

August 18 - 22 WEEK 1		LUNCH & DINNER MENU	One price for all.
Monday, August 18, 2025			
		Turkey Vegetable Soup	\$1.75
		Tomato Cheddar Cheese Soup	\$1.75
		Homemade Chicken Stuffed Pepper	\$3.50
		Roast Pork & Apple Pork Glaze	\$4.00
		Roasted Sweet Potatoes	\$1.25
		Whipped Squash	\$1.00
		Peas	\$1.00
		Braised Red Cabbage	\$1.00
	Lunch Wok Special	Miso Ginger Marinated Salmon	\$5.50
	Lunch Wok Special	Miso Ginger Marinated Tofu	\$3.00
Tuesday, August 19, 2025			
		Split Pea Soup	\$1.75
		West African Vegetable Soup	\$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
		Corn	\$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, August 20, 2025			
		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
		Tofu Parmesan	\$3.00
		Tofu Parmesan, Shells and Sauce	\$5.00
		Cracker Crumb Cod	\$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
		Garlic Knot	\$0.75
	Lunch Wok Special	Chicken Wings & Potato Salad	\$5.25
	Lunch Grille Special	Meatball Parmesan Sandwich	\$4.50
Thursday, August 21, 2025			
		Beef Ropa Vieja Soup	\$1.75
		Corn Chowder	\$1.75
		Turkey, Stuffing, Gravy and Cranberry	\$4.50
		Homemade Vegetable Lasagna	\$4.00
		Crispy Tofu & Roasted Corn Relish	\$3.00
		Fresh Whipped Potatoes	\$1.25
		Broccoli Cuts	\$1.00
		Carrrots	\$1.00
		Whole Green Beans & Almonds	\$1.00
	Lunch Grille Special	Cod Fish Sandwich	\$5.50
	Lunch Wok Special	Sweet and Sour Chicken with Rice	\$5.00
Friday, August 22, 2025			
		Corned Beef Hash (breakfast special only)	\$2.00
		Chicken Mulligatawny Soup	\$1.75
	"Dock to Table" Fresh Fish	New England Clam Chowder	\$1.75
		Beef and Bean Burrito	\$4.00
	"Dock to Table" Fresh Fish	Broiled Cod Piccata	\$5.50
		Couscous	\$1.25
		Black Beans & Rice	\$1.25
		Fresh Spinach	\$1.00
		Carrots	\$1.00
		Sauteed Italian Zucchini	\$1.00
	New Vegan Lunch Grille Special	Vegan Soba Noodles (per scoop)	\$2.50

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](http://one.hitchcock.org)
(go to "Departments" and then click "Food and Nutrition Services.")
For our weekly posted menus,
[Visit to go.d-h.org/diningroom](http://go.d-h.org/diningroom) [go.d-h.org]
Menu is subject to change.

