

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

SEPTEMBER 18 - 24, 2017

WEEK 4 - This is a new cycle menu.

One price
for all.

WEEK 4		LUNCH & DINNER MENU	
MONDAY			
		Jamaican Chicken Soup - Gluten-Free	\$1.50
		Beef Vegetable Lentil Soup	\$1.50
	1097	Pesto, Couscous, & Veg. Stuffed Portabella Mushroom	\$3.35
	3562	Chicken Pot Pie	\$3.35
	3027	Roasted Sweet Potatoes	\$0.75
	3909	Rice Pilaf	\$0.75
	3962	Whipped Squash	\$0.75
	3951	Broccoli	\$0.75
	1511	Braised Red Cabbage	\$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 1002	Pepperoni Pizza	\$2.50
TUESDAY			
		White Bean & Sausage Soup	\$1.50
		Pasta Chic Pea Pesto Soup	\$1.50
	3533	Pot Roast and Gravy	\$3.35
	3573	Macaroni & Cheese - per scoop	\$1.75
	3912	Fresh Whipped Potatoes	\$0.75
	3011	Side Order of Gravy	\$0.35
	3042	Multi Grain & Rice Pilaf	\$1.25
	3963	Roasted Local Butternut Squash	\$0.75
	3957	Roasted Lemon Garlic Brussel Sprouts	\$0.75
	4041	Fresh Local Braised Kale	\$0.75
	3953	Fresh Spinach	\$0.75
	Lunch Wok Special 3885	Soft Vegetable Chili or Seasoned Turkey Taco	\$1.75
	Lunch Grille Special 3041	Vegetarian Chili	\$2.65
WEDNESDAY			
		Curried Chicken Corn Chowder	\$1.50
	3619	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	\$3.00
	1072	Chicken Parmesan w/ Pasta & Sauce	\$4.50
	1073	Chicken Parmesan & Sauce - no pasta	\$3.25
	4110	Side of Pasta & Sauce - 1/2 c. pasta and 2 oz. sauce	\$1.50
	3902	Side of Pasta only - no sauce	\$0.75
	1077	Side of Sauce only - no pasta	\$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
	Lunch Wok Special 3410	Grilled Spicy Chicken or Hot BBQ Glazed Wings with Homemade Potato Salad	\$4.75
	Lunch Wok Special 3411	Grilled Spicy Chicken Wings a la carte	\$4.50
	Lunch Grille Special 3805	Meatball Parmesan Sandwich	\$4.00
THURSDAY			
		Chicken & Wild Rice Soup (Gluten-Free)	\$1.50
		Cream of Cauliflower & Feta Soup	\$1.50
	3561	Turkey, Stuffing, Gravy and Cranberry - Antibiotic Free Turkey	\$4.00
	3505	Organic Roasted Tofu & Sautéed Mushrooms	\$2.00
	Served at the grille: 3594	Homemade Chicken, Pesto and Roasted Red Pepper Lasagna	\$3.50
	3912	Fresh Whipped Potatoes	\$0.75
	3042	Barley with Roasted Vegetables	\$1.25
	3926	Mashed Turnips and Carrots	\$0.75
	3972	Fresh Local Sautéed Swiss Chard	\$0.75
	3947	Whole Seasoned Green Beans	\$0.75
	Lunch Wok Special 3729	Thai Chicken Lo Mein	\$4.25
	Lunch Grille Special 3735	Cod Fish Sandwich	\$3.75
FRIDAY			
		Corn Beef Hash (breakfast special only)	\$1.25
		Moroccan Chicken Soup	\$1.50
	"Dock to Table" Fresh Fish	Newport Clam Chowder (Gluten-Free)	\$1.50
	3518	Cranberry Corn Bread Baked Stuffed Chicken	\$3.75
	"Dock to Table" Fresh Fish	Fresh Local Baked Cod Indian Style	\$3.50
	3541	Spicy Black Bean Chorizo Stuffing	\$1.50
	3920	Wild Rice	\$0.75
	3907	Roasted Potatoes	\$0.75
	3915	Beets	\$0.75
	3960	Marmalade Roasted Acorn Squash	\$0.75
	3959	Fresh Zucchini & Tomatoes	\$0.75
	3961	Chicken Cutlet Buffalo Blue Sandwich	\$3.75
	Lunch Grille Special 3813	The wok is closed today.	
SATURDAY and SUNDAY			
Today's specials are posted on the DR Menu Board.			

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.

