

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

AUGUST 19 - 25, 2019

WEEK 4 - This is a new cycle menu.

One price

WEEK 4

LUNCH & DINNER MENU

for all.

Monday, August 19, 2019

		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
	1511	Braised Red Cabbage	\$0.75
	3951	Broccoli	\$0.75
Lunch Wok Special	3990	Miso Ginger Grilled Marinated Salmon	\$5.00
Lunch Wok Special	3505	Miso Ginger Grilled Marinated Tofu	\$2.00
Lunch Grille Special	4029	Roast Beef Sauteed Onions on Foccacia Bread	\$3.75

Tuesday, August 20, 2019

		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 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 Chili or Seasoned Turkey Taco	\$1.75
Lunch Grille Special	3041	Vegetarian Chili	\$2.65

Wednesday, August 21, 2019

		Moroccan Chicken Soup	\$1.50
	1070	Full Order Shells and Sauce	\$3.00
Homemade Antibiotic-Free	1072	Chicken Parmesan w/ Shells & Sauce	\$4.75
Chicken Parmesan	1073	Chicken Parmesan & Sauce	\$3.25
	3569	Organic Tofu Parmesan	\$2.50
	1077	Tofu Parmesan, Shells and Sauce	\$4.00
"Dock to Table" Fresh Fish	4322	Fresh Local Fish of the Day	\$5.00
	3595	Meatball - 1 each	\$0.75
	1075	Side of Shells & Sauce - 1/2 c. shells and 2 oz. sauce	\$1.50
	1076	Side of Pasta only	\$0.75
	1078	Side of Sauce only	\$0.75
	3954	Roasted Spaghetti Squash	\$0.75
	3808	Roasted Pesto Soy Mushrooms	\$0.75
	3404	Roasted Vegetables	\$0.80
New Antibiotic-Free Chicken Wings	3900	Garlic Bread	\$0.85
Lunch Wok Special	3410	Grilled or Hot BBQ Glazed Wings with Homemade Potato Salad	\$4.75
Lunch Wok Special	3411	Grilled Chicken Wings a la carte	\$4.50
Lunch Grille Special	3805	Meatball Parmesan Sandwich	\$4.00

Thursday, August 22, 2019

		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 Or Thai Tofu Lo Mein	\$4.25
Lunch Grille Special	3735	Cod Fish Sandwich	\$3.75

Friday, August 23, 2019

		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 Almond Basil Cod	\$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 Tuscan White Bean Polenta	\$3.50
Lunch Grille Special	3530	Homemade Sloppy Joe	\$3.75

SATURDAY and SUNDAY

*New Hours of Operation*  
 7:00 am - 1:00 pm

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 7:00 am - 1:00 pm.

Dining Room Hot Meal Times:

Breakfast 6:30-10:00

Lunch 10:30-2:00 weekdays only.

Dinner 4:00-closing weekdays only.

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

Check out our web site on [one.hitchcock.org](http://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](http://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)
<b>Monday, August 19, 2019</b>													
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	
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	GF	1 each	179	265	34	13	0	1.8		277		0	1.5
Tofu, Miso Grilled	V	1 each	153	103	10.8	4.8	0.15	5.2	0	297	344	0	1.5
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+
<b>Tuesday, August 20, 2019</b>													
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+
<b>Wednesday, August 21, 2019</b>													
Soup,Chicken Morocan		8 ounces	104	94	6.3	1.9	0.31+	12.4	13+	666	254+	1.5+	2.9+
Pasta,Shell,plain	V	1 cup	57	213	7.1	1.0	0.00	42.5	0	0	106	2.0	3.0
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		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
Squash, Spagheti 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
<b>Thursday, August 22, 2019</b>													
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+
Thai Chicken		1 each	383	673	43.6	29.8	4.77+	55.4	81+	1419	598+	6.6+	11.9+
Thai Tofu	V												
Fish,Cod Sandwich,DR		1 each	240	364	25.0	12.7	3.41+	36.4	17+	679	384	3.7	4.0+
<b>Friday, August 23, 2019</b>													
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+
Almond Baked Cod		1 each	189	256	30.6	11.4	2.75	8.5	68	248	727	1.8	0.9
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+
Vegan Tuscan White Bean Polenta	V	1 each	483	385	14.6	11.6		56	0+	1283			
Beef,Sloppy Joe		1 each	265	466	24.2	20.9	7.75+	39.9	78+	1057	539+	2.7+	14.7+