.7+