Week 1 - DHMC Cafe
Nutritional Information

Recipe Name	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)	Sugar s (gm)
Monday, August 18, 2025												
Soup,Turkey,Vegetable,	8 oz	237	77	5.3	0.5	0.01+	12.5	8+	379	221	1.4+	1.7+
Soup,Tomato, Cheddar Cheese,Bisque	8 oz	254	238	9.4	15.0	8.72+	16.3	52+	419	353+	2.9+	7.0+
Chicken,Stuffed Pepper	1 each	259	226	17.5	5.6	1.57+	25.1	43+	195	467+	3.3+	4.2
Pork,Roast,Apple Glaze	4 ounces	193	307	27.1	18.5	6.25+	6.9	86+	81	568+	0.9+	1.8+
Potato,Roasted,Sweet	1/2 cup	148	186	2.1	7.8	2.05+	27.4	0+	148	464	4.1+	5.7+
Squash,Winter,Whipped	1/2 cup	136	63	1.6	0.0		14.1	0	0	287	1.6	
Peas	1/2 cup	113	89	5.9	0.5	0.00	15.5	0	127	169	4.8	
Cabbage,Red,Braised	1/2 cup	232	114	2.9	3.4	0.85+	21.5	0+	116	495	4.3+	13.5+
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+
Tuesday, August 19, 2025												
Soup,Gr ,Split Pea	8 ounces	325	178	12.1	0.9	0.17+	28.4	8+	373	508	12.9+	1.9+
Soup,West African Vegetable	8 oz	243	89	2.8	0.6	0.15+	17.8	0+	538	257	3.8+	3.2+
Pot Roast & Gravy	4 oz	220	299	29.3	14.3	4.76+	9.4	76+	258	623	1.1+	2.3+
Mac & Cheese	1 cup	200	316	14.1	15.9	8.25+	30.0	40+	505	143	1.3+	2.5+
Potato,Whipped Cafe	4 oz	121	78	1.7	1.0	0.25+	16.1	0+	113	313	1.5+	0.3+
Gravy, Beef, Str	2 oz	40	24	0.4	0.0	0.01+	4.9	0+	51	67	0.6+	0.9+
Cauliflower,Gobi Aloo	1/2 cup	134	131	1.6	9.2	0.68+	9.9	0+	126	249+	1.8+	1.7+
Squash, Butternut Roasted	1/2 cup	195	145	1.8	6.2	1.62+	23.9	0+	67	525	2.7+	7.9+
Spinach,Fresh(DR)	1/2 cup	162	37	4.6	0.6	0.10	5.9	0	128	904	3.6	0.7
Corn	1/2 cup	113	100	3.4	0.9	0.13	23.5	0	3	242	2.4	2.8
Jambalaya	1 each	551	605	49.5	24.1	4.47+	43.5	183+	1430	507+	3.5+	4.0+
BBQ Pulled Chicken Sandwich	1 each	337	599	42.2	22.2	2.53	51.6	103	1068	788+	4.2	27.4+
Wednesday, August 20, 2025												
Soup,Chicken Noodle	8 ounces	270	103	8.9	2.5	0.67+	10.3	31+	411	176	0.7+	1.4+
Pasta,Shell,plain	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	4 oz	96	36	0.9	1.4	0.11+	4.5	0+	12	197	1.6+	2.5+
Tofu,Parmesan,Marinara Sauce	1 each	266	299	21.6	18.6	5.08+	11.4	25+	439	544	1.1+	1.7+
Chicken,Parmesan,PastaSauce	1 each	282	375	36.8	9.9	3.68+	32.0	88+	358	586	3.3+	4.7+
Chicken, Parmesan only	1 each	159	233	32.4	8	3.57	6.5	88	345	337	0.6	0.7
Meatball, Local	1 each	113	280	17.3	21.3	9.34	9.3	100	534	0	0	1.3
Pasta,Shells & M'balls DR	1 each	521	403	18.6	13.1	4.67	57.1	50	415	770+	5.0	12.0
Squash, Spaghetti Roasted	1/2 cup	215	70	1.4	1.3	0.09+	13.8	0+	39	250	2.8+	5.5+
Mushroom,Roasted,Pesto,Soy	1/2 cup	128	94	4.9	7.1	1.08+	4.6	3+	196	376+	1.2+	2.7+
Roasted,Vegetable,Fresh,Mix	1/2 cup	85	45	1.3	2.1	0.17+	5.8	0+	14	189	1.7+	3.0+
Bread,Garlic	1 each	86	254	6.9	9.2	2.31	37.0	0	439		2.3	2.3
Chicken,Wings w/Potato Salad	1 each	476	929	83.4	64.1	14.95+	16.9	210+	1846	319+	1.6+	1.4+
Chicken, Wings Only	1 each	302	605	81.8	35.6	10.67	3.6	196	1138		0	0
Meatball Parmesan Sub	1 each	336	547	29.7	27.9	12.32	49.4	118	1151	414+	4.3	7.6
Thursday, August 21, 2025												
Soup,Beef,Ropa Vieja	8 oz	220	90	5.1	3.1	0.68+	8.5	11+	326	250+	1.4+	2.8+
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	340	438	38.4	12.7	1.30+	41.6	91+	817	539	2.3+	19.4+
Turkey Only	1 each	135	194	27.9	8.5	0.61	1.2	73	389	356	0	0
Gravy, Turkey,STR	2 ounces	12	10	0.2	0.3	0.09+	1.5	0+	143	23	0.2+	0.3+
Lasagna,Vegetable Homemade	1 each	392	457	34.7	21.6	12.42+	34.2	103+	962	796	4.2+	9.7+
Tofu,Crispy,Roasted Corn Relish	1 each	274	276	16.9	7.9	1.15+	34.5	0+	410	488+	3.4+	3.5+
Potato,Whipped Cafe	4 oz	121	78	1.7	1.0	0.25+	16.1	0+	113	313	1.5+	0.3+
Broccoli,Steam,Cuts	1/2 cup	78	22	2.4	0.1	0.01	4.2	0	9	111	2.3	1.1
Turnip+Carrots Mashed	1/2 cup	119	68	1.0	4.1	1.04+	7.7	0+	113	232	2.4+	4.6+
Beans,Whole Fresh,Almonds	1 each	109	132	3.2	10.6	1.92	8.3	0+	67	160	3.5	1.6
Chicken,Sweet & Sour, Not Fried	1 each	565	600	38.1	15.2	1.61+	74.2	89+	978	510+	3.5+	31.3+
Fish,Cod Sandwich,DR	1 each	241	369	28.6	12.6	4.02+	36.0	15+	714	385	4.7	4.3+
Friday, August 22, 2025												
Soup,Chicken Mulligatawny	8 ounces	225	107	8.7	2.2	0.55+	12.8	23+	150	241+	1.5+	1.7+
Soup,Chowder,NE,Clam	8 ounces	276	139	7.9	7.5	3.94+	9.2	35+	564	228+	0.7+	2.0+
Beef,Burrito,Bean	1 each	247	424	19.9	19.0	6.86+	43.0	50+	924	437	4.4+	4.7+
Fish,Piccata Broiled - COD	1 each	182	163	26.7	4.5	0.45+	2.6	64+	195	653	0.7+	0.2+
Grain,Couscous	1/2 cup	63	74	2.2	1.5	0.00	13.3	0	266		0.7	0.7
Rice,Black beans	1/2 cup	128	129	3.8	1.9	0.15+	24.3	0+	121	204	1.6+	0.9+
Spinach,Fresh(DR)	1/2 cup	162	37	4.6	0.6	0.10	5.9	0	128	904	3.6	0.7
Carrots,Coins,Frozen (Soft Diets)	1/2 cup	113	41	0.9	0.5	0.05	9.0	0	77	266	3.7	5.4