

December 8 - 12 WEEK 1		One price for all.
LUNCH & DINNER MENU		
Monday, December 8, 2025		
	Turkey Vegetable Soup - GF	\$1.95
	Tomato Cheddar Cheese Soup - GF	\$1.95
	Homemade Chicken Stuffed Pepper - GF	\$5.25
	Roast Pork & Apple Pork Glaze - GF	\$5.25
	Roasted Sweet Potatoes - GF	\$1.50
	Whipped Squash - GF	\$1.25
	Peas - GF	\$1.25
	Braised Red Cabbage - GF	\$1.25
Lunch Grille Special	Egg Roll (Each)	\$1.50
Lunch Wok Special	Miso Ginger Marinated Salmon - GF	\$6.75
Lunch Wok Special	Miso Ginger Marinated Tofu - GF	\$4.25
Tuesday, December 9, 2025		
	Split Pea Soup	\$1.95
	West African Vegetable Soup - GF	\$1.95
	Pot Roast and Gravy - GF	\$5.25
	Macaroni & Cheese - per scoop	\$2.75
	Fresh Whipped Potatoes - GF	\$1.50
	Side Order of Gravy - GF	\$0.75
	Cauliflower Gobi Aloo - GF	\$1.50
	Roasted Local Butternut Squash - GF	\$1.50
	Fresh Spinach - GF	\$1.25
	Corn	\$1.25
Lunch Grille Special	Pulled BBQ Chicken Sandwich with Cole Slaw	\$4.50
Lunch Wok Special	Chicken, Pork and Shrimp Jambalya with Rice - GF	\$5.25
Wednesday, December 10, 2025		
	Chicken Noodle Soup	\$1.95
	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	\$4.25
Homemade Antibiotic-Free	Chicken Parmesan w/ Shells & Sauce	\$5.25
	Chicken Parmesan & Sauce - no shells	\$4.25
	Tofu Parmesan	\$4.25
	Tofu Parmesan, Shells and Sauce	\$5.25
	Cracker Crumb Cod	\$5.75
	Side of Pasta & Sauce - 1/2 c. pasta and 2 oz. sauce	\$2.25
	Side of Pasta Only or Sauce Only	\$1.50
	Meatball - 1 each	\$0.85
	Roasted Spaghetti Squash - GF	\$1.50
	Roasted Vegetables - GF	\$1.25
	Roasted Pesto Soy Mushrooms - GF	\$1.50
	Garlic Knot	\$0.75
Lunch Wok Special	Chicken Wings (Each)	\$1.00
Lunch Grille Special	Meatball Parmesan Sandwich	\$4.95
Thursday, December 11, 2025		
	Beef Ropa Vieja Soup - GF	\$1.95
	Corn Chowder	\$1.95
	Turkey, Stuffing, Gravy and Cranberry	\$5.25
	Homemade Vegetable Lasagna	\$6.25
	Crispy Tofu & Roasted Corn Relish - GF	\$4.25
	Fresh Whipped Potatoes - GF	\$1.50
	Broccoli Cuts - GF	\$1.25
	Carrots - GF	\$1.25
	Whole Green Beans & Almonds - GF	\$1.50
Lunch Wok Special	Sweet and Sour Chicken with Rice - GF	\$5.25
Lunch Grille Special	Pot Stickers (Each)	\$1.00
Lunch Grille Special	Cod Fish Sandwich	\$5.75
Friday, December 12, 2025		
	Corned Beef Hash (breakfast special only)	\$2.25
	Chicken Mulligatawny Soup - GF	\$1.95
"Dock to Table" Fresh Fish	New England Clam Chowder	\$1.95
	Beef and Bean Burrito	\$5.25
"Dock to Table" Fresh Fish	Broiled Cod Piccata - GF	\$5.75
	Couscous	\$1.50
	Black Beans & Rice - GF	\$1.50
	Fresh Spinach - GF	\$1.25
	Carrots - GF	\$1.25
	Sauteed Italian Zucchini - GF	\$1.25
Lunch Grille Special	Chicken Tender (Each)	\$1.00
Lunch Grille Special	Vegan Soba Noodles	\$4.25

Dining Room Hours
Weekdays: 6:30a-7:00p
Weekends: 7:00a-2:00p

GF = Gluten Free

Send comments to 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,
[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	Calo ries	Pro tein	Fat	SFA	Carbo hydrat	Chol estrol	Sodium	Potas sium	Dietry Fiber	Sugars
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(gm)	(gm)
Breakfast												
Bacon	1 slice	15	70	5.0	6.0	2.50	0.0	20	300		0.0	0.0
Beef,Corn,Hash,Homemade	0.5 cup	153	264	17.0	17.2	5.75+	8.3	89+	987	269	0.5+	0.5+
Cereal,Oatmeal	8 ounces	302	300	10.0	6.0	1.00	54.0	0	7	302	8.0	2.0
Danish,Donut,Fritter,Apple	1 each	92	310	4.0	13.0	6.00	44.0	0	240		1.0	21.0
Danish,Strudel,Strawberry Cheese	1 each	78	249	3.0	19.0	10.00	24.0	5	170		1.0	9.0
Egg,Bowl,Scambled,Northeast	2 oz	165	234	18.1	15.3	5.37+	4.9	472+	290	297	0.5+	3.6+
Egg,Fried,DR	1 each	44	63	5.5	4.2	1.38	0.3	164	62	61	0.0+	0.2+
Egg,Hard,Boiled,Hot Peeled	1 each	50	80	6.0	5.0	1.50	1.0	185	60	65	0.0	1.0
Egg,Scrambled, DR	2 oz	57	85	6.8	5.7	1.70	1.1	238	68	92	0.0+	1.1+
French Toast Syrup DR	1 slice	83	180	1.7	1.0	0.33+	43.4	36+	86	39	0.0+	28.6+
Muffin,English Toasted	1 each	57	130	5.0	1.5	0.00	26.0	0	230	50	1.0	1.0
Muffin,Mini Blueberry	1 each	55	189	2.7	9.6	1.70	23.2	40	152	47	0.5	13.3
Muffin,Mini Chocolate Chip	1 each	55	216	2.7	10.8	3.15	26.1	36	144		0.0	17.1
Muffin,Mini Cinn Coffee cake	1 each	55	215	2.1	11.1	2.80	26.1	32	131	28	0.4	15.7
Muffin,Mini Cranberry Nut	1 each	55	186	2.7	10.2	1.65	21.1	35	136	37	0.7	11.9
Muffin,Mini Lemon Poppyseed	1 each	110	408	4.9	21.0	3.73	49.1	69	281	76	1.0	26.8
Muffin,Mini Mocha Fudge	1 each	55	197	2.6	10.5	2.25	23.4	21	148	105	1.0	14.1
Muffin,Mini Pistachio	1 each	55	216	2.9	11.8	1.96	24.5	34	147	39	0.0	13.7
Pancake,Blueberry,(Local)Syrup	1 each	141	315	3.4	4.4	1.75+	63.2	20+	319	73+	0.8+	48.2+
Pancake,DR	3 oz	132	161	3.3	5.8	2.12+	23.8	20+	334	61	0.4+	12.4+
Potato,Homefries	1/2 cup	125	70	1.0	1.0	0.07+	13.2	0+	234	275	1.0+	1.0+
S/w,Burrito, Egg, Sausage	1 each	355	620	29.7	29.8	13.11+	58.8	272+	1740	613	4.4+	7.3+
S/w,Egg, Sausage & Ch	1 each	174	503	24.6	25.6	13.38	28.6	217	998	259	1.0+	1.2+