Check out our web site on one.hitchcock.org
 (go to "Departments" and then click "Food and Nutrition Services.")
[For our weekly posted menus.](http://one.hitchcock.org)
 go to patients.d-h.org/diningroom.
 Menu is subject to change.

Week 4 - DHMC Cafe
Nutritional Information

Recipe Name	GF Gluten Free V Vegan	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 Aug 21, 2017													
Soup,Jamaican Chicken,GF	GF	8 ounces	239	109	8.7	1.8	0.44+	12.6	19+	696	303+	1.5+	1.3+
Soup,Beef,Lentil	GF	8 ounces	300	110	7.2	2.5	0.98+	13.3	10+	979	374	2.8+	2.8+
Mushroom,Portabella,Cous CousStuffed,Veg		1 each	288	267	11.5	16.9	5.27+	20.5	25+	639	590+	3.0+	6.0+
Chicken,Pot Pie with Biscuit		1 each	288	405	25.5	18.0	10.36+	35.0	60+	795	389	3.9+	4.1+
Potato,Roasted,Sweet	GF V	1/2 cup	148	186	2.1	7.8	2.05+	27.4	0+	148	464	4.1+	5.7+
Rice,Pilaf	V	1/2 cup	135	124	3.0	0.1	0.01+	28.1	0+	68	128	0.8+	1.0+
Squash, Winter,Whipped	GF V	1/2 cup	136	63	1.6	0.0		14.1	0	0	287	1.6	
Broccoli,Steam,Frozen	GF V	1/2 cup	78	22	2.4	0.1	0.01	4.2	0	9	111	2.3	1.1
Cabbage,Red,Braised	GF V	1 each	124	91	1.4	6.2	1.62+	9.1	0+	84	250	2.1+	5.3+
Fish,Salmon,Miso,Caesar		1 each	317	409	37.9	22.8	3.52+	13.4	101+	656	1098+	2.6+	3.0+
Pepperoni Pizza		1 each	208	490	22	19	9	40	40	930	40	3	3
Date: Tue Aug 22													
Soup,Pasta Chic Pea Pesto		8 ounces	231	183	6	8.6	1.75	21.5	6	679	173	3.4	2.7
Soup,White,Bean		8 ounces	266	176	10.1	6.6	1.94+	18.9	16+	518	370+	4.5+	2.2+
Pot Roast & Gravy,GF	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	GF	4 oz	121	103	3.3	1.0	0.25+	20.9	0+	83	313	3.1+	1.3+
Gravy, Beef,Str,GF	GF	2 oz	40	24	0.5	0.0	0.01+	4.7	0+	106	70	0.6+	1.1+
Rice,Muti Grain & Rice Pilaf	V	1/2 cup	33	77	1.8	1.8	0.22+	13.8	0+	62	38+	0.9+	1.0+
Squash, Butternut Roasted	GF V	4 oz	195	145	1.8	6.2	1.62+	23.9	0+	67	525	2.7+	7.9+
Brussel Sprouts,Lemon Garlic Roasted	GF V	1/2 cup	147	105	3.5	6.8	1.76+	10.0	0+	88	439	3.6+	2.4+
Kale, Braised	GF V	1/2 cup	176	110	3	7	1	11	0	35	360	3	3
Spinach,Fresh(DR)	GF V	1/2 cup	162	37	4.6	0.6	0.10	5.9	0	128	904	3.6	0.7
Taco,Soft,Turkey,Seasoned		1 each	165	221	13.2	11.0	5.00+	18.2	41+	620	214+	0.7+	2.5+
^Chili,Vegetarian	V w/o cheese	6 oz	218	125	8.1	0.3	0.02+	21.3	0+	955	629+	6.4+	3.3+
Date: Wed Aug 23													
Soup,Chowder,Curried Chicken Corn		8 ounces	290	195	8.5	8.1	3.74+	23.0	35+	383	315	2.2+	4.4+
Pasta,Wheat	V	1 cup	57	182	7.1	1.5	0.00	41.5	0	0	25	6.1	2.0
Pasta,Shell,plain	V	1 cup	57	213	7.1	1.0	0.00	42.5	0	0	106	2.0	3.0
Pasta,Spaghetti	V	1 cup	57	210	7.4	0.9	0.16	42.3	0	3	126	1.8	1.5
Sauce,Alfredo,DR		4 oz	120	236	9.5	19.0	10.69+	8.8	57+	343	153	0.2+	4.2+
