

FEBRUARY 11 - 170, 2019

WEEK 1 - This is a new cycle menu.

One price

WEEK 1

PLU #

LUNCH & DINNER MENU

for all.

Monday, February 11, 2019

		Turkey Vegetable Soup (Gluten-Free)	\$1.50
		Tomato Cheddar Cheese Soup (Gluten-Free)	\$1.50
	3601	Roast Pork & Apple Pork Glaze - local, grass fed, and antibiotic free, gluten-free	\$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 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 Lorraine	\$3.00

Tuesday, February 12, 2019

		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 with 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 & Shrimp Jambalaya with Rice	\$4.25
	Lunch Grille Special 3004	BBQ Tempeh Sandwich with Cole Slaw	\$3.25
	Lunch Grille Special 3503	Pulled BBQ Chicken Sandwich with Cole Slaw	\$3.75

Wednesday, February 13, 2019

		Cream of Wild Mushroom Soup	\$1.50
		Full Order Shells and Sauce	\$3.00
	1070	Chicken Parmesan w/ Shells & Sauce	\$4.75
	New Homemade Antibiotic-Free 1072	Chicken Parmesan & Sauce	\$3.25
	Chicken Parmesan 1073	Organic Tofu Parmesan	\$2.50
	3569	Tofu Parmesan, Shells and Sauce	\$4.00
	1077	Fresh Local Fish of the Day	\$5.00
	4322	Side of Shells & Sauce - 1/2 c. shells and 2 oz. sauce	\$1.50
	1075	Side of Shells only	\$0.75
	1076	Side of Sauce only	\$0.75
	1078	Roasted Spaghetti Squash	\$0.75
	3954	Roasted Vegetables	\$0.80
	3404	Roasted Pesto Soy Mushrooms	\$0.75
	3808	Garlic Bread	\$0.85
	3900	Grilled Spicy or Thai Glazed Chicken Wings & Homemade Potato Salad	\$4.75
	Lunch Wok Special 3410	Grilled Chicken Wings a la carte	\$4.50
	Lunch Wok Special 3411	Meatball Parmesan Sandwich	\$4.00
	Lunch Grille Special 3832		

Thursday, February 14, 2019

		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
	Lunch Wok Special 1089	Sweet & Sour Chicken or Tofu over Rice	\$4.75
	Lunch Grille Special 3735	Cod Fish Sandwich	\$3.75

Friday, February 15, 2019

		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	Fresh Local Broiled Cod Piccata	\$3.50
	3340	Couscous	\$1.25
	3043	Black Beans & Rice	\$0.75
	3975	Sausage Apple Farro Stuffing	\$1.50
	3920	Maple Roasted Acorn Squash	\$0.75
	3959	Carrots	\$0.75
	3950	Sauteed Italian Zucchini	\$0.75
	3964	Vegan Soba Noodles (per scoop)	\$1.75
	New Vegan Lunch Grille Special 4046	Grilled Chorizo Sandwich	\$3.75
	Lunch Grille Special 3037		

SATURDAY and SUNDAY

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:

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:Send_comments_to_Food.Nutrition.Comments@hitchcock.org)

