

Jan 24-30

WEEK 3

Monday, January 24, 2022

LUNCH & DINNER MENU

One price for all.

Turkey Spinach & Farro Soup	\$1.50
Tomato Blue Cheese Bisque (Gluten-Free)	\$1.50
Beef & Rice 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
Miso Ginger Grilled Marinated Salmon	\$5.00
Miso Ginger Grilled Marinated Tofu	\$2.50

Lunch Wok Special  
Lunch Wok Special

Tuesday, January 25, 2022

Split Pea Soup (Gluten-Free)	\$1.50
Tofu Hot and Sour 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	\$1.00
Cauliflower Gobi Aloo	\$1.00
Roasted Local Butternut Squash	\$1.00
Fresh Spinach	\$1.00
Grilled Tempeh Sandwich with Cole Slaw	\$3.75
Pulled BBQ Chicken Sandwich with Cole Slaw	\$3.75

Lunch Grille Special  
Lunch Grille Special

Wednesday, January 26, 2022

Cheese & Potato Leek Chowder	\$1.50
Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	\$3.00
Chicken Parmesan with Shells & Sauce	\$4.75
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
Meatball Parmesan Sandwich	\$4.00

New Homemade Antibiotic-Free  
Chicken Parmesan

New Antibiotic-Free Chicken Wings  
Lunch Grille Special

Thursday, January 27, 2022

Black Bean & Chorizo Sausage Soup (Gluten-Free)	\$1.50
Cream of Spinach Soup	\$1.50
Turkey, Stuffing, Gravy and Cranberry	\$4.00
Homemade Seafood Lasagna	\$3.50
Teriyaki Organic Tofu	\$2.50
Fresh Whipped Potatoes	\$1.00
Broccoli Cuts	\$1.00
Mashed Turnips and Carrots	\$1.00
Whole Green Beans Hellinka	\$1.00
Cod Fish Sandwich	\$3.75

Lunch Grille Special

Friday, January 28, 2022

Corned Beef Hash (breakfast special only)	\$1.50
Beef Mushroom Barley Soup	\$1.50
Seafood Bisque	\$1.50
Chicken Green Chili Burrito	\$3.50
Fresh Local Cracker Crumb Cod	\$3.50
Red Beans & Rice	\$1.00
Hearty Grains and Mushrooms	\$1.00
Fresh Spinach	\$1.00
Carrots	\$1.00
Fresh Zucchini and Onions	\$1.00
Vegan Tan Tan Noodles	\$1.75
Grilled Sausage Sandwich	\$3.75

"Dock to Table" Fresh Fish

"Dock to Table" Fresh Fish

Sorry, there are likely to be last minute changes to the menu during this COVID-19 crisis.

New Vegan Lunch Grille Special  
Lunch Grille Special

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:Food.Nutrition.Comments@hitchcock.org)

[Check out our web site on one.hitchcock.org](http://www.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.patients.d-h.org/diningroom).

Menu is subject to change.

Week 3 - DHMC Cafe  
Nutritional Information

Recipe Name	GF Free 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)
<b>Monday, January 24, 2022</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	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
<b>Tuesday, January 25, 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,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+
<b>Wednesday, August 11, 2021</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,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, 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
<b>Thursday, August 12, 2021</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+
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+
<b>Friday, August 13, 2021</b>														
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+