

DARTMOUTH-HITCHCOCK MEDICAL CENTER
Food and Nutrition Services - Dining Room Menu

SEPTEMBER 4 - 10, 2017

WEEK 2 - This is a new cycle menu.

One price

WEEK 2 LUNCH & DINNER MENU for all.













MONDAY

Holiday Hours: 6:30 am to 2:00 pm.





Please see our DR Menu Board for today's specials.

TUESDAY

Salmon is being served at the wok today

		White Bean & Sausage Soup		\$1.50
		Vegetable Lentil Soup (Gluten-Free)		\$1.50
	3533	Pot Roast and Gravy		\$3.35
	3573	Macaroni & Cheese - per scoop	no apples	\$1.75
	3912	Fresh Whipped Potatoes		\$0.75
	3011	Side Order of Gravy		\$0.35
	3042	Quinoa and Millet Pilaf		\$1.25
	3963	Roasted Butternut Squash		\$0.75
	4041	Fresh Local Organic Braised Kale		\$0.75
	3957	Roasted Fennel, Onion, & Brussel Sprouts		\$0.75
	3953	Fresh Spinach		\$0.75
Lunch Wok Special	4006	Miso Ginger Grilled Marinated Salmon and Caesar Salad		\$5.50
Lunch Wok Special	3990	Miso Ginger Grilled Marinated Salmon		\$5.00
Lunch Grille Special	3041	Vegetarian Chili		\$2.65

WEDNESDAY

		Ham & Potato Chowder		\$1.50
	3619	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	Apple	\$3.00
	1072	Chicken Parmesan w/ Pasta & Sauce	listings	\$4.50
	1073	Chicken Parmesan & Sauce - no pasta	for Pasta	\$3.25
	4110	Side of Pasta & Sauce - 1/2 c. pasta and 2 oz. sauce	posted	\$1.50
	3902	Side of Pasta only - no sauce	at the	\$0.75
	1220	Side of Sauce only - no pasta	steamtable.	\$0.75
	3954	Roasted Spaghetti Squash		\$0.75
	3808	Roasted Pesto Soy Mushrooms		\$0.75
	3404	Roasted Vegetables		\$0.80
	3900	Garlic Bread		\$0.85
	3410	Grilled Spicy or Maple Glazed Chicken Wings & Homemade Potato Salad	no apples	\$4.75
	3411	Grilled Spicy or Maple Glazed Chicken Wings a la carte	no apples	\$4.50
Lunch Grille Special	3805	Meatball Parmesan Sandwich	no apples	\$4.00

THURSDAY

		Chicken Vegetable & Quinoa Soup (Gluten-Free)		\$1.50
		Cream of Broccoli & Cheddar		\$1.50
	3561	Turkey, Stuffing, Gravy and Cranberry - Antibiotic Free Turkey		\$4.00
	3569	Organic Tofu with Roasted Vegetables & Balsamic Reduction		\$2.50
	3593	Homemade Meat Lasagna	no apples	\$3.50
	3912	Fresh Whipped Potatoes		\$0.75
	3042	Lentils and Savory Roasted Vegetables		\$1.25
	3972	Fresh Local Sauted Swiss Chard		\$0.75
	3926	Mashed Turnips and Carrots		\$0.75
	3947	Whole Green Beans & Almonds		\$0.75
Lunch Wok Special	3730	Fresh Local Fish Taco with Rainbow Slaw		\$3.50
Lunch Grille Special	3735	Cod Fish Sandwich		\$3.75

FRIDAY

	2014	Corned Beef Hash (breakfast special only)	no apples	\$1.25
		Chicken Noodle Soup		\$1.50
"Dock to Table" Fresh Fish		Shrimp Tom Yum Goong Soup (Gluten-Free)		\$1.50
	3511	Baked Stuffed Chicken and Apple		\$3.75
"Dock to Table" Fresh Fish	3720	Sicilian Baked Fresh Local Cod		\$3.50
	3920	Wild Rice Vegetable Stuffing		\$1.50
	3043	Quinoa Pilaf		\$1.25
	3915	Roasted Potato		\$0.75
	3960	Beets		\$0.75
	3959	Roasted Marmalade Acorn Squash		\$0.75
	3970	Fresh Zucchini with Roasted Red Peppers		\$0.75
Lunch Grille Special	3813	Chicken Cutlet Buffalo Blue Sandwich		\$3.75

SATURDAY and SUNDAY

Please see our DR Menu Board for today's specials.

