

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

January 31 - February 6

One price

WEEK 4	LUNCH & DINNER MENU	for all.
<b>Monday, January 31, 2022</b>		
	Jamaican Chicken Soup - Gluten-Free	\$1.50
	Cheesy Loaded Potato Soup	\$1.50
	Pesto, Couscous, & Veg. Stuffed Portabella Mushroom	\$3.50
	Chicken Pot Pie	\$3.50
	Roasted Sweet Potatoes	\$1.00
	Whipped Squash	\$1.00
	Braised Red Cabbage	\$1.00
	Peas	\$1.00
Lunch Wok Special	Miso Ginger Grilled Marinated Salmon	\$5.00
Lunch Wok Special	Miso Ginger Grilled Marinated Tofu	\$2.50
<b>Tuesday, February 1, 2022</b>		
	White Bean & Sausage Soup (Gluten-Free)	\$1.50
	Italian Garden Soup (Gluten-Free)	\$1.50
	Pot Roast and Gravy	\$3.50
	Macaroni & Cheese - per scoop	\$1.75
	Fresh Whipped Potatoes	\$1.00
	Side Order of Gravy	\$0.35
	Roasted Butternut Squash	\$1.00
	Roasted Lemon Garlic Brussel Sprouts	\$1.00
	Cauliflower Gobi Aloo	\$1.00
	Fresh Spinach	\$1.00
Lunch Grille Special	Vegetarian Chili	\$2.65
<b>Wednesday, February 2, 2022</b>		
	Moroccan Chicken Soup	\$1.50
	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	\$3.00
Homemade Antibiotic-Free Chicken Parmesan	Chicken Parmesan w/ Shells & Sauce	\$4.75
	Chicken Parmesan & Sauce	\$3.50
	Organic Tofu Parmesan	\$2.50
	Tofu Parmesan, Shells and Sauce	\$4.00
"Dock to Table" Fresh Fish	Fresh Local Fish of the Day	\$4.00
	Local Gluten- Free Meatball - 1 each	\$0.75
	Side of Shells & Sauce - 1/2 c. shells and 2 oz. sauce	\$1.50
	Side of Pasta Only or Sauce Only	\$1.00
	Roasted Spaghetti Squash	\$1.00
	Roasted Pesto Soy Mushrooms	\$1.00
	Roasted Vegetables	\$1.00
New Antibiotic-Free Chicken Wings	Garlic Bread	\$0.75
Lunch Grille Special	Meatball Parmesan Sandwich	\$4.00
<b>Thursday, February 3, 2022</b>		
	Chicken & Wild Rice Soup (Gluten-Free)	\$1.50
	Cream of Wild Mushroom Soup	\$1.50
	Turkey, Stuffing, Gravy and Cranberry - Antibiotic Free Turkey	\$4.00
	Organic Roasted Sesame Tofu	\$2.50
	Homemade Chicken, Pesto and Roasted Red Pepper Lasagna	\$3.50
	Fresh Whipped Potatoes	\$1.00
	Mashed Turnips and Carrots	\$1.00
	Broccoli Cuts	\$1.00
	Whole Seasoned Green Beans	\$1.00
Lunch Grille Special	Cod Fish Sandwich	\$3.75
<b>Friday, February 4, 2022</b>		
	Corn Beef Hash (breakfast special only)	\$1.50
	Pho Ga Soup (almost like chicken noodle soup)	\$1.50
"Dock to Table" Fresh Fish	Shrimp and Fish Chowder	\$1.50
	Cranberry Corn Bread Baked Stuffed Chicken	\$3.75
"Dock to Table" Fresh Fish	Fresh Local Baked Almond Basil Cod	\$4.00
	Wild Rice	\$1.00
	Roasted Potatoes	\$1.00
	Beets	\$1.00
	Fresh Spinach	\$1.00
	Fresh Zucchini & Tomatoes	\$1.00
New Vegan Lunch Grille Special	Vegan Polenta Tapenade	\$3.50

**SATURDAY and SUNDAY**

Sorry, the Dining Room is closed on weekends.

**NEW HOURS:** The Dining Room is open Mon.-Fri. 6:30 am - 7:00 pm.

**Dining Room Hours**

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

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,](http://one.hitchcock.org)  
 go to [patients.d-h.org/diningroom](http://patients.d-h.org/diningroom).

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

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, January 31, 2022</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, Loaded Cheesey Potato Chowder		8 ounces		245	11.3	15.1		9.3	46	664			
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+
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
<b>Tuesday, February 1, 2022</b>													
<b>Italian Garden Soup (Gluten-Free)</b>													
		8 ounces		43	1.6	0	0	8.3	0	252	215	2.1	2.9
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		1/2 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+
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 Gobi Aloo	GF V	1/2 cup	134	131	1.6	9.2	0.68	9.9	0	126	249	1.8	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, February 2, 2022</b>													
Soup,Chicken Moroccan		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,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
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
<b>Thursday, February 3, 2022</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,Wild Mushroom		8 oz	232	135	5.5	8.8	4.4	9.2	18	413	260	0.9	1.8
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
Roasted Sesame Organic Tofu	GF V	1 each		174	14.1	9.6	0.4	7.2	0+	454	474	0	1.3
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+
Turnip+Carrots Mashed	V	1/2 cup	119	68	1.0	4.1	1.04+	7.7	0+	113	232	2.4+	4.6+
Broccoli	V	1/2 cup											
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	1 each	979	795	35	31	4	94	0	800	1952	14	30
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, February 4, 2022</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+
<b>Shrimp and Fish Chowder</b>		8 oz		156	10	7.8	4.13	10.7	66	601	310	2	0.8
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
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
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
Zucchini TomatoStewed	GF V	1/2 cup	202	54	2.2	2.3	0.38+	7.1	0+	163	526	1.9+	4.2+
Polenta Tapenade and Greