

May 25 - 29, 2026

WEEK 1

Monday, May 25, 2026



Lunch Grille Special

LUNCH & DINNER MENU

One price
for all.

Daily Soup posted at Steam Table	\$1.95
BBQ Baby Back Ribs	\$6.75
Grilled Marinated Chicken Breast	\$5.25
Baked Beans	\$1.50
Green Beans	\$1.50
Coleslaw	\$2.25
BBQ Bacon Cheddar Cheeseburger	\$4.95

Tuesday, May 26, 2026

Lunch Grille Special

Lunch Wok Special

Split Pea w/Ham Soup	\$1.95
West African Vegetable Soup - GF	\$1.95
Pot Roast and Gravy	\$5.25
Macaroni & Cheese - per scoop	\$2.75
Fresh Whipped Potatoes - GF	\$1.50
Corn	\$1.25
Broccoli Florets - GF	\$1.25
Pulled BBQ Chicken Sandwich with Cole Slaw	\$4.50
Chicken, Pork and Shrimp Jambalya with Rice - GF	\$5.25

Wednesday, May 27, 2026

Lunch Wok Special

Lunch Grille Special

Chicken Noodle Soup	\$1.95
Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	\$4.25
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 Fish	\$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 Vegetables - GF	\$1.25
Carrots - GF	\$1.25
Garlic Knot	\$0.75
Chicken Wings (Each)	\$1.00
Meatball Parmesan Sandwich	\$4.95

Thursday, May 28, 2026

Lunch Wok Special

Lunch Grille Special

Lunch Grille Special

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
Mashed Turnip & Carrots	\$1.25
Whole Green Beans & Almonds - GF	\$1.50
Sweet and Sour Chicken with Rice - GF	\$5.25
Pot Stickers (Each)	\$1.00
Cod Fish Sandwich	\$5.75

