

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

Jan 17-23	LUNCH & DINNER MENU	One price for all.
WEEK 2		
Monday, January 17, 2022	<p style="text-align: center;">Coconut Chicken Soup - (Gluten-Free) \$1.50 Mexican Corn Chowder \$1.50 Spinach and Artichoke Stuffed Portabella Mushroom \$3.50 Chicken Pot Pie & Biscuit \$3.50 Roasted Sweet Potatoes \$1.00 Whipped Squash \$1.00 Peas \$1.00 Braised Red Cabbage \$1.00 Miso Ginger Grilled Marinated Salmon \$5.00 Miso Ginger Grilled Marinated Tofu \$2.50</p>	
	Lunch Wok Special	
	Lunch Wok Special	
Tuesday, January 18, 2022	<p style="text-align: center;">White Bean & Sausage Soup (Gluten-Free) \$1.50 Vegetable Lentil Soup (Gluten-Free) \$1.50 Pot Roast \$3.50 Macaroni & Cheese - per scoop \$1.75 Fresh Whipped Potatoes \$1.00 Side Order of Gravy \$0.35 Roasted Butternut Squash \$1.00 Cauliflower Gobi Aloo \$1.00 Roasted Fennel, Onion, & Brussel Sprouts \$1.00 Fresh Spinach \$1.00 Vegetarian Chili \$2.65</p>	
	Lunch Grille Special	
Wednesday, January 19, 2022		
"Dock to Table" Fresh Fish	<p style="text-align: center;">Ham & Potato Chowder \$1.50 Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce) \$3.00 Chicken Parmesan with Shells & Sauce \$4.75 Chicken Parmesan & Sauce - no shells \$3.50 Side of Shells & Sauce \$1.50 Organic Tofu Parmesan \$2.50 Tofu Parmesan, Shells and Sauce \$4.00 Fresh Local Fish of the Day \$4.00 Side of Pasta Only or Sauce Only \$1.00 Local Gluten-Free Meatball - 1 each \$0.75 Roasted Spaghetti Squash \$1.00 Roasted Pesto Soy Mushrooms \$1.00 Roasted Vegetables \$1.00 Garlic Bread \$0.75 Meatball Parmesan Sandwich \$4.00</p>	
	Lunch Grille Special	
Thursday, January 20, 2022	<p style="text-align: center;">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 \$1.00 Broccoli Cuts \$1.00 Mashed Turnips and Carrots \$1.00 Whole Green Beans & Almonds \$1.00 Cod Fish Sandwich \$3.75</p>	
	Lunch Grille Special	
Friday, January 21, 2022	<p style="text-align: center;">Shrimp Sarciado Soup \$1.50 Chicken Noodle Soup \$1.50 Corned Beef Hash (breakfast special only) \$1.50 Baked Stuffed Chicken and Apple \$3.75 Sicilian Baked Fresh Local Cod \$4.00 Quinoa Pilaf \$1.00 Roasted Potato \$1.00 Fresh Spinach \$1.00 Beets \$1.00 Fresh Zucchini with Roasted Red Peppers \$1.00 Vegan Polenta Black Beans \$3.50</p>	
	Lunch Grille Special	
New Vegan		
	Lunch Grille Special	

NEW HOURS: The Dining Room is open Mon.-Fri. 6:30

Dining Room Hours

Breakfast 6:30 - 10:00
 Lunch 10:30 - 2:00
 Dinner 4:00 - 7:00

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.

Wok Hours: 10:30 - 2:00 (except Fridays)

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)	Dietry Fiber (gm)	Sugars (gm)
Monday, January 17, 2022													
Soup, Coconut Chicken (Gluten-Free)	GF	8 ounces		109	8.9	5.2	3	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, January 18, 2022													
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, January 19, 2022													
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	0.6
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, January 20, 2022													
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, January 21, 2022													
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+
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