

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

JULY 23 - 29, 2018

WEEK 4 - This is a new cycle menu.

One price

WEEK 4 **LUNCH & DINNER MENU** **for all.**

MONDAY			
		Jamaican Chicken Soup - Gluten-Free	\$1.50
		Beef Vegetable Lentil Soup - Gluten-Free	\$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
	3971	Roasted Maple Parsnips	\$0.75
	1511	Braised Red Cabbage	\$0.75
	3951	Broccoli	\$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 4029	Roast Beef Sauteed Onions on Foccacia Bread	\$3.75

TUESDAY			
		White Bean & Sausage Soup (Gluten-Free)	\$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
	3965	Curried Cauliflower	\$0.75
	3953	Fresh Spinach	\$0.75
	Lunch Wok Special 3885	Soft Vegetable Chilli or Seasoned Turkey Taco	\$1.75
	Lunch Grille Special 3041	Vegetarian Chili	\$2.65

WEDNESDAY			
		Moroccan Chicken Soup	\$1.50
	1070	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	\$3.00
Homemade Antibiotic-Free	1072	Chicken Parmesan w/ Pasta & Sauce	\$4.50
Chicken Parmesan	1073	Chicken Parmesan & Sauce - no pasta	\$3.25
	3569	Organic Tofu Parmesan	\$2.50
	1075	Side of Pasta & Sauce - 1/2 c. pasta and 2 oz. sauce	\$1.50
	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 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 & Sauteed 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
	3951	Broccoli Cuts	\$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
		Pho Ga Soup (almost like chicken noodle 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	3541	Fresh Local Baked Cod Indian Style	\$3.50
	3920	Spicy Black Bean Chorizo Stuffing	\$1.50
	3907	Wild Rice	\$0.75
	3915	Roasted Potatoes	\$0.75
	3960	Beets	\$0.75
	3959	Marmalade Roasted Acorn Squash	\$0.75
	3961	Fresh Zucchini & Tomatoes	\$0.75
New Vegan	Lunch Grille Special 3815	Vegan Stuffed Mushroom Cap	\$3.35
	Lunch Grille Special 3530	Homemade Sloppy Joe	\$3.75

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.](#)

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)	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	SFA (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Sodium (mg)	Potas sium (mg)	Dietry Fiber (gm)	Sugars (gm)
Monday, July 23, 2018													
Sausage,Gravy,Biscuit		6 ounces	213	514	15.1	35.6	18.79+	31.9	74+	825	320	2.2+	6.1+
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	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	
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+
Cabbage,Red,Braised	GF V	1 each	124	91	1.4	6.2	1.62+	9.1	0+	84	250	2.1+	5.3+
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
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,Roast Beef,Sauted Red Onion,Foccacia		1 each	378	910	48.4	70.0	19.59+	70.8	158+	1419	601+	3.3+	2.7+
Tuesday, July 24, 2018													
Soup,Pasta Chick Pea Pesto		8 ounces	231	183	6.0	8.6	1.75+	21.5	6+	679	174+	3.4+	2.7+
Soup,White,Bean, Sausage,GF	GF	8 ounces	264	163	9.7	5.0	1.51+	19.3	16+	502	367+	4.4+	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+
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+
Cauliflower,Curry Roasted	GF V	1/2 cup	169	69	2.6	4.7	0.65+	6.1	0+	78	244+	4.4+	1.7+
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
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+
Taco,Soft,Turkey,Seasoned		1 each	165	221	13.2	11.0	5.00+	18.2	41+	620	281+	0.7+	2.5+
Taco,Soft,Vegetable Chili		1 each	196	213	9.7	8.7	4.39+	24.8	20+	750	388+	2.7+	3.2+
Wednesday, July 25, 2018													
Soup,Chicken Morocan		8 ounces	104	94	6.3	1.9	0.31+	12.4	13+	666	254+	1.5+	2.9+
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 26, 2018													
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	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,Saute Mshrm& Marsala Wine	GF V	1 each	231	221	12.3	13.7	1.54+	12.4	0+	259	541+	1.8+	3.3+
Lasagna,Chicken Pesto, Homemade		1 each	343	607	45.2	34.9	11.60	28.6	133	1159	362+	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+
Broccoli,Steam	GF V	1/2 cup	78	22	2.4	0.1	0.01	4.2	0	9	111	2.3	1.1
Beans,Whole Fresh,Season,Flax Seed	GF V	1 each	104	95	3.0	6.1	0.65+	9.4	0+	57	164	5.0+	1.4+
Chicken,Thai Chicken		1 each	383	673	43.6	29.8	4.77+	55.4	81+	1419	598+	6.6+	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+
Friday, July 27, 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,Pho Ga,(Vietnamese Chix Noodle Soup)		8 oz	169	209	23.3	9.0	1.83+	5.1	92+	441	217+	1.0+	1.8+
Soup,Newport Clam Chowder,GF	GF	8 ounces	260	100	7.4	0.7	0.03+	14.2	11+	651	285+	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+
Fish,Indian Style,Baked		1 each	186	137	28.5	1.1	0.20+	2.7	65+	130	671+	0.8+	1.0+
Stuffing,Spicy,BlackBean,Chorizo		6 oz	158	246	11.8	16.5	5.82+	14.6	31+	676	321+	3.4+	1.9+
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+
Mushroom,Grid,Stfd,Cauliflower Fried Rice	V	1 each	289	152	5.4	6.6	0.56+	20.0	0+	383+	667+	4.8+	7.3+
Beef,Sloppy Joe		1 each	265	466	24.2	20.9	7.75+	39.9	78+	1057	539+	2.7+	14.7+