S/w,Egg,Bacon & Ch	1 each	151	403	24.5	23.7	10.38	27.3	219	1232	146+	1.0+	1.2+
S/w,Egg,Ham,Cheese,Healthy	1 each	147	260	19.2	9.4	4.31	27.6	33	454	236	1.0	1.6
Sausage,Gravy,Biscuit	6 ounces	241	546	15.8	34.7	17.89+	41.6	82+	1301	339	1.1+	6.1+
Sausage,Link,DR	1 each	56	120	9.0	9.0	3.00	0.0	38	386	142	0.0	0.0
Toast,Raisin Cinnamon	1 slice	33	100	2.0	1.5	0.00	20.0	0	105	64	1.0	9.0
Toast,Wheat	1 slice	43	120	5.0	1.5	0.00	19.0	0	105	90	3.0	4.0
Toast,White	1 slice	32	90	3.0	1.5	0.00	16.0	0	130	20	2.0	1.0
Monday, December 8, 2025												
Soup,Turkey,Vegetable - GF	8 oz	237	79	5.7	0.4	0.02+	12.8	9+	405	213	1.4+	1.9+
Soup,Tomato, Cheddar Cheese,Bisque - GF	8 oz	254	237	9.6	14.8	8.72+	16.3	48+	417	356+	2.9+	7.0+
Chicken,Stuffed Pepper - GF	1 each	259	225	17.5	5.7	1.57+	24.9	43+	195	472+	3.3+	4.2
Pork,Roast,Apple Glaze - GF	4 ounces	193	307	27.1	18.5	6.25+	6.9	86+	81	568+	0.9+	1.7+
Potato,Roasted,Sweet - GF	1/2 cup	148	186	2.1	7.8	2.05+	27.4	0+	148	464	4.1+	5.7+
Squash,Winter,Whipped - GF	1/2 cup	136	63	1.6	0.0		14.1	0	0	287	1.6	
Peas - GF	1/2 cup	113	89	5.9	0.5	0.00	15.5	0	127	169	4.8	
Cabbage,Red,Braised - GF	1/2 cup	232	104	2.6	3.2	0.87+	18.6	0+	99	363	5.0+	12.4+
Fish,Fresh Salmon Miso - GF	6 ounces	179	266	33.9	12.9	1.80+	2.0	92+	279	830+	0.0+	1.7+
Tofu,Miso,Grilled - GF	1 each	181	119	12.7	5.3	0.15+	6.0	0+	316	409+	0.0+	1.7+
Tuesday, December 9, 2025												
Soup,Gr ,Split Pea	8 ounces	325	182	13.7	1.2	0.35+	29.9	10+	483	115+	0.5+	3.0+
Soup,West African Vegetable - GF	8 oz	243	88	2.9	0.6	0.15+	17.7	0+	538	261	3.8+	3.4+
Pot Roast & Gravy - GF	4 oz	220	299	29.3	14.3	4.76+	9.4	76+	257	622	1.1+	2.3+
Mac & Cheese	1 cup	200	311	13.9	15.9	8.28+	28.7	40+	507	138	1.2+	2.5+
Potato,Whipped Cafe - GF	4 oz	132	134	1.8	7.0	4.46+	16.3	20+	296	318+	1.5+	0.5+
Cauliflower,Gobi Aloo - GF	4 ounces	135	132	1.7	9.2	0.68+	10.1	0+	126	249+	2.0+	1.7+
Squash, Butternut Roasted - GF	4 oz	195	145	1.8	6.2	1.62+	23.9	0+	67	525	2.7+	7.9+
Spinach,Fresh - GF	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 - GF	1 each	551	615	47.9	23.7	4.32+	42.9	177+	1362	486+	3.5+	4.0+
Wednesday, December 10, 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	226	9.3	18.8	10.74+	6.5	51+	341	156	0.1+	4.3+
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	252	467	28.8	19.3	4.50+	43.0	62+	810	585	3.7+	5.2+
Chicken, Parmesan only	1 each	159	233	32.4	8	3.57	6.5	88	345	337	0.6	0.7
Tofu,Parmesan,Marinara Sauce	1 each	267	305	21.6	19.0	5.08+	11.9	25+	435	543	1.4+	1.8+