[Check out our web site on one.hitchcock.org](http://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](http://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)
Monday, February 11, 2019									
Soup,Turkey,Vegetable,GF	GF	8 oz	237	77	5.3	0.5	0.01+	12.5	8+
Soup,Tomato, Cheddar Cheese,Bisque,GF	GF	8 oz	254	236	9.4	15.0	8.72+	16.3	52+
Pork,Roast,Apple Glaze GF	GF	4 ounces	193	283	27.0	17.2	5.93+	3.4	86+
Chicken,Stuffed Pepper		1 each	224	201	17.0	4.8	1.57+	21.7	43+
Potato,Roasted,Sweet	GF	1/2 cup	148	186	2.1	7.8	2.05+	27.4	0+
Grain,Quinoa, Spring Vegetable	GF V	4 ounces	138	189	4.7	6.6	0.43+	27.9	0+
Squash, Winter,Whipped	GF V	1/2 cup	136	63	1.6	0.0		14.1	0
Peas	GF V	1/2 cup	113	89	5.9	0.5	0.00	15.5	0
Cabbage,Red,Braised	GF V	1 each	124	91	1.4	6.2	1.62+	9.1	0+
Fish, Salmon Miso	GF	1 each	179	265	34	13	0	1.8	
Tofu, Miso Grilled	V	1 each	153	103	10.8	4.8	0.15	5.2	0
Quiche Vegetable		1 slice	297	395	26	28	14	13	345
Tuesday, February 12, 2019									
Soup,Gr ,Split Pea GF	GF	8 ounces	325	178	12.1	0.9	0.17+	28.4	8+
Soup,West African Vegetable,GF	GF	8 oz	243	89	2.8	0.6	0.15+	17.8	0+
Pot Roast & Gravy,GF	GF	4 oz	220	298	29.4	14.3	4.76+	9.0	76+
Mac & Cheese		1 cup	222	327	14.5	16.9	8.75+	31.4	46+
Grain,Farro,Mxd Grains,Rstd Red Pepper	V	1/2 cup	36	86	4.6	2.6	0.27+	12.5	0+
Potato,Whipped Cafe	GF	4 oz	121	103	3.3	1.0	0.25+	20.9	0+
Gravy, Beef,Str,GF	GF	2 oz	40	24	0.4	0.0	0.01+	4.7	0+
Squash, Butternut Roasted	GF V	4 oz	195	145	1.8	6.2	1.62+	23.9	0+
Cauliflower,Frozen,Curry Roasted	GF V	1/2 cup	169	69	2.6	4.7	0.65+	6.1	0+
Corn	GF V	1/2 cup	113	100	3.4	0.9	0.13	23.5	0
Spinach,Fresh(DR)	GF V	1/2 cup	162	37	4.6	0.6	0.10	5.9	0
Jambalaya		1 each	549	597	49.5	23.8	5.37+	43.5	183+
BBQ Pulled Chicken Sandwich		1 each	336	589	39.2	22.2	2.53	51.6	103+
Wednesday, February 13, 2019									
Soup,Cream,Wild Mushroom		8 ounces	232	135	5.5	8.8	4.47+	9.2	18+
Pasta,Shell,plain	V	1 cup	57	213	7.1	1.0	0.00	42.5	0
Pasta,Spaghetti	V	1 cup	57	213	7.1	1.0	0.00	43.5	0
Sauce,Alfredo,DR		4 oz	122	236	9.5	19.0	10.69+	8.8	57+
Sauce,Meat,DR	GF	4 oz	113	99	6.2	5.2	1.97+	6.5	19+
Sauce,Marinara,DR	GF V	4 oz	95	34	0.9	1.4	0.20+	4.5	0+
Tofu,DR Parmesan,Marinara Sauce		1 each	241	287	19.8	18.1	5.59+	12.2	25+
Chicken,Parmesan,Shells,Sauce		1 each	288	389	37.4	10.6	3.77+	34.6	88+
Chicken, Parmesan only		1 each	164	249	32.9	8.8	3.5	8.4	88
Squash, Spaghetti Roasted	GF V	4 oz	215	69	1.4	1.3	0.18+	13.8	0+
Mushroom,Roasted,Pesto,Soy	GF V	1/2 cup	128	92	4.9	7.0	1.26+	4.6	3+
Roasted,Vegetable,Fresh,Mix	GF V	1/2 cup	85	43	1.3	2.0	0.28+	5.8	0+
Bread,Garlic		1 each	86	173	4.5	6.0	0.00	24.0	0
Chicken,Wings w/Potato Salad		1 each	476	941	60.2	69.6	14.55+	16.3	410+
Chicken,Wings only		1 each	302	617	58.7	41.1	10.28	2.9	
Meatball Parmesan Sub		1 each	229	358	20.6	22.6	10.94	13.8	58
Thursday, February 14, 2019									
Soup,Beef,Ropa Vieja,GF		8 oz	220	88	5.3	3.1	0.68+	7.6	11+
Soup,Chowder,Corn		8 ounces	305	180	3.2	7.8	3.88+	26.4	20+
Turkey,Stuffing,Gravy,Cafe		1 each	353	465	39.0	13.9	1.30+	46.0	91+
Turkey Only	GF	1 each	170	243	35	10.6	0.76	1.5	91
Gravy,Turkey,STR		2 ounces	12	10	0.2	0.3	0.09+	1.5	0+
Tofu,DR, Roasted,Sweet&Spicy	GF V	1 each	191	101	10.6	2.7	0.02+	9.0	0
Lasagna,Vegetable Homemade		1 each	293	344	26.1	16.3	9.29+	25.5	77+
Potato,Whipped Cafe	GF	4 oz	121	103	3.3	1.0	0.25+	20.9	0+
Grain,Wheatberry,Pilaf	GF V	4 oz	97	111	4.0	1.1	0.16+	21.4	0+
Broccoli,Steam,Frozen	GF V	1/2 cup	78	22	2.4	0.1	0.01	4.2	0
Turnip+Carrots Mashed	GF V	1/2 cup	119	68	1.0	4.1	1.04+	7.7	0+
Beans,Whole Fresh, Mushrooms	GF V	1 each	111	48	1.8	2.2	0.31+	6.9	0+

