

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

JULY 9 - 15, 2018

WEEK 2 - This is a new cycle menu.

One price

WEEK 2		LUNCH & DINNER MENU		for all.
MONDAY				
			Minestrone Soup (Gluten-Free)	\$1.50
			Mexican Corn Chowder	\$1.50
	1097		Spinach and Artichoke Stuffed Portabella Mushroom Cap	\$3.35
	3562		Chicken Pot Pie & Biscuit	\$3.35
	3027		Roasted Sweet Potatoes	\$0.75
	3042		5 Grain Rice Blend	\$1.25
	3971		Roasted Maple Parsnips	\$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	3018	Cuban Sandwich	\$3.75
TUESDAY				
			White Bean & Sausage Soup (Gluten-Free)	\$1.50
			Vegetable Lentil Soup (Gluten-Free)	\$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		Quinoa and Millet Pilaf	\$1.25
	3963		Roasted Butternut Squash	\$0.75
	3965		Curried Cauliflower	\$0.75
	3957		Roasted Fennel, Onion, & Brussel Sprouts	\$0.75
	3953		Fresh Spinach	\$0.75
	Lunch Wok Special	3712	Kung Pao Chicken & Peanuts over Rice	\$4.25
	Lunch Grille Special	3041	Vegetarian Chili	\$2.65
WEDNESDAY				
			Ham & Potato Chowder	\$1.50
	1070		Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	\$3.00
New Homemade Chicken Parmesan	1072		Chicken Parmesan w/ Pasta & Sauce	\$4.50
	1073		Chicken Parmesan & Sauce - no pasta	\$3.25
	1075		Side of Pasta & Sauce - 1/2 c. pasta and 2 oz. sauce	\$1.50
	3569		Organic Tofu Parmesan	\$2.50
	1076		Side of Pasta only - no sauce	\$0.75
	1078		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 or Maple Glazed Chicken Wings & Homemade Potato Salad	\$4.75
	Lunch Wok Special	3411	Grilled Spicy or Maple Glazed Chicken Wings a la carte	\$4.50
	Lunch Grille Special	3832	Meatball Parmesan Sandwich	\$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	\$3.50
	3912		Fresh Whipped Potatoes	\$0.75
	3042		Lentils and Savory Roasted Vegetables	\$1.25
	3951		Broccoli Cuts	\$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)	\$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
New Vegan	Lunch Grille Special	4030	Vegan Polenta Black Beans	\$3.50
	Lunch Grille Special	3021	Meatloaf, Bacon, & Jalapeno 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	GF Gluten Free V Vegan	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	SFA (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Sodiu m (mg)	Potas sium (mg)	Dietry Fiber (gm)	Sugar s (gm)
Monday, July 09, 2018													
Soup,Minestrone,GF	GF	8 ounces	229	120	8.1	5.4	2.25+	8.6	20+	892	344+	2.3+	2.0+
Soup,Chowder,Mex,Corn		8 ounces	218	145	6.0	7.0	3.42+	15.7	18+	521	242	1.4+	3.2+
Mushroom,Portabella,Spin,Artichoke	GF	1 each	404	385	14.6	31.6	8.61+	14.7	39+	879	1085+	7.4+	4.7+
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,Whole 5 Grain Blend	GF	1/2 cup	32	113	2.8	0.7	0.00	24.0	0	29	2+	2.1	0.0
Parsnip Maple Roasted,Dr Local	GF V	1/2 cup	159	132	2.0+	3.0	0.74+	26.1	0+	46	557+	5.4+	7.5+
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+
S/W,Cuban Sandwich		1 each	456	846	43.1	32.2	10.63+	61.1	102+	3533	721+	2.0+	4.0+
Tuesday, July 10, 2018													
Soup,White,Bean, Sausage		8 ounces	264	163	9.7	5.0	1.51+	19.3	16+	502	367+	4.4+	2.2+
