### LUNCH & DINNER MENU for all.

#### Monday, July 24, 2023
- **Turkey Vegetable Soup** (Gluten-Free) $1.75
- **Tomato Cheddar Cheese Soup** (Gluten-Free) $1.75
- **Homemade Chicken Stuffed Pepper** $3.50
- **Roast Pork & Apple Pork Glaze** - Local, grass fed and antibiotic free pork. Gluten-Free $4.00
- **Roasted Sweet Potatoes** $1.25
- **Whipped Squash** $1.00
- **Peas** $1.00
- **Braised Red Cabbage** $1.00
- **Lunch Wok Special** Miso Ginger Grilled Marinated Salmon $5.50
- **Lunch Wok Special** Miso Ginger Grilled Marinated Tofu $3.00

#### Tuesday, July 25, 2023
- **Split Pea Soup** (Gluten-Free) $1.75
- **West African Vegetable Soup** (Gluten-Free) $1.75
- **Pot Roast and Gravy** $4.00
- **Macaroni & Cheese** - per scoop $2.00
- **Fresh Whipped Potatoes** $1.25
- **Side Order of Gravy** $0.50
- **Cauliflower Gobi Aloo** $1.00
- **Roasted Local Butternut Squash** $1.00
- **Fresh Spinach** $1.00
- **Lunch Grille Special** Pulled BBQ Chicken Sandwich with Cole Slaw $4.50
- **Lunch Wok Special** Chicken, Pork and Shrimp Jambalya with Rice $5.00

#### Wednesday, July 26, 2023
- **Chicken Noodle Soup** $1.75
- **Pasta Bar** - (choice of 1 c. pasta & 4 oz. sauce) $3.25
- **Homemade Antibiotic-Free Chicken Parmesan w/ Shells & Sauce** $5.00
- **Chicken Parmesan & Sauce - no shells** $4.00
- **Organic Tofu Parmesan** $3.00
- **Tofu Parmesan, Shells and Sauce** $5.00
- **Fresh Local Fish of the Day** $5.50
- **Side of Pasta & Sauce - 1/2 c. pasta and 2 oz. sauce** $2.00
- **Side of Pasta Only or Sauce Only** $1.25
- **Meatball - 1 each** $0.85
- **Roasted Spaghetti Squash** $1.00
- **Roasted Vegetables** $1.00
- **Roasted Pesto Soy Mushrooms** $1.00
- **Grilled Chicken Wings & Potato Salad** $5.25
- **Lunch Grille Special** Meatball Parmesan Sandwich $4.50

#### Thursday, July 27, 2023
- **Beef Ropa Vieja Soup** (Gluten-Free) $1.75
- **Corn Chowder** $1.75
- **Turkey, Stuffing, Gravy and Cranberry** $4.50
- **Homemade Vegetable Lasagna** $4.00
- **Organic Crispy Tofu & Roasted Corn Relish** $3.00
- **Fresh Whipped Potatoes** $1.25
- **Broccoli Cuts** $1.00
- **Carrots** $1.00
- **Whole Green Beans & Almonds** $1.00
- **Lunch Grille Special** Cod Fish Sandwich $5.50
- **Lunch Wok Special** Sweet and Sour Chicken or Tofu over Rice $5.00

#### Friday, July 28, 2023
- **Corned Beef Hash** (breakfast special only) $2.00
- **Chicken Mulligatawny Soup** (Gluten Free) $1.75
- **“Dock to Table” Fresh Fish**
  - **New England Clam Chowder** $1.75
  - **Beef and Bean Burrito** $4.00
- **“Dock to Table” Fresh Fish**
  - **Fresh Local Broiled Cod Piccatta** $5.50
  - **Couscous** $1.25
  - **Black Beans & Rice** $1.25
  - **Fresh Spinach** $1.00
  - **Carrots** $1.00
  - **Sautéed Italian Zucchini** $1.00

### One price

- **New Vegan Lunch Grille Special**
  - **Vegan Soba Noodles (per scoop)** $2.50

---

**Dining Room Hours**

**Send comments to** Food.Nutrition.Comments@hitchcock.org

**Weekdays:** 6:30a-7:00p

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

**Weekends:** 7:00a-2:00p

**go to “Departments” and then click “Food and Nutrition Services.”**

**For our weekly posted menus,**

**Visit to go.d-h.org/diningroom**

**Menu is subject to change.**
### Week 1 - DHMC Cafe

#### Nutritional Information

<table>
<thead>
<tr>
<th>Recipe Name</th>
<th>GF</th>
<th>V Vegan</th>
<th>Size</th>
<th>Amt (g)</th>
<th>Calories (kcal)</th>
<th>Protein (gm)</th>
<th>Fat (gm)</th>
<th>SFA (gm)</th>
<th>Carbohydrate (gm)</th>
<th>Sodium (mg)</th>
<th>Potassium (mg)</th>
<th>Dietary Fiber (gm)</th>
<th>Sugar (gm)</th>
</tr>
</thead>
</table>

**Monday, July 24, 2023**

Soup, Turkey, Vegetable, GF  
Soup, Tomato, Cheddar Cheese, Bisque, GF  
Chicken, Stuffed Pepper  
Pot, Roast, Apple Glaze, GF  
Potato, Roasted, Sweet  
Squash, Winter, Whipped  
Peas  
Cabbage, Red, Braised  
Fish, Fresh Salmon Miso w/Lemon  

**Tuesday, July 25, 2023**

Soup, Grilled Pea, GF  
Soup, West African Vegetable, GF  
Pot Roast & Gravy, GF  
Mac & Cheese  
Potato, Whipped Cafe  
Gravy, Beef, Sir, GF  
Cauliflower, Gobi Albo  
Squash, Butternut Roasted  
Spinach, Fresh (DR)  
Corn  
Jambalaya  
BBQ Pulled Chicken Sandwich  

**Wednesday, July 26, 2023**

Soup, Chicken Noodle  
Pasta, Shell, plain  
Sauce, Alfredo, DR  
Sauce, Marinara, DR  
Chicken, Parmesan, Marinara Sauce  
Chicken, Parmesan, Pasta Sauce  
Chicken, Parmesan only  
Meatball, Local  
Pasta, Shells & Mballs, DR  
Squash, Spaghetti Roasted  
Mushroom, Roasted, Pesto, Soy  
Roasted, Vegetable, Fresh, Mix  
Bread, Garlic  
Chicken, Wings w/Potato Salad  
Meatball, Parmesan Sub  

**Thursday, July 27, 2023**

Soup, Beef, Hoppa Vieja, GF  
Soup, Cheddar, Corn  
Turkey, Stuffed, Gravy, Cafe  
Turkey, Sausage, GF  
Gravy, Turkey, STR  
Lasagna, Vegetable Homemad  
Tofu, Crispy, Roasted Corn Relish  
Potato, Whipped Cafe  

**Friday, July 28, 2023**

Soup, Chicken Mulligatawny  
Soup, Cheddar, NE, Clam  
Beef, Burrata  
Sauce, Piquillo Broiled - COD  
Grain, Couscous  
Rice, Black Beans  
Spinach, Fresh (DR)  
Carrots, Coins, Frozen (Soft Diet)  

---

*Note: Nutritional Information for Week 1 - DHMC Cafe*