Sauce,Meat,DR	GF	4 oz	115	102	6.8	5.2	1.97+	7.0	19+	147	329+	1.8+	3.9+
Sauce,Marinara,DR	GF V	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+
Roasted,Vegetable,Fresh,Mix	GF V	1/2 cup	85	43	1.3	2.0	0.28+	5.8	0+	14	189	1.7+	3.0+
Mushroom,Roasted,Pesto,Soy	GF	1/2 cup	128	92	4.9	7.0	1.26+	4.6	3+	196	376+	1.2+	2.7+
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+
Meatball Parmesan Sub		1 each	229	363	21.3	22.4	11.20	14.2	56	1173	337+	3.7	7.1
Date: Thu Aug 24													
Soup,Chicken,Wild Rice,GF	GF	8 ounces	260	94	7.1	1.4	0.33+	12.5	14+	404	225	1.3+	1.3+
Soup,Cream,Cauliflower, Feta Cheese		8 oz	235	156	4.3	10.9	6.14+	9.9	33+	498	168	1.2+	3.4+
Turkey,Stuffing,Gravy,Cafe		1 each	399	520	40.0	14.7	1.44+	57.2	91+	906	578	2.8+	19.8+
Gravy,Turkey,STR		2 ounces	12	10	0.2	0.3	0.09+	1.5	0+	143	23	0.2+	0.3+
Tofu,DR,Saute Mushrooms& Marsala Wine	GF V	1 each	223	203	11.4	13.7	1.54+	8.0	0+	259	541	0.9+	2.4+
Lasagna,Chicken Pesto, Homemade		1 each	343	589	44.3	32.7	10.57	28.6	126	1154	424+	1.3	4.9
Potato,Whipped Cafe	GF	4 oz	121	103	3.3	1.0	0.25+	20.9	0+	83	313	3.1+	1.3+
Grain,Barley,Roasted Vegetables	V	4 oz	106	115	4.0	1.1	0.07+	21.8	0+	72	53+	5.3+	0.8+
Turnip+Carrots Mashed	GF V	1/2 cup	119	68	1.0	4.1	1.04+	7.7	0+	113	232	2.4+	4.6+
Swiss Chard,Saute, Fresh,Seasonal	GF V	1/2 cup	168	104	2.8	7.1	0.99	9.2	0	254	799	3	3.8
Beans,Whole Fresh,Season	GF V	1 each	94	47	1.3	2.2	0.31+	6.7	0+	7	91	2.5+	1.3+
Chicken,Thai Chicken		1 each	383	671	43.9	29.7	4.89+	55.7	81+	1220	614+	6.5+	11.5+
Chicken,Salad,Mediterranean		1 each	636	863	44.0	42.4	12.80+	75.5	90+	1853	857+	6.8+	11.9+
Fish,Cod Sandwich,DR		1 each	240	364	25.0	12.7	3.41+	36.4	17+	679	384	3.7	4.0+
Date: Fri Aug 25													
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, Moroccan		8 ounces	104	94	6.3	1.9	0.31+	12.4	13+	666	254+	1.5+	2.9+
Soup,Newport Clam Chowder,GF	GF	8 ounces	273	110	9.6	0.8	0.04+	14.2	17+	658	337+	1.6+	1.3+
Chicken,Cranberry,Cornbread Stuffed		1 each	329	610	42.4	24.3	5.99+	55.0	124+	418	524+	3.0+	30.7+
Gravy,Chicken		2 oz	75	25	0.5	1.5	0.38+	2.4	0+	112	30	0.2+	0.4+
Fish,Cuban,Cod Indian Style		1 each		193	37	1.1		7.4	69	172		0.8	
Rice,Wild	V	1/2 cup	65	60	1.8	0.0	0.00	13.2	0	202	63	0.3	0.3
Potato,Roasted Red	GF V	1/2 cup	150	141	4.7	7.0	2.41+	14.5	9+	398	335	1.1+	1.1+
Beets	GF V	1/2 cup	123	41	1.0	0.0	0.00	8.2	0	256	171	1.0	6.1
Squash, Acorn Roasted,Marmalade	GF V	1 each	598	435	6.4	8.8	2.27+	95.2	0+	110	2488	25.1+	11.3+
Zucchini TomatoStewed	GF V	1/2 cup	202	54	2.2	2.3	0.38+	7.1	0+	163	526	1.9+	4.2+
Chicken,Cutlet,Buffalo Blu Sandwich		1 each	240	497	26.4	25.6	8.54	41.5	65+	1419	489+	3.6	3.0