Soup,Vegetable,Lenti,GF	GF V	8 ounces	341	109	5.9	0.1	0.02+	21.6	0+	396	392+	4.2+	4.3+
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+
Grain,Quinoa&Millet,Pilaf	GF V	1/2 cup	138	132	3.1	4.5	0.61+	19.6	0+	116	141	2.0+	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+
Cauliflower,Frozen,Curry Roasted	GF V	1/2 cup	169	69	2.6	4.7	0.65+	6.1	0+	78	244+	4.4+	1.7+
Brussel Sprouts,Fennel, Onion Roasted	GF V	1/2 cup	187	120	4.0	6.9	1.77+	13.4	0+	95	534	4.4+	3.5+
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
Chicken,Kung Pao,w/Nuts,Over Rice		6 ounces	473	793	45.8	51.6	7.32+	38.0	81+	1990	659+	9.4+	15.5+
Chili,Vegetarian	v w/o chs	6 oz	218	125	7.6	0.3	0.02+	22.4	0+	677	629+	6.4+	3.0+
Wednesday, July 11, 2018													
Soup,Chowder,Ham,Potato		6 ounces	200	131	3.9	8.7	4.21+	9.3	27+	406	185	0.8+	1.8+
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	213	7.1	1.0	0.00	43.5	0	0	106	2.0	2.0
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	GF	4 oz	113	99	6.2	5.2	1.97+	6.5	19+	37	291+	1.8+	3.7+
Sauce,Marinara,DR	GF V	4 oz	97	36	1.3	1.4	0.20+	4.8	0+	100	227	1.4+	2.7+
Tofu,DR Parmesan,Marinara Sauce	GF V	1 each	241	287	19.8	18.1	5.59+	12.2	25+	419	482	1.0+	1.8+
Chicken,Parmesan,PastaSauce		1 each	288	389	37.4	10.6	3.77+	34.6	88+	367	571	3.1+	4.2+
Chicken,Parmesan,Only		1 each	164	249	32.9	8.8	3.5	8.4	88	351	320	0.07	0.06
Pasta,Spag & M'balls DR		1 each	578	604	27.9	23.0	10.00	65.7	50	1634	770+	7.0	16.6
Squash, Spaghetti Roasted	GF V	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+
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	358	20.6	22.6	10.94	13.8	58	1153	334+	2.9	7.3
Thursday, July 12, 2018													
Soup,Chicken,Vegetable,Quinoa,GF	GF	8 ounces	225	62	5.7	1.5	0.30+	5.5	13+	404	194	1.5+	1.1+
Soup,Cream, Broccoli,Cheeddar		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	353	465	39.0	13.9	1.30+	46.0	91+	822	551	2.2+	15.8+
Turkey Only	GF	1 each	170	243	35	10.6	0.76	1.5	91	486	445	0	0
Tofu,DR Rstd Vegetable,Balsamic Rdctn	GF V	1 each	194	164	10.9	10.7	1.14+	6.7	0+	220	441	0.9+	1.6+
Potato,Whipped Cafe	GF	4 oz	121	103	3.3	1.0	0.25+	20.9	0+	83	313	3.1+	1.3+
Grain,Lentils,Savory Roasted Mire Poix GF	GF V	1/2 cup	97	121	7.3	1.8	0.17+	18.6	0+	102	51+	3.6+	0.5+
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+
Beans,Whole Fresh, Almond	GF V	1 each	109	132	3.2	10.6	1.92+	8.3	0+	67	160	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+
Friday, July 13, 2018													
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	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+
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	78	63	2.2	1.0	0.14+	12.1	0+	287	199	1.3+	2.0+
Grain,Quinoa,Pilaf	V	1/2 cup	134	50	1.7	0.6	0.01+	9.1	0+	19	131	1.6+	1.0+
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 SauteRstRedPepper,local	GF V	1/2 cup	170	49	1.2	1.8	0.25+	4.2	0+	27	570	2.4+	0.5+
Polenta,Black Beans, Salsa	GF V	1 each	270	153	6.0	1.3	0.16+	30.1	0+	722	500+	5.2+	3.6+
Meatloaf,Bacon,Jalapeno Sandwich		1 each	269	597	35.6	28.2	13.53+	34.7	102+	968	402+	3.1+	4.5+