

September 14 - 18, 2026 WEEK 1	LUNCH & DINNER MENU	One price for all.
Monday, September 14, 2026	Turkey Vegetable Soup - GF Tomato Cheddar Cheese Soup - GF Homemade Beef Stuffed Pepper - GF Chicken Pot Pie & Biscuit Wild Rice Cauliflower - GF Peas - GF Miso Ginger Marinated Salmon - GF Miso Ginger Marinated Tofu - GF Moroccan Potato Fritters (2)	\$1.95 \$1.95 \$5.25 \$5.25 \$1.50 \$1.25 \$1.25 \$6.75 \$4.25 \$1.00
Tuesday, September 15, 2026	Split Pea w/Ham Soup West African Vegetable Soup - GF Pot Roast and Gravy Macaroni & Cheese - per scoop Fresh Whipped Potatoes - GF Corn Broccoli Florets - GF Vegetable Curry Samos (2)	\$1.95 \$1.95 \$5.25 \$2.75 \$1.50 \$1.25 \$1.25 \$6.25
Wednesday, September 16, 2026	Chicken Noodle Soup Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce) Chicken Parmesan w/ Shells & Sauce Chicken Parmesan & Sauce - no shells Tofu Parmesan Tofu Parmesan, Shells and Sauce Cracker Crumb Fish Side of Pasta & Sauce - 1/2 c. pasta and 2 oz. sauce Side of Pasta Only or Sauce Only Meatball - 1 each Roasted Vegetables - GF Carrots - GF Garlic Knot Chicken Wings (Each)	\$1.95 \$4.25 \$5.25 \$4.25 \$4.25 \$5.25 \$5.75 \$2.25 \$1.50 \$0.85 \$1.25 \$1.25 \$0.75 \$1.00
Thursday, September 17, 2026	Beef Ropa Vieja Soup - GF Corn Chowder Turkey, Stuffing, Gravy and Cranberry Homemade Meat Lasagna Fresh Whipped Potatoes - GF Mashed Turnip & Carrots Whole Green Beans & Almonds - GF Pot Stickers (Each)	\$1.95 \$1.95 \$5.25 \$6.25 \$1.50 \$1.25 \$1.50 \$1.00
Friday, September 18, 2026	Chicken Mulligatawny Soup - GF New England Clam Chowder Beef and Bean Burrito Cracker Crumb Fish Roasted Potatoes - GF Black Beans & Rice - GF Carrots - GF Sauteed Italian Zucchini - GF Chicken Tender (Each)	\$1.95 \$1.95 \$5.25 \$5.75 \$1.50 \$1.50 \$1.25 \$1.25 \$1.00

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

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	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	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,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	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, September 14, 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+
Soup,Turkey,Vegetable,GF	8 oz	237	79	5.7	0.4	0.02+	12.8	9+	405	209	1.4+	2.1+
Chicken,Stuffed Pepper	1 each	259	225	17.5	5.7	1.57+	24.9	43+	195	472+	3.3+	4.2
Chicken,Pot Pie w Biscuit,DR	1 each	316	486	25.1	22	10.41+	44.7	75+	1245	404	2.7+	4.1+
Rice,Wild	1/2 cup	65	60	1.5	0	0	12.6	0	130	105	0.3	0
Cauliflower,Steamed	1/2 cup	113	22	1.8	0.2	0.04	4.3	0	20	158	3.1	1.2
Peas	1/2 cup	113	89	5.9	0.5	0	15.5	0	127	169	4.8	
Fish,Fresh Salmon Miso,w/Lemon	6 ounces	179	266	33.9	12.9	1.80+	2	92+	279	830+	0.0+	1.7+
Tofu,Miso,Grilled	1 each	181	119	12.7	5.3	0.15+	6	0+	316	409+	0.0+	1.7+
Morocan Potato Fritters	2 each	70	130	2	3	0	24	0	220	220	2	1
Tuesday, September 15, 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
Vegetable Curry Samosa	2 Each	157	260	6	9	0	38	0	360	400	4	1
Wednesday, September 16, 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
Thursday, September 17, 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,Meat Homemade	1 each	379	647	46.1	37.1	16.19+	30.5	159+	1146	505+	1.8+	6.0+
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+
Pot Sticker,Pork	1 oz	29	54	2.8	1.8	0.5	6.4	6	120	54	0.2+	0.6+
Friday, September 18, 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
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)