NEW HOURS: The Dining Room is open Mon.-Fri. 6:30 am - 7:00 pm and weekends and holidays 6:30 am - 2:00 pm.

Hot Meal Times:

Breakfast 6:30-10:00

Lunch 10:30-2:00

Dinner 4:00-closing weekdays only.

Wok Hours: 10:30-2:00 weekdays only.

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.](#)

go to patients.d-h.org/diningroom.

Menu is subject to change.

Week 2 - DHMC Cafe
Nutritional Information

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Fat (gm)	SFA (gm)	Carbohydrat (gm)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Dietary Fiber (gm)	Sugars (gm)
Date: Mon Sept 4, 2017												

Date: Tue Sept 5, 2017												
Soup,White,Bean	8 ounces	266	176	10.1	6.6	1.94+	18.9	16+	518	370+	4.5+	2.2+
Soup,Vegetable,Lenti,GF	8 ounces	341	109	5.9	0.1	0.02+	21.6	0+	396	392+	4.2+	4.3+
Pot Roast & Gravy,GF	4 oz	220	299	29.5	14.3	4.76+	9.1	76+	369	629	1.1+	2.6+
Mac & Cheese	1 cup	222	327	14.5	16.9	8.75+	31.4	46+	511	180	1.3+	4.1+
Potato,Whipped Cafe	4 oz	121	103	3.3	1.0	0.25+	20.9	0+	83	313	3.1+	1.3+
Gravy, Beef,Str,GF	2 oz	40	24	0.5	0.0	0.01+	4.7	0+	106	70	0.6+	1.1+
Grain,Quinoa&Millet,Pilaf	1/2 cup	138	132	3.1	4.5	0.61+	19.6	0+	116	141	2.0+	1.0+
Squash, Butternut Roasted	4 oz	195	145	1.8	6.2	1.62+	23.9	0+	67	525	2.7+	7.9+
Kale, Braised	1/2 cup	176	110	3	7	1	11	0	35	360	3	3
Brussel Sprouts,Fennel, Onion Roasted	1/2 cup	187	120	4.0	6.9	1.77+	13.4	0+	95	534	4.4+	3.5+
Spinach,Fresh(DR)	1/2 cup	162	37	4.6	0.6	0.10	5.9	0	128	904	3.6	0.7
Fish,Salmon,Miso,Caesar	1 each	317	409	37.9	22.8	3.52+	13.4	101+	656	1098+	2.6+	3.0+
^Chili,Vegetarian	6 oz	218	125	8.1	0.3	0.02+	21.3	0+	955	629+	6.4+	3.3+

Date: Wed Sept 6, 2017												
Soup,Chowder,Ham,Potato	6 ounces	199	131	3.6	8.5	4.21+	9.9	27+	523	169	0.8+	1.5+
Pasta,Wheat	1 cup	57	182	7.1	1.5	0.00	41.5	0	0	25	6.1	2.0
Pasta,Shell,plain	1 cup	57	213	7.1	1.0	0.00	42.5	0	0	106	2.0	3.0
Pasta,Spaghetti	1 cup	57	210	7.4	0.9	0.16	42.3	0	3	126	1.8	1.5
Sauce,Alfredo,DR	4 oz	122	236	9.5	19.0	10.69+	8.8	57+	343	157	0.2+	4.2+
Sauce,Meat,DR	4 oz	115	102	6.8	5.2	1.97+	7.0	19+	147	329+	1.8+	3.9+
Sauce,Marinara,DR	4 oz	97	36	1.3	1.4	0.20+	4.8	0+	100	227	1.4+	2.7+
Chicken,Parmesan,PastaSauce	1 each	294	583	34.2	29.0	10.87+	45.0	75+	1297	689	5.3+	3.5+
Pasta,Spag & M'balls DR	1 each	578	602	28.2	22.8	10.15	64.6	50	1638	789+	6.8	16.1
Squash, Spaghetti Roasted	4 oz	215	69	1.4	1.3	0.18+	13.8	0+	39	250	2.8+	5.5+
Mushroom,Roasted,Pesto,Soy	1/2 cup	128	92	4.9	7.0	1.26+	4.6	3+	196	376+	1.2+	2.7+
Roasted,Vegetable,Fresh,Mix	1/2 cup	85	43	1.3	2.0	0.28+	5.8	0+	14	189	1.7+	3.0+
Bread,Garlic	1 each	86	173	4.5	6.0	0.00	24.0	0	210		1.5	0.0
Chicken,Wings w/Potato Salad	1 each	476	941	60.2	69.6	14.55+	16.3	410+	2470	319+	1.6+	4.3+
Chicken,Wings only	1 each	302	617	58.7	41.1	10.28	2.9		1762		0	2.9
Meatball Parmesan Sub	1 each	229	363	21.3	22.4	11.20	14.2	56	1173	337+	3.7	7.1

