

| November 9 - 13, 2026        |                                                                                                                        | One price |
|------------------------------|------------------------------------------------------------------------------------------------------------------------|-----------|
| WEEK 1                       | LUNCH & DINNER MENU                                                                                                    | for all.  |
| Monday, November 9, 2026     | Turkey Vegetable Soup - GF                                                                                             | \$2.25    |
|                              | Tomato Cheddar Cheese Soup - GF                                                                                        | \$2.25    |
|                              | Homemade Beef Stuffed Pepper - GF                                                                                      | \$5.25    |
|                              | Chicken Pot Pie & Biscuit                                                                                              | \$5.50    |
|                              | Wild Rice                                                                                                              | \$1.75    |
|                              | Cauliflower - GF                                                                                                       | \$1.75    |
|                              | Peas - GF                                                                                                              | \$1.75    |
|                              | Miso Ginger Marinated Salmon - GF                                                                                      | \$6.95    |
|                              | Miso Ginger Marinated Tofu - GF                                                                                        | \$4.75    |
|                              | Moroccan Potato Fritters (2)                                                                                           | \$1.50    |
| Tuesday, November 10, 2026   | Split Pea w/Ham Soup                                                                                                   | \$2.25    |
|                              | West African Vegetable Soup - GF                                                                                       | \$2.25    |
|                              | Pot Roast and Gravy                                                                                                    | \$5.50    |
|                              | Macaroni & Cheese - per scoop                                                                                          | \$3.95    |
|                              | Fresh Whipped Potatoes - GF                                                                                            | \$1.75    |
|                              | Corn                                                                                                                   | \$1.75    |
|                              | Broccoli Florets - GF                                                                                                  | \$1.75    |
|                              | Vegetable Curry Samos (2)                                                                                              | \$6.25    |
| Wednesday, November 11, 2026 | Chicken Noodle Soup                                                                                                    | \$2.25    |
|                              | Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)                                                                       | \$4.50    |
|                              | Chicken Parmesan w/ Shells & Sauce                                                                                     | \$5.50    |
|                              | Chicken Parmesan & Sauce - no shells                                                                                   | \$4.75    |
|                              | Tofu Parmesan                                                                                                          | \$4.75    |
|                              | Tofu Parmesan, Shells and Sauce                                                                                        | \$5.50    |
|                              | Cracker Crumb Fish                                                                                                     | \$5.95    |
|                              | Side of Pasta & Sauce - 1/2 c. pasta and 2 oz. sauce                                                                   | \$2.50    |
|                              | Side of Pasta Only or Sauce Only                                                                                       | \$1.75    |
|                              | Meatball - 1 each                                                                                                      | \$1.25    |
|                              | Roasted Vegetables - GF                                                                                                | \$1.75    |
|                              | Carrots - GF                                                                                                           | \$1.75    |
|                              | Garlic Knot                                                                                                            | \$0.75    |
|                              | Chicken Wings (Each)                                                                                                   | \$1.25    |
| Thursday, November 12, 2026  | Beef Ropa Vieja Soup - GF                                                                                              | \$2.25    |
|                              | Corn Chowder                                                                                                           | \$2.25    |
|                              | Turkey, Stuffing, Gravy and Cranberry                                                                                  | \$5.50    |
|                              | Homemade Meat Lasagna                                                                                                  | \$6.25    |
|                              | Fresh Whipped Potatoes - GF                                                                                            | \$1.75    |
|                              | Mashed Turnip & Carrots                                                                                                | \$1.75    |
|                              | Whole Green Beans & Almonds - GF                                                                                       | \$1.75    |
|                              | Pot Stickers (Each)                                                                                                    | \$1.25    |
| Friday, November 13, 2026    | Chicken Mulligatawny Soup - GF                                                                                         | \$2.25    |
|                              | New England Clam Chowder                                                                                               | \$2.25    |
|                              | Beef and Bean Burrito                                                                                                  | \$5.25    |
|                              | Cracker Crumb Fish                                                                                                     | \$5.95    |
|                              | Roasted Potatoes - GF                                                                                                  | \$1.75    |
|                              | Black Beans & Rice - GF                                                                                                | \$1.75    |
|                              | Carrots - GF                                                                                                           | \$1.75    |
|                              | Sauteed Italian Zucchini - GF                                                                                          | \$1.75    |
|                              | Chicken Tender (Each)                                                                                                  | \$1.25    |
| Dining Room Hours            | Send comments to <a href="mailto:Food.Nutrition.Comments@hitchcock.org">Food.Nutrition.Comments@hitchcock.org</a>      |           |
| Weekdays: 6:30a-7:00p        | <a href="#">Check out our web site on one.hitchcock.org</a>                                                            |           |
| Weekends: CLOSED             | (go to "Departments" and then click “Food and Nutrition Services.”)                                                    |           |
| GF = Gluten Free             | For our weekly posted menus,                                                                                           |           |
|                              | <a href="http://go.d-h.org/diningroom">Visit to go.d-h.org/diningroom</a> <a href="http://go.d-h.org">[go.d-h.org]</a> |           |
|                              | Menu is subject to change.                                                                                             |           |

Week 1 - DHMC Cafe  
Nutritional Information

| Recipe Name                           | Size     | Amt  | Calo<br>ries | Pro<br>tein | Fat  | SFA    | Carbo<br>hydrat | Chol<br>estrol | Sodium | Potas<br>sium | Dietry<br>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, November 9, 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, November 10, 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, November 11, 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, November 12, 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, November 13, 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<br>ries | Pro<br>tein | Fat  | SFA    | Carbo<br>hydrat | Chol<br>estrol | Sodium | Potas<br>sium | Dietry<br>Fiber | Sugars |
|                                       |          | (gm) | (kcal)       | (gm)        | (gm) | (gm)   | (gm)            | (mg)           | (mg)   | (mg)          | (gm)            | (gm)   |