Friday, May 29, 2026

Lunch Grille Special

Lunch Grille Special

Chicken Mulligatawny Soup - GF	\$1.95
New England Clam Chowder	\$1.95
Beef and Bean Burrito	\$5.25
Cracker Crumb Fish	\$5.75
Roasted Potatoes - GF	\$1.50
Black Beans & Rice - GF	\$1.50
Carrots - GF	\$1.25
Sauteed Italian Zucchini - GF	\$1.25
Chicken Tender (Each)	\$1.00
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://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) [\[go.d-h.org\]](http://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)	Sugars (gm)
Breakfast												
Bacon	1 slice	15	70	5	6	2.5	0	20	300	45	0	0
Bacon,Egg & Ch S/W,DR	1 each	150	400	22	24	10.5	25	170	1320	220	1.0+	2.0+
Burrito, Egg, Sausage	1 each	357	610	29.7	28.8	12.11+	55.8	272+	1800	660	3.4+	7.3+
Cereal,Oatmeal	8 ounces	302	300	10	6	1	54	0	7	302	8	2
DR,Egg,Ham,Cheese,S/W, Healthy	1 each	147	250	18.2	8.9	4.31	24.6	33	474	226	1	1.6
Egg,Bowl,Scrambled,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	5	1.5	1	185	60	65	0	1
Egg,Scrambled, DR	2 oz	57	85	6.8	5.7	1.7	1.1	238	68	92	0.0+	1.1+
French Toast Sticks	1 each	126	360	9	10.5	1.5	57	15	390	75	3	18
Muffin,English Toasted	1 each	57	120	4	1	0	23	0	250	40	1	1
Muffin,Mini Blueberry	1 each	62	210	2	11	1.5	25	45	200	50	1	15
Muffin,Mini Cranberry	1 each	62	210	2	11	1.5	25	45	200	50	1	14
Pancake,Mini,1oz	1 each	102	210	4	2.5	0	42	42	310	48	1	11
Potato,Homefries	1/2 cup	184	109	1.5	2.1	0.15+	19.3	0+	383	408	1.5+	1.5+
Sausage,Egg & Ch S/W,DR	1 each	173	500	22.1	25.9	13.5	26.3	168	1086	244	1.0+	2.0+
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	9	3	0	38	386	142	0	0
Toast,Wheat	1 slice	40	110	4	1.5	0	18	0	210	90	3	3
Toast,White	1 slice	40	120	3	1.5	0	22	0	170	40	1	1
Toast, Raisin	1 slice	33	100	2	1.5	0	20	0	105	64	1	9
Monday, May 25, 2026												
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+
Pork,Ribs,BBQ	1 each	0										
Chicken,Grilled,Breast	1 each	112	130	26	3	1	0	90	390	280	0	0
Beans,Baked	1/2 cup	125	152	6.7	1	0	28.6	5	372	416	7.6	8.6
Cauliflower,Steamed	1/2 cup	113	22	1.8	0.2	0.04	4.3	0	20	158	3.1	1.2
Rice,Wild	1/2 cup	65	60	1.5	0	0	12.6	0	130	105	0.3	0
Tofu,Miso,Grilled	1 each	181	119	12.7	5.3	0.15+	6	0+	316	409+	0.0+	1.7+
Beans,Green,Cut,Frozen	1/2 cup	113	35	2	0.1		8.1	0	7	237	3.9	1.6
Cheeseburger,Bacon,BBQ	1 each	217	535	29.2	31.3	12.21	36.3	78	1296	437	3.3	11.4
Tuesday, May 26, 2026												
Soup,Gr, Split Pea GF	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	4 oz	212	249	15.1	17.4	8.01+	7.5	80+	738	192	0.7+	1.0+
Mac & Cheese	1 cup	218	266	12.9	14.8	8.07+	22	40+	475	195	0.7+	4.6+
Potato,Whipped Cafe	4 oz	132	134	1.8	7	4.46+	16.3	20+	296	318+	1.5+	0.5+
Corn	1/2 cup	113	100	3.4	0.9	0.13	23.5	0	3	242	2.4	2.8
Broccoli,Steam,Cuts	1/2 cup	78	22	2.4	0.1	0.01	4.2	0	9	111	2.3	1.1
BBQ Pulled Chicken Sandwich	1 each	280	441	38.9	10	0.86	42.6	97	796	642+	2.4	19.4+
Jambalaya	1 each	551	615	47.9	23.7	4.32+	42.9	177+	1362	486+	3.5+	4.0+
Wednesday, May 27, 2026												
Soup,Chicken Noodle	8 ounces	270	103	8.9	2.5	0.67+	10.3	31+	411	176	0.7+	1.4+
Pasta,Cavattapi & M'balls DR	1 each	513	410	17.8	13.7	4.82+	56.4	50+	410	561+	5.4+	9.0+
Sauce,Alfredo,DR	4 oz	122	226	9.3	18.8	10.74+	6.5	51+	341	156	0.1+	4.3+
^Chicken,Parmesan,PastaSauce	1 each	389	518	30.7	20.7	4.61+	51.4	62+	834	878+	6.4+	9.2+
Tofu,Parmesan,Marinara Sauce	1 each	279	312	21.7	18.9	5.08+	13.4	25+	439	574+	1.4+	2.3+
Fish,Cracker Crumb,w/Lemon	1 each	139	154	17.8	5.3	1.43+	7	55+	420	320	0.7+	0.6+
Pasta,Cavattapi,plain	1 cup	113	405	14.2	2	0	85	0	0	213	4	4
Bread,Garlic	1 each	86	277	6.9	10.4	3.47	41.6	0	601		2.3	2.3
Roasted,Vegetable,Fresh,Mix	1/2 cup	85	43	1	2.1	0.17+	5.6	0+	14	173	1.6+	2.5+
Carrots,Coins,Frozen (Soft Diets)	1/2 cup	113	41	0.9	0.5	0.05	9	0	77	266	3.7	5.4
Chicken,Wings only	1 each	60	121	16.4	7.1	2.13	0.7	39	228		0	0
Meatball Parmesan Sub	1 each	324	536	25.5	25.2	9.46+	55.7	100+	1144	332+	2.4+	5.8+
Thursday, May 28, 2026												
Soup,Beef,Ropa Vieja,GF	8 oz	212	83	3.2	3.6	1.14+	8.2	11+	412	191+	1.4+	2.7+
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	330	366	27.5	6.7	0.84+	43.8	73+	756	489+	2.1+	19.6+
Lasagna,Vegetable Homemade	1 each	391	451	34.5	21.3	12.41+	33.1	101+	962	775	4.6+	8.9+
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	132	134	1.8	7	4.46+	16.3	20+	296	318+	1.5+	0.5+
Turnip+Carrots Mashed	1/2 cup	119	68	1	4.1	1.04+	7.7	0+	113	232	2.4+	4.6+
Beans,Whole Fresh, Almond	1 each	109	132	3.2	10.6	1.92+	8.3	0+	67	160	3.5+	1.6+
Chicken,Sweet & Sour	1 each	565	600	38.1	15.2	1.61+	74.3	89+	979	510+	3.5+	27.2+
Pot Sticker,Pork	1 oz	29	54	2.8	1.8	0.5	6.4	6	120	54	0.2+	0.6+
Fish,Cod Sandwich,DR	1 each	236	422	21.7	17.7	5.53	44.2	45	1182	441	2.7	3.2
Friday, May 29, 2026												
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	308	542	28.5	23.8	10.04+	50.1	71+	995	686	4.3+	3.4+
Fish,Cracker Crumb,w/Lemon	1 each	139	154	17.8	5.3	1.43+	7	55+	420	320	0.7+	0.6+
Mac & Cheese	1 cup	218	266	12.9	14.8	8.07+	22	40+	475	195	0.7+	4.6+
Potato,Roasted Red	1/2 cup	196	167	5.1	7.2	2.13+	19.3	9+	476	435	1.5+	1.5+
Rice,Black beans	1/2 cup	128	129	3.8	1.9	0.15+	24.3	0+	121	204	1.6+	0.9+
Carrots,Coins,Frozen (Soft Diets)	1/2 cup	113	41	0.9	0.5	0.05	9	0	77	266	3.7	5.4
Zucchini Saute Ital, DR	1/2 cup	94	32	1.1	2.1	0.19+	2.9	0+	5	247	1.0+	2.1+
Chicken,Tenders,Breaded	3 each	129	323	24.2	16.1	2.88	18.4	58	783	233	1.2	0
^Pasta,Soba,MisoRoasted Vegetables, Tofu	12 ounces	370	429	20.3	11.1	0.82+	72.1	0+	1095	666+	5.9+	8.4+
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)	Sugars (gm)