<table>
<thead>
<tr>
<th>Date</th>
<th>LUNCH &amp; DINNER MENU</th>
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| **Monday, July 31, 2023** | Coconut Chicken Soup - (Gluten-Free) $1.75  
                           | Mexican Corn Chowder $1.75  
                           | Spinach and Artichoke Stuffed Portabella Mushroom $4.00  
                           | Chicken Pot Pie & Biscuit $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, August 1, 2023** | White Bean & Sausage Soup (Gluten-Free) $1.75  
                           | Vegetable Lentil Soup (Gluten-Free) $1.75  
                           | Pot Roast $4.00  
                           | Macaroni & Cheese - per scoop $2.00  
                           | Fresh Whipped Potatoes $1.25  
                           | Side Order of Gravy $0.50  
                           | Roasted Butternut Squash $1.00  
                           | Cauliflower Gobi Aloo $1.00  
                           | Roasted Fennel, Onion, & Brussels Sprouts $1.00  
                           | Fresh Spinach $1.00  
                           | Lunch Grille Special Vegetarian Chili $4.00  
                           | Lunch Wok Special Kung Pao Chicken & Peanuts Over Rice $5.00  |
| **Wednesday, August 2, 2023** | "Dock to Table" Fresh Fish Ham & Potato Chowder $1.75  
                           | Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce) $3.25  
                           | Chicken Parmesan with Shells & Sauce $5.00  
                           | Chicken Parmesan & Sauce - no shells $4.00  
                           | Side of Shells & Sauce $2.00  
                           | Organic Tofu Parmesan $3.00  
                           | Tofu Parmesan, Shells and Sauce $5.00  
                           | Fresh Local Fish of the Day $5.50  
                           | Side of Pasta Only or Sauce Only $1.25  
                           | Meatball - 1 each $0.85  
                           | Roasted Spaghetti Squash $1.00  
                           | Roasted Pesto Soy Mushrooms $1.00  
                           | Roasted Vegetables $1.00  
                           | Garlic Knot $0.75  
                           | Lunch Grille Special Meatball Parmesan Sandwich $4.50  
                           | Lunch Wok Special Grilled Chicken Wings & Potato Salad $5.25  |
| **Thursday, August 3, 2023** | Chicken Vegetable & Quinoa Soup (Gluten-Free) $1.75  
                           | Cream of Broccoli & Cheddar $1.75  
                           | Turkey, Stuffing, Gravy and Cranberry - Antibiotic Free Turkey $4.50  
                           | Organic Tofu with Roasted Vegetables & Balsamic Reduction $3.00  
                           | Homemade Meat Lasagna $4.00  
                           | Fresh Whipped Potatoes $1.25  
                           | Broccoli Cuts $1.00  
                           | Mashed Turnips and Carrots $1.00  
                           | Whole Green Beans & Almonds $1.00  
                           | Lunch Grille Special Cod Fish Sandwich $5.50  |
| **Friday, August 4, 2023** | Corned Beef Hash (breakfast special only) $2.00  
                           | Shrimp Sarciado Soup $1.75  
                           | Chicken Noodle Soup $1.75  
                           | "Dock to Table" Fresh Fish Sicilian Baked Fresh Local Cod $5.50  
                           | Quinoa Pilaf $1.25  
                           | Boiled Potato $1.25  
                           | Fresh Spinach $1.00  
                           | Beets $1.00  
                           | Carrots $1.00  
                           | Braised Cabbage $1.00  |

**Dining Room Hours**

- **Weekdays:** 6:30a-7:00p
- **Weekends:** 7:00a-2:00p

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

Check out our web site on one.hitchcock.org

(visit to "Departments" and then click "Food and Nutrition Services.")

go to patients.d-h.org/diningroom.

Menu is subject to change.
### Tuesday, August 1, 2023

**Soup, Chowder, Ham & Potato**
- 6 ounces
- 200 131 3.9 8.7 4.21 9.3 27+ 406 185 0.8+ 1.8+
- GF V

**Mushroom, Portabella, Spin, Artichoke**
- Beans, Whole Fresh, Almonds GF   V
- 1 each
- 109 132 3.2 10.6 1.92 8.3 0+ 67 160 3.5 1.6
- GF V

**Fish, Fresh Salmon Miso, w/Lemon**
- 6 ounces
- 179 265 33.9 12.9 1.80 1.8 92+ 277 830+ 0.0+ 1.5+
- GF V

**Tofu, Miso Grilled**
- 6 ounces
- 181 118 12.8 5.3 0.15 5.8 0 315 409 0.0+ 1.5+

**Tuesday, August 2, 2023**

**Soup, Chowder, Ham & Potato**
- 6 ounces
- 200 131 3.9 8.7 4.21 9.3 27+ 406 185 0.8+ 1.8+
- GF V

**Feta, Roasted Vegetable, Balsamic Reduction**
- 6 ounces
- 162 47 4.6 0.6 0.10 6.9 0 128 904+ 1.0+ 1.9+

**Chili, Vegetarian**
- 4 oz
- 220 78 2.4 0.1 0.01 4.2 0 9 111 2.3 1.1

**Soup, Chowder, Ham & Potato**
- 6 ounces
- 200 131 3.9 8.7 4.21 9.3 27+ 406 185 0.8+ 1.8+
- GF V

**Mushroom, Portabella, Spin, Artichoke**
- Beans, Whole Fresh, Almonds GF   V
- 1 each
- 109 132 3.2 10.6 1.92 8.3 0+ 67 160 3.5 1.6
- GF V

**Fish, Fresh Salmon Miso, w/Lemon**
- 6 ounces
- 179 265 33.9 12.9 1.80 1.8 92+ 277 830+ 0.0+ 1.5+
- GF V