

July 7 - 11 WEEK 3		LUNCH & DINNER MENU	One price for all.
Monday, July 7, 2025		Turkey Spinach & Farro Soup	\$1.75
		Tomato Blue Cheese Bisque	\$1.75
		Beef & Rice 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 Grilled Marinated Tofu	\$3.00
Tuesday, July 8, 2025		Split Pea Soup	\$1.75
		Tofu Hot and Sour Soup	\$1.75
		Pot Roast and Gravy	\$4.00
		Macaroni & Cheese - per scoop	\$2.00
		Fresh Whipped Potatoes	\$1.25
		Side Order of Gravy	\$1.25
		Cauliflower Gobi Aloo	\$1.00
		Roasted Local Butternut Squash	\$1.00
		Fresh Spinach	\$1.00
Lunch Wok Special		Chicken and Sausage Gumbo	\$5.00
Lunch Grille Special		Pulled BBQ Chicken Sandwich with Cole Slaw	\$3.75
Wednesday, July 9, 2025		Cheese & Potato Leek 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
		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
Lunch Wok Special		Chicken Wings & Homemade Potato Salad	\$5.25
		Garlic Knot	\$0.75
Lunch Grille Special		Meatball Parmesan Sandwich	\$4.50
Thursday, July 10, 2025		Black Bean & Chorizo Sausage Soup	\$1.75
		Cream of Spinach Soup	\$1.75
		Turkey, Stuffing, Gravy and Cranberry	\$4.50
		Homemade Seafood Lasagna	\$4.00
		Teriyaki Organic Tofu	\$3.00
		Fresh Whipped Potatoes	\$1.25
		Broccoli Cuts	\$1.00
		Carrots	\$1.00
		Whole Green Beans & Almonds	\$1.00
		Curry Coconut Chicken with Rice	\$5.00
Lunch Grille Special		Cod Fish Sandwich	\$5.50
Friday, July 11, 2025		Corned Beef Hash (breakfast special only)	\$2.00
		Beef Mushroom Barley Soup	\$1.75
"Dock to Table" Fresh Fish		Seafood Bisque	\$1.75
		Chicken Green Chili Burrito	\$4.00
"Dock to Table" Fresh Fish		Fresh Local Cracker Crumb Cod	\$5.50
		Red Beans & Rice	\$1.25
		Hearty Grains and Mushrooms	\$1.25
		Fresh Spinach	\$1.00
		Carrots	\$1.00
		Fresh Zucchini and Onions	\$1.00
Lunch Grille Special		Vegan Tan Tan Noodles	\$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](#)
(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 3 - 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 ium (mg)	Dietry Fiber (gm)	Sugars (gm)
Monday, July 7, 2025												
Sausage,Gravy,Biscuit	6 ounces	213	466	16.0	30.8	17.84+	31.9	72+	853	320	2.2+	6.1+
Soup,Turkey,Farro,Spinach	8 oz	271	79	7.0	1.9	0.44+	8.1	15+	528	256+	2.8+	0.9+
Soup,Tomato,Blue Cheese,Bisque,GF	8 oz	239	174	5.2	9.7	6.02+	15.8	34+	421	324+	2.9+	7.4+
Stuffed Pepper, Beef Homemade	1 each	264	331	18.0	17.6	8.32+	25.3	62+	395	523	3.4+	4.8+
Pork,Roast,Apple Glaze GF	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+
Tofu,Miso,Grilled	1 each	181	118	12.8	5.3	0.15+	5.8	0+	315	409+	0.0+	1.5+
Tuesday, July 8, 2025												
Soup,Gr ,Split Pea 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	8 oz	240	93	4.5	0.8	0.01+	17.4	0+	641	240+	1.1+	5.2+
Pot Roast & Gravy,GF	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+
Cauliflower,Gobi Aloo	4 ounces	134	131	1.6	9.2	0.68+	9.9	0+	126	249+	1.8+	1.7+
Squash, Butternut Roasted	4 oz	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
Chicken and Sausage,Gumbo/ Rice	1 each	496	523	42.0	19.6	4.43+	42.4	111+	987	408+	3.5+	4.5+
BBQ Pulled Chicken Sandwich	1 each	337	599	42.2	22.2	2.53	51.6	103	1068	788+	4.2	27.4+
Wednesday, July 9, 2025												
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	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+
Chicken,Parmesan,PastaSauce	1 each	282	375	36.8	9.9	3.68+	32.0	88+	358	586	3.3+	4.7+
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 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, July 10, 2025												
Soup,Black Bean&Chorizo Sausage	8 ounces	257	119	6.0	4.5	1.72+	13.4	10+	443	345+	3.6+	2.4+
Soup,Cream,Spinach	8 ounces	281	142	4.4	7.3	4.56+	15.0	23+	462	364	1.8+	1.0+
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,Seafood Homemade	1 each	359	453	49.4	13.4	6.79+	29.3	170+	1305	716	1.5+	4.8+
Tofu,Teriyaki	1 each	319	201	15.1	9.8	0.49+	13.3	0+	332+	651+	2.0+	4.9+
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
Carrots	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,Dosas	1 each	442	502	41.7	17.1	3.21+	45.2	83+	1023	550+	5.8+	8.7+
Fish,Cod Sandwich,DR	1 each	241	369	28.6	12.6	4.02+	36.0	15+	714	385	4.7	4.3+
Friday, July 11, 2025												
Beef,Corn,Hash,Homemade	0.5 cup	153	264	17.0	17.2	5.75+	8.3	89+	987	269	0.5+	0.5+
Soup,Beef,Mushroom,Barley	8 ounces	224	150	7.1	4.0	1.46+	19.3	15+	368	274+	3.8+	3.1+
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	568	37.7	25.5	8.55+	46.5	98+	1211	550+	5.0+	4.8+
Fish,Cracker Crumb,w/Lemon	1 each	197	214	31.1	6.7	1.65+	6.7	73+	179	749	1.0+	0.6+
Rice,Red beans	1/2 cup	144	148	5.1	1.9	0.14+	27.0	0+	158	233	2.5+	1.2+
Grain,Hearty Grain & Mushrooms	1/2 cup	108	191	5.9	1.1	0.00	39.5	0	191	75+	3.8	0.0
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
Zucchini Saute Onion,DR	1/2 cup	184	55	2.2	2.4	0.27+	7.5	0+	13	448	2.0+	5.1+
Pasta,Tan Tan Noodles,Vegan	12 ounces	410	648	27.4	27.0	3.65+	75.8	0+	653	901+	11.2+	9.8+
Sausage,Grilled,Onions&Peppers,S/W	1 each	215	413	19.8	14.5	5.16+	49.6	40+	773	133+	3.3+	5.7+