

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

April 12-18, 2021

WEEK 2

LUNCH & DINNER MENU

One price
for all.

Monday, April 12, 2021

Sorry, there are likely to be last minute
changes to the menu during
this COVIDO-19 crisis.

Lunch Wok Special 3990
Lunch Wok Special 3505

Coconut Chicken Soup - (Gluten-Free) \$1.50
 Mexican Corn Chowder \$1.50
 Spinach and Artichoke Stuffed Portabella Mushroom Cap \$3.35
 Chicken Pot Pie & Biscuit \$3.35
 Roasted Sweet Potatoes \$0.75
 Whipped Squash \$0.75
 Peas \$0.75
 Braised Red Cabbage \$0.75
 Miso Ginger Grilled Marinated Salmon \$5.00
 Miso Ginger Grilled Marinated Tofu \$2.00

Tuesday, April 13, 2021

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Lunch Wok Special 3712
Lunch Grille Special 3041

White Bean & Sausage Soup (Gluten-Free) \$1.50
 Vegetable Lentil Soup (Gluten-Free) \$1.50
 Steamship Beef \$4.00
 Macaroni & Cheese - per scoop \$1.75
 Fresh Whipped Potatoes \$0.75
 Side Order of Gravy \$0.35
 Roasted Butternut Squash \$0.75
 Cauliflower Gobi Aloo \$0.75
 Roasted Fennel, Onion, & Brussel Sprouts \$0.75
 Fresh Spinach \$0.75
 Kung Pao Chicken & Peanuts Over Rice \$4.25
 Vegetarian Chili \$2.65

Wednesday, April 14, 2021

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Lunch Wok Special 3410
Lunch Wok Special 3411
Lunch Grille Special 3832

Ham & Potato Chowder \$1.50
 Full Order Shells and Sauce \$3.00
 Chicken Parmesan with Shells & Sauce \$4.75
 Chicken Parmesan & Sauce - no shells \$3.25
 Side of Shells & Sauce \$1.50
 Organic Tofu Parmesan \$2.50
 Tofu Parmesan, Shells and Sauce \$4.00
 Fresh Local Fish of the Day \$3.50
 Side of Pasta only - no sauce \$0.75
 Side of Sauce only - no pasta \$0.75
 Local Gluten-Free Meatball - 1 each \$0.75
 Roasted Spaghetti Squash \$0.75
 Roasted Pesto Soy Mushrooms \$0.75
 Roasted Vegetables \$0.80
 Garlic Bread \$0.85
 Grilled Chicken Wings & Potato Salad \$4.75
 Grilled Chicken Wings a la carte \$4.50
 Meatball Parmesan Sandwich \$4.00

Thursday, April 15, 2021

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Lunch Wok Special 3730
Lunch Grille Special 3735

Chicken Vegetable & Quinoa Soup (Gluten-Free) \$1.50
 Cream of Broccoli & Cheddar \$1.50
 Turkey, Stuffing, Gravy and Cranberry - Antibiotic Free Turkey \$4.00
 Organic Tofu with Roasted Vegetables & Balsamic Reduction \$2.50
 Homemade Meat Lasagna \$3.50
 Fresh Whipped Potatoes \$0.75
 Broccoli Cuts \$0.75
 Mashed Turnips and Carrots \$0.75
 Whole Green Beans & Almonds \$0.75
 Fish Taco \$3.50
 Cod Fish Sandwich \$3.75

Friday, April 16, 2021

"Dock to Table" Fresh Fish

New Vegan Lunch Grille Special 4030

Corned Beef Hash (breakfast special only) \$1.25
 Chicken Noodle Soup \$1.50
 Shrimp Sarciado Soup \$1.50
 Baked Stuffed Chicken and Apple \$3.75
 Sicilian Baked Fresh Local Cod \$3.50
 Quinoa Pilaf \$1.25
 Roasted Potato \$0.75
 Fresh Spinach \$0.75
 Beets \$0.75
 Fresh Zucchini with Roasted Red Peppers \$0.75
 Vegan Polenta Black Beans \$3.50

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](mailto: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)	Sodium (mg)	Potas sium (mg)	Diety Fiber (gm)	Sugars (gm)
Monday, April 12, 2021													
Soup, Coconut Chicken (Gluten-Free)	GF	8 ounces		109	8.9	5.2		6	25	416	149	0.9	1.4
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+
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	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
Tuesday, April 13, 2021													
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		1/2 cup	111	163	7.2	8.4	4.3	15.7	23	255	90	0.65	2
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+
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 Gobi Aloo	GF V	1/2 cup	134	131	1.6	9.2	0.68	9.9	0	126	249	1.8	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, April 14, 2021													
Soup, Chowder, Ham, Potato		6 ounces	200	131	3.9	8.7	4.21+	9.3	27+	406	185	0.8+	1.8+
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, Pasta Sauce		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
Meatball, Local	GF	1 each	28	70	4.3	5.3	2.3	2.3	25	133	?	0	0.3
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
Thursday, April 15, 2021													
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, 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	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+
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, April 16, 2021													
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+
Shrimp Sarciado Soup		8 oz											
Chicken, Apple Stuffed		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