Week 1 - DHMC Cafe
Nutritional Information

Chicken, Sweet, Sour, Not fried		1 each	563	593	37.7	15.0	2.51+	72.9	89+
Fish, Cod Sandwich, DR		1 each	240	364	25.0	12.7	3.41+	36.4	17+
Friday, February 15, 2019									
Soup, Chicken Mulligatawny GF	GF	8 ounces	226	107	8.7	2.2	0.55+	12.9	23+
Soup, Chowder, NE, Clam		8 ounces	276	139	7.9	7.5	3.94+	9.2	35+
Fish, Piccata Broiled - COD		1 each	182	161	26.7	4.4	0.66+	2.6	64+
Beef, Burrito, Bean		1 each	247	423	20.0	19.0	6.86+	42.6	50+
Grain, Couscous	GF V	1/2 cup	63	74	2.2	1.5	0.00	13.3	0
Rice, Black beans	GF V	1/2 cup	127	128	3.8	1.8	0.26+	24.3	0+
Stuffing, Sausage, Apple, Farro		6 oz	94	151	7.9	9.1	2.36+	10.9	19+
Squash, Acorn Roasted	GF V	1 each	586	393	6.4+	8.8	2.27+	83.4	0+
Carrots, Coins	GF V	1/2 cup	113	41	0.9	0.5	0.05	9.0	0
Zucchini Saute Ital, DR	GF V	1/2 cup	154	42	1.8	2.3	0.38+	4.7	0+
Pasta, Soba, MisoRoasted Vegetables, Tofu	V	12 ounces	303	231	11.3	10.2	1.26+	32.4	0+
Chorizo, Grld, Guacamole, Lettuce, Tomato, S/W		1 each	271	694	29.9	43.3	15.96	50.4	80

Week 1 - DHMC Cafe
Nutritional Information

Sodium (mg)	Potas sium (mg)	Dietry Fiber (gm)	Sugars (gm)
379	221	1.4+	1.7+
424	353+	2.6+	7.0+
104	521+	0.4+	0.9+
94	467	3.3+	4.2
148	464	4.1+	5.7+
112	183+	3.8+	14.1+
0	287	1.6	
127	169	4.8	
84	250	2.1+	5.3+
277		0	1.5
297	344	0	1.5
808	425	2.4	
373	508	12.9+	1.9+
538	257	3.8+	3.2+
369	623	1.0+	2.4+
511	180	1.3+	4.1+
71	32+	3.0+	0.3+
83	313	3.1+	1.3+
106	67	0.6+	1.0+
67	525	2.7+	7.9+
78	244+	4.4+	1.7+
3	242	2.4	2.8
128	904	3.6	0.7
1430	507+	3.5+	4.0+
1068	787+	3.2	26.4+
413	260	0.9+	1.8+
0	106	2.0	3.0
0	106	2.0	2.0
343	157	0.2+	4.2+
37	291+	1.8+	3.7+
16	197	1.4+	2.5+
419	482	1.0+	1.8+
367	571	3.1+	4.2+
351	320	0.7	0.6
39	250	2.8+	5.5+
196	376+	1.2+	2.7+
14	189	1.7+	3.0+
210		1.5	0.0
2470	319+	1.6+	4.3+
1762		0	2.9
1153	334+	2.9	7.3
575	250+	1.3+	2.9+
360	281	2.3+	4.8+
822	551	2.2+	15.8+
486	445	0	0
143	23	0.2+	0.3+
287	446+	0.5+	4.3+
720	527	3.5+	7.1+
83	313	3.1+	1.3+
13	59+	4.2+	0.7+
9	111	2.3	1.1
113	232	2.4+	4.6+
7	141	2.7+	1.6+

Week 1 - DHMC Cafe
Nutritional Information

983	495+	3.0+	30.7+
679	384	3.7	4.0+
150	241+	1.5+	1.8+
564	228+	0.7+	2.0+
195	653	0.7+	0.2+
1037	437	4.4+	4.8+
266		0.7	0.7
122	204	1.6+	0.9+
271	151+	3.4+	1.1+
112	2481+	24.9+	0.5+
77	266	3.7	5.4
12	404	1.5+	3.8+
640	646	4.9+	8.4+
1786	95+	2.5	4.9