### LUNCH & DINNER MENU

**WEEK 4 - This is a new cycle menu.**

**Monday, August 17, 2020**

- **Lunch Wok Special**
  - 1097: Jamaican Chicken Soup - Gluten-Free
  - 3562: Pesto, Couscous, & Veg. Stuffed Portabella Mushroom
  - 3027: Chicken Pot Pie
  - 3909: Roasted Sweet Potatoes
  - 3962: Rice Pilaf
  - 1511: Whipped Squash
  - 3951: Braised Red Cabbage
  - 3905: Broccoli

- **Lunch Grille Special**
  - 4027: Miso Ginger Grilled Marinaded Salmon
  - 4025: Miso Ginger Grilled Marinaded Tofu
  - 4024: Eggplant Margarita Sandwich on Focaccia Bread
  - 4023: Reuben Sandwich on Focaccia Bread

**Tuesday, August 18, 2020**

- **Lunch Wok Special**
  - 3533: White Bean & Sausage Soup (Gluten-Free)
  - 3573: Italian Garden Soup (Gluten-Free)
  - 3912: Pot Roast and Gravy
  - 3011: Macaroni & Cheese - per scoop
  - 3042: Fresh Whipped Potatoes
  - 3044: Side Order of Gravy
  - 3934: Multi Grain & Rice Pilaf

- **Lunch Grille Special**
  - 3885: Fresh Local Baked Almond Basil Cod
  - 3954: Grilled Chicken Wings a la carte
  - 3832: Meatball Parmesan Sandwich

**Wednesday, August 19, 2020**

- **Lunch Wok Special**
  - 1070: Moroccan Chicken Soup
  - 1072: Full Order Shells and Sauce
  - 1073: Chicken Parmesan
  - 3569: Organic Tofu Parmesan
  - 1077: Tofu Parmesan, Shells and Sauce
  - 4322: Fresh Local Fish of the Day
  - 3904: Local Gluten-Free Meatball - 1 each
  - 3808: Roasted Pesto Soy Mushrooms
  - 3404: Roasted Vegetables

- **Lunch Grille Special**
  - 3810: Grilled or Hot BBQ Glazed Wings with Homemade Potato Salad
  - 3811: Grilled Chicken Wings a la carte
  - 3832: Meatball Parmesan Sandwich

**Thursday, August 20, 2020**

- **Lunch Wok Special**
  - 3561: Chicken & Wild Rice Soup (Gluten-Free)
  - 3505: Cream of Wild Mushroom Soup
  - 3594: Turkey, Stuffing, Gravy and Cranberry - Antibiotic Free Turkey
  - 3912: Organic Roasted Sesame Tofu
  - 3904: Homemade Chicken, Pesto and Roasted Red Pepper Lasagna
  - 3042: Fresh Whipped Potatoes
  - 3926: Barley with Roasted Vegetables
  - 3951: Mashed Turnips and Carrots
  - 3847: Whole Seasoned Green Beans

- **Lunch Grille Special**
  - 3729: Thai Chicken Lo Mein Or Thai Tofu Lo Mein
  - 3735: Cod Fish Sandwich

**Friday, August 21, 2020**

- **Lunch Wok Special**
  - 3518: Corn Beef Hash (breakfast special only)
  - 3541: Pho Ga Soup (almost like chicken noodle soup)
  - 3920: Shrimp and Fish Chowder
  - 3907: Cranberry Corn Bread Baked Stuffed Chicken
  - 3915: Fresh Local Baked Almond Basil Cod
  - 3960: Spicy Black Bean Chorizo Stufing
  - 3959: Wild Rice
  - 3961: Roasted Potatoes

- **Lunch Grille Special**
  - 3815: Fresh Zucchini & Tomatoes
  - 3550: Vegan Polenta Tapenade

**SATURDAY and SUNDAY**

- **New Hours of Operation**
  - 7:00 am - 1:00 pm

- **Today's specials are posted on the DR Menu Board.**

**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.

**Dining Room Hot Meal Times:**
- Breakfast 6:30-10:00
- Lunch 10:30-2:00 weekdays only.
- Dinner 4:00-closing weekdays only.
- Wok Hours: 10:30-2:00 weekdays only.

**For our weekly posted menus, go to patients.d-h.org/diningroom.**

**Menu is subject to change.**

**Check out our web site on one.hitchcock.org**

**For this COVID-19 crisis.**

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### Beef, Sloppy Joe
- **Almond Baked Cod**
  - Portion: 1 each
  - Size: 287 g
  - Calories: 11.2
  - Fat: 17.6
  - Sodium: 414

### Turkey Only
- **Soup, Chicken, Wild Rice, GF**
  - Portion: 1 each
  - Size: 245 g
  - Calories: 13.1
  - Fat: 4.6
  - Sodium: 279

### Vegetarian
- **Cauliflower Gobi Aloo**
  - Portion: 1 each
  - Size: 516 g

### Nutritional Information

#### Monday, August 17, 2020

### Italian Garden Soup (Gluten-Free)
- **Soup, White Bean, Sausage, GF**
  - Portion: 8 ounces
  - Calories: 181
  - Fat: 10.8

### Wednesday, August 19, 2020

### Thursday, August 20, 2020

### Friday, August 21, 2020

### Beef, Corn, Hash, Homemade
- **Shrimp and Fish Chowder**
  - Portion: 8 oz
  - Calories: 88
  - Fat: 18.7

### Soup, Pho Ga (Vietnamese Chicken Noodle Soup)
- **Beets**
  - Portion: 6 oz
  - Calories: 11.8
  - Fat: 11.6

### Beef, Stroop Joe
- **Polenta Taperade and Greens**
  - Portion: 1 each
  - Size: 466 g

### Nutritional Information