

April 19-25, 2021

WEEK 3	PLU #	LUNCH & DINNER MENU	One price for all.
Monday, April 19, 2021			
		Turkey Spinach & Farro Soup	\$1.50
		Tomato Blue Cheese Bisque (Gluten-Free)	\$1.50
Sorry, there are likely to be last minute changes to the menu during this COVID-19 crisis.	4027	Beef & Rice 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
	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
Tuesday, April 20, 2021			
		Split Pea Soup (Gluten-Free)	\$1.50
Sorry, there are likely to be last minute changes to the menu during this COVID-19 crisis.		Tofu Hot and Sour 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
	3965	Cauliflower Gobi Aloo	\$0.75
	3963	Roasted Local Butternut Squash	\$0.75
	3953	Fresh Spinach	\$0.75
	3956	Corn	\$0.75
Lunch Wok Special	3740	Chicken and Sausage Gumbo	\$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
Wednesday, April 21, 2021			
	1070	Cheese & Potato Leek Chowder	\$1.50
	1072	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	\$3.00
New Homemade Antibiotic-Free Chicken Parmesan	1073	Chicken Parmesan with Shells & Sauce	\$4.75
	3569	Chicken Parmesan & Sauce - no shells	\$3.25
	1077	Organic Tofu Parmesan	\$2.50
Sorry, there are likely to be last minute changes to the menu during this COVID-19 crisis.	4322	Tofu Parmesan, Shells and Sauce	\$4.00
	1075	Fresh Local Fish of the Day	\$3.50
	1076	Side of Pasta & Sauce - 1/2 c. pasta and 2 oz. sauce	\$1.50
	1078	Side of Pasta only - no sauce	\$0.75
	1074	Side of Sauce only - no pasta	\$0.75
	3954	Local Gluten-Free Meatball - 1 each	\$0.75
	3404	Roasted Spaghetti Squash	\$0.75
	3808	Roasted Vegetables	\$0.80
New Antibiotic-Free Chicken Wings	3900	Roasted Pesto Soy Mushrooms	\$0.75
Lunch Wok Special	3410	Garlic Bread	\$0.85
Lunch Wok Special	3411	Grilled Chicken Wings & Homemade Potato Salad	\$4.75
Lunch Grille Special	3832	Grilled Chicken Wings a la carte	\$4.50
		Meatball Parmesan Sandwich	\$4.00
Thursday, April 22, 2021			
		Black Bean & Chorizo Sausage Soup (Gluten-Free)	\$1.50
		Cream of Spinach Soup	\$1.50
Sorry, there are likely to be last minute changes to the menu during this COVID-19 crisis.	3561	Turkey, Stuffing, Gravy and Cranberry	\$4.00
	4023	Homemade Seafood Lasagna	\$3.50
	3505	Teriyaki Organic Tofu	\$2.00
	3912	Fresh Whipped Potatoes	\$0.75
	3951	Broccoli Cuts	\$0.75
	3926	Mashed Turnips and Carrots	\$0.75
	3946	Whole Green Beans Hellinka	\$0.75
Lunch Wok Special	3030	Chicken Dosas	\$4.25
Lunch Wok Special	3030	Tofu Dosas	\$4.25
Lunch Grille Special	3735	Cod Fish Sandwich	\$3.75
Friday, April 23, 2021			
	2014	Corned Beef Hash (breakfast special only)	\$1.25
"Dock to Table" Fresh Fish		Beef Mushroom Barley Soup	\$1.50
	3597	Seafood Bisque	\$1.50
"Dock to Table" Fresh Fish	4322	Chicken Green Chili Burrito	\$2.25
Sorry, there are likely to be last minute changes to the menu during this COVID-19 crisis.	3975	Fresh Local Cracker Crumb Cod	\$3.50
	3042	Red Beans & Rice	\$0.75
	3953	Hearty Grains and Mushrooms	\$1.25
	3950	Fresh Spinach	\$0.75
	3945	Carrots	\$0.75
New Vegan Lunch Grille Special	3821	Fresh Zucchini and Onions	\$0.75
Lunch Grille Special	4126	Vegan Tan Tan Noodles	\$1.75
		Grilled Sausage Sandwich	\$3.75

SATURDAY and SUNDAY

New Hours of Operation:

Sorry, the Dining Room is closed on weekends.

NEW HOURS: The Dining Room is open Mon.-Fri. 6:30 am - 7:00 pm. The Dining Room is closed on weekends.

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.

[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 3 - DHMC Cafe
Nutritional Information

Recipe Name	GF Free	Gluten Vegan	V	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	SFA (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Sodium (mg)	Potas sium (mg)	Dietry Fiber (gm)	Sugars (gm)
Monday, April 19, 2021															
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	307	27	18	6.25	6.9	86	81	568	0.9	1.8
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+
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
Tuesday, April 20, 2021															
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				1/2 cup	111	163	7.2	8.4	4.3	15.7	23	255	90	0.65	2
Potato,Whipped Cafe	GF			4 oz	121	103	3.3	1.0	0.25+	20.9	0+	83	313	3.1+	1.3+
Cauliflower Gobi Aloo	GF	V		1/2 cup	134	131	1.6	9.2	0.68	9.9	0	126	249	1.8	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+
Wednesday, April 21, 2021															
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,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
Meatball, Local	GF			1 each	28	70	4.3	5.3	2.3	2.3	25	133	?	0	0.3
Squash, Spaggetti 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
Thursday, April 22, 2021															
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+
Teriyaki Organic Tofu		V		1 each		199	15.1	9.8	0.8	13.3	0+	332	651	2	4.9
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+
Broccoli Cuts	GF	V		1/2 cup											
Fish,Cod Sandwich,DR				1 each	240	364	25.0	12.7	3.41+	36.4	17+	679	384	3.7	4.0+
Friday, April 23, 2021															
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,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,Red beans	GF	V		1/2 cup	143	147	5.1	1.8	0.26+	27.0	0+	158	234	2.5+	1.2+
Spinach,Fresh	GF	V		1/2 cup	162	37	4.6	0.6	0.10	5.9	0	128	904	3.6	0.7
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+