

February 7 - 13

WEEK 1

Monday, February 7, 2022

LUNCH & DINNER MENU

One price for all.

	Turkey Vegetable Soup (Gluten-Free)	\$1.50
	Tomato Cheddar Cheese Soup (Gluten-Free)	\$1.50
	Homemade Chicken Stuffed Pepper	\$3.00
	Roast Pork & Apple Pork Glaze - Local, grass fed and antibiotic free pork. Gluten-Free	\$3.50
	Roasted Sweet Potatoes	\$1.00
	Whipped Squash	\$1.00
	Peas	\$1.00
	Braised Red Cabbage	\$1.00
Lunch Wok Special	Miso Ginger Grilled Marinated Salmon	\$5.00
Lunch Wok Special	Miso Ginger Grilled Marinated Tofu	\$2.50

Tuesday, February 8, 2022

	Split Pea Soup (Gluten-Free)	\$1.50
	West African Vegetable Soup (Gluten-Free)	\$1.50
	Pot Roast and Gravy	\$3.50
	Macaroni & Cheese - per scoop	\$1.75
	Fresh Whipped Potatoes	\$1.00
	Side Order of Gravy	\$0.35
	Cauliflower Gobi Aloo	\$1.00
	Roasted Local Butternut Squash	\$1.00
	Fresh Spinach	\$1.00
	Corn	\$1.00
Lunch Grille Special	Pulled BBQ Chicken Sandwich with Cole Slaw	\$3.75

Wednesday, February 9, 2022

	Chicken Noodle Soup	\$1.50
	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	\$3.00
New Homemade Antibiotic-Free	Chicken Parmesan with Shells & Sauce	\$4.75
Chicken Parmesan	Chicken Parmesan & Sauce - no shells	\$3.50
	Organic Tofu Parmesan	\$2.50
	Tofu Parmesan, Shells and Sauce	\$4.00
	Fresh Local Fish of the Day	\$4.00
	Side of Pasta & Sauce - 1/2 c. pasta and 2 oz. sauce	\$1.50
	Side of Pasta Only or Sauce Only	\$1.00
	Local Gluten-Free Meatball - 1 each	\$0.75
	Roasted Spaghetti Squash	\$1.00
	Roasted Vegetables	\$1.00
	Roasted Pesto Soy Mushrooms	\$1.00
	Garlic Bread	\$0.75
Lunch Grille Special	Meatball Parmesan Sandwich	\$4.00

Thursday, February 10, 2022

	Beef Ropa Vieja Soup (Gluten-Free)	\$1.50
	Corn Chowder	\$1.50
	Turkey, Stuffing, Gravy and Cranberry	\$4.00
	Homemade Vegetable Lasagna	\$3.50
	Organic Crispy Tofu & Roasted Corn Relish	\$2.50
	Fresh Whipped Potatoes	\$1.00
	Broccoli Cuts	\$1.00
	Mashed Turnips and Carrots	\$1.00
	Whole Green Beans & Mushrooms	\$1.00
Lunch Grille Special	Cod Fish Sandwich	\$3.75

Friday, February 11, 2022

	Corned Beef Hash (breakfast special only)	\$1.50
	Chicken Mulligatawny Soup (Gluten Free)	\$1.50
"Dock to Table" Fresh Fish	New England Clam Chowder	\$1.50
	Beef and Bean Burrito	\$3.50
"Dock to Table" Fresh Fish	Fresh Local Broiled Cod Piccata	\$4.00
	Couscous	\$1.00
	Black Beans & Rice	\$1.00
	Fresh Spinach	\$1.00
	Carrots	\$1.00
	Sauteed Italian Zucchini	\$1.00
New Vegan Lunch Grille Special	Vegan Soba Noodles (per scoop)	\$1.75

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.

Dining Room Hours

Breakfast	6:30 - 10:00
Lunch	10:30 - 2:00
Dinner	4:00 - 7:00

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

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

Wok Hours: 10:30 - 2:00 (except Fridays)

Menu is subject to change.