Date: Thu Sept 7, 2017												
Soup,Chicken,Vegetable,Quinoa,GF	8 ounces	225	62	5.7	1.5	0.30+	5.5	13+	404	194	1.5+	1.1+
Soup,Cream, Broccoli,Cheddar	8 oz	240	225	9.7	17.0	9.08+	9.5	51+	538	171	1.3+	3.0+
Turkey,Stuffing,Gravy,Cafe	1 each	399	520	40.0	14.7	1.44+	57.2	91+	906	578	2.8+	19.8+
Tofu,DR Roasted Vegetable,Balsamic	1 each	194	164	10.9	10.7	1.14+	6.7	0+	220	441	0.9+	1.6+
Lasagna,Meat Homemade	1 each	393	639	46.8	35.3	15.56+	32.9	152+	1397	467+	1.6+	6.4+
Potato,Whipped Cafe	4 oz	121	103	3.3	1.0	0.25+	20.9	0+	83	313	3.1+	1.3+
Gravy,Turkey,STR	2 ounces	12	10	0.2	0.3	0.09+	1.5	0+	143	23	0.2+	0.3+
Grain,Lentils,Savory Rstd Mire Poix GF	1/2 cup	97	121	7.3	1.8	0.17+	18.6	0+	102	51+	3.6+	0.5+
Swiss Chard, Fresh & Seasonal	1/2 cup	168	104	2.8	7.1	0.99	9.2	0	254	799	3	3.8
Turnip+Carrots Mashed	1/2 cup	119	68	1.0	4.1	1.04+	7.7	0+	113	232	2.4+	4.6+
Beans,Whole Fresh, Almond	1 each	109	131	3.2	10.6	1.92+	8.3	0+	64	89+	3.5+	1.6+
Fish,Taco,Veg Slaw	1 each	356	403	29.0	11.3	2.63+	47.0	45+	763	843+	6.3+	6.2+
Fish,Cod Sandwich,DR	1 each	240	364	25.0	12.7	3.41+	36.4	17+	679	384	3.7	4.0+
Parsnip Maple Roasted,Dr Local	1/2 cup	159	132	2.0+	3.0	0.74+	26.1	0+	46	557+	5.4+	7.5+

Date: Fri Sept 8, 2017												
Beef,Corn,Hash,Homemade	0.5 cup	113	175	10.0	9.3	3.10+	12.2	46+	508	333+	1.0+	0.5+
Soup,Chicken Noodle	8 ounces	270	103	8.9	2.5	0.67+	10.3	31+	411	176	0.7+	1.4+
Soup,Shrimp,Tom Yum Goong,Gf	8 oz	235	153	8.4	6.4	0.96+	16.7	36+	830	156+	2.2+	2.5+
Chicken,AppleStuffed	1 each	278	460	46.6	21.2	6.68+	18.1	135+	541	573+	1.8+	2.4+
Gravy,Chicken	2 oz	75	25	0.5	1.5	0.38+	2.4	0+	112	30	0.2+	0.4+
Fish,Sicilian,Baked	1 each	205	166	26.9	4.1	0.44+	4.3	64+	260	699+	1.1+	1.0+
Stuffing,Wild Rice,Vegetable	6 oz	77	63	2.2	1.0	0.14+	12.1	0+	287	196	1.2+	2.0+
Grain,Quinoa,Pilaf	1/2 cup	134	50	1.7	0.6	0.01+	9.1	0+	19	131	1.6+	1.0+
Potato,Roasted Red	1/2 cup	150	141	4.7	7.0	2.41+	14.5	9+	398	335	1.1+	1.1+
Beets	1/2 cup	123	41	1.0	0.0	0.00	8.2	0	256	171	1.0	6.1
Squash, Acorn Roasted,Marmalade	1 each	598	435	6.4	8.8	2.27+	95.2	0+	110	2488	25.1+	11.3+
Zucchini SauteRstRedPepper,local	1/2 cup	170	49	1.2	1.8	0.25+	4.2	0+	27	570	2.4+	0.5+