Fish,Cracker Crumb,w/Lemon	1 each	167	187	27.1	6.5	1.43+	7.0	100+	212	30+	0.7+	0.6+
Pasta,Shells & M'balls DR	1 each	481	405	17.0	13.7	4.82+	53.6	50+	401	485+	4.5+	8.5+
Meatball,	1 each	57	140	8.7	10.7	4.67	50	267	534	0	0	0.7
Squash, Spaghetti Roasted - GF	4 oz	215	70	1.4	1.3	0.09+	13.8	0+	39	250	2.8+	5.5+
Mushroom,Roasted,Pesto,Soy - GF	1/2 cup	128	94	4.9	7.1	1.08+	4.6	3+	196	376+	1.2+	2.7+
Roasted,Vegetable,Fresh,Mix - GF	1/2 cup	85	43	1.0	2.1	0.17+	5.6	0+	14	173	1.6+	2.5+
Chicken,Wings Thai	1 each	452	892	82.4	35.6	10.68+	78.6	196+	2261	62+	0.1+	64.1+
Chicken,Wings BBQ Sauce	1 each	366	715	82.3	36.0	10.70	29.7	196	1796	148+	0.6	21.3
Chicken,Wings Buffalo Sauce	1 each	366	605	81.8	35.6	10.85	3.6	196	3101		0.9	1.1
Garlic Knot	1 each	86	277	6.9	10.4	3.47	41.6	0	601		2.3	2.3
Meatball Parmesan Sub	1 each	317	507	24.7	23.9	9.41	51.4	100	1177	212+	3.3	5.1
Thursday, December 11, 2025												
Soup,Beef,Ropa Vieja - GF	8 oz	220	89	5.1	3.1	0.68+	8.4	11+	339	248+	1.4+	2.9+
Soup,Chowder,Corn	8 ounces	305	176	3.2	7.6	3.90+	25.5	17+	359	281	2.2+	4.9+
Turkey,Stuffing,Gravy,Cafe	1 each	395	404	40.0	10.4	3.76+	41.6	91+	1174	591	3.4+	19.7+
Lasagna,Vegetable Homemade	1 each	391	451	34.3	21.5	12.44+	33.2	101+	962	775	4.1+	9.1+
Tofu,Crispy,Roasted Corn Relish - GF	1 each	274	276	16.9	7.9	1.15+	34.5	0+	410	488+	3.4+	3.5+
Potato,Whipped Cafe - GF	4 oz	132	134	1.8	7.0	4.46+	16.3	20+	296	318+	1.5+	0.5+
Broccoli,Steam,Cuts - GF	1/2 cup	78	22	2.4	0.1	0.01	4.2	0	9	111	2.3	1.1
Carrots,Coins - GF	1/2 cup	113	41	0.9	0.5	0.05	9.0	0	77	266	3.7	5.4
Beans,Whole Fresh, Almond - GF	1 each	109	132	3.2	10.6	1.92+	8.3	0+	67	160	3.5+	1.6+
Chicken,Sweet & Sour - GF	1 each	565	600	38.1	15.2	1.61+	74.3	89+	979	510+	3.5+	27.2+
Fish,Cod Sandwich,DR	1 each	237	432	24.7	17.7	5.53	44.2	45	1162	448	4.7	4.2
Friday, December 12, 2025												
Soup,Chicken Mulligatawny GF	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	127	5.8	7.2	3.96+	8.6	27+	649	229+	0.7+	2.0+
Beef,Burrito,Bean	1 each	371	613	29.8	25.5	11.63+	64.9	68+	1226	776	6.4+	5.1+
Fish,Piccata Broiled - COD	1 each	182	161	28.1	4.8	0.26+	2.5	106+	235	41+	0.8+	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 - GF	1/2 cup	113	41	0.9	0.5	0.05	9.0	0	77	266	3.7	5.4
Zucchini Saute Ital, DR	1/2 cup	154	43	1.8	2.4	0.26+	4.7	0+	12	404	1.5+	3.8+
Pasta,Soba,MisoRoasted Vegetables, Tofu	12 ounces	318	238	12.4	10.1	0.82+	32.8	0+	650	682	4.9+	8.4+