Week 3 - DHMC Cafe  
Nutritional Information

Recipe Name	GF Free	Gluten 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)
<b>Monday, February 7, 2022</b>														
Soup,Turkey,Vegetable,GF	GF		8 oz	237	77	5.3	0.5	0.01+	12.5	8+	379	221	1.4+	1.7+
Soup,Tomato, Cheddar Cheese,Bisque,GF	GF		8 oz	254	236	9.4	15.0	8.72+	16.3	52+	424	353+	2.6+	7.0+
Pork, Roast,Apple Glaze GF	GF		4 ounces	193	283	27.0	17.2	5.93+	3.4	86+	104	521+	0.4+	0.9+
Chicken,Stuffed Pepper			1 each	224	201	17.0	4.8	1.57+	21.7	43+	94	467	3.3+	4.2
Potato,Roasted,Sweet	GF		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
<b>Tuesday, February 8, 2022</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,West African Vegetable,GF	GF		8 oz	243	89	2.8	0.6	0.15+	17.8	0+	538	257	3.8+	3.2+
Pot Roast & Gravy,GF	GF		4 oz	220	298	29.4	14.3	4.76+	9.0	76+	369	623	1.0+	2.4+
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+
Gravy, Beef,Str,GF	GF		2 oz	40	24	0.4	0.0	0.01+	4.7	0+	106	67	0.6+	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+
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
Corn	GF V		1/2 cup	113	100	3.4	0.9	0.13	23.5	0	3	242	2.4	2.8
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
Jambalaya			1 each	549	597	49.5	23.8	5.37+	43.5	183+	1430	507+	3.5+	4.0+
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, February 9, 2022</b>														
Chicken Noodle Soup			8 ounces	270	103	8.9	2.5	0.67	10	31	410	176	0.7	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
Pasta,Spaghetti	V		1 cup	57	213	7.1	1.0	0.00	43.5	0	0	106	2.0	2.0
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	95	34	0.9	1.4	0.20+	4.5	0+	16	197	1.4+	2.5+
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	0.7	0.6
Meatball, Local	GF		1 each	28	70	4.3	5.3	2.3	2.3	25	133	?	0	0.3
Squash, Spaghetti Roasted	GF V		4 oz	215	69	1.4	1.3	0.18+	13.8	0+	39	250	2.8+	5.5+
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+
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+
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	358	20.6	22.6	10.94	13.8	58	1153	334+	2.9	7.3
<b>Thursday, February 10, 2022</b>														
Soup,Beef,Ropa Vieja,GF			8 oz	220	88	5.3	3.1	0.68+	7.6	11+	575	250+	1.3+	2.9+
Soup,Chowder,Corn			8 ounces	305	180	3.2	7.8	3.88+	26.4	20+	360	281	2.3+	4.8+
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
Gravy,Turkey,STR			2 ounces	12	10	0.2	0.3	0.09+	1.5	0+	143	23	0.2+	0.3+
Crispy Tofu with Roasted Corn Relish	V		1 each		276	16.9	7.9	1.1	34.5	0	410	488	3.4	3.5
Lasagna,Vegetable Homemade			1 each	293	344	26.1	16.3	9.29+	25.5	77+	720	527	3.5+	7.1+
Potato,Whipped Cafe	GF		4 oz	121	103	3.3	1.0	0.25+	20.9	0+	83	313	3.1+	1.3+
Broccoli Cuts	GF V		1/2 cup											
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,Whole Fresh, Mushrooms	GF V		1 each	111	48	1.8	2.2	0.31+	6.9	0+	7	141	2.7+	1.6+
Chicken,Sweet,Sour,Not fried			1 each	563	593	37.7	15.0	2.51+	72.9	89+	983	495+	3.0+	30.7+
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, February 11, 2022</b>														
Soup,Chicken Mulligatawny GF	GF		8 ounces	226	107	8.7	2.2	0.55+	12.9	23+	150	241+	1.5+	1.8+
Soup,Chowder,NE,Clam			8 ounces	276	139	7.9	7.5	3.94+	9.2	35+	564	228+	0.7+	2.0+
Fish,Piccata Broiled - COD			1 each	182	161	26.7	4.4	0.66+	2.6	64+	195	653	0.7+	0.2+
Beef,Burrito,Bean			1 each	247	423	20.0	19.0	6.86+	42.6	50+	1037	437	4.4+	4.8+
Grain,Couscous	V		1/2 cup	63	74	2.2	1.5	0.00	13.3	0	266		0.7	0.7
Rice,Black beans	GF V		1/2 cup	127	128	3.8	1.8	0.26+	24.3	0+	122	204	1.6+	0.9+
Carrots,Coins	GF V		1/2 cup	113	41	0.9	0.5	0.05	9.0	0	77	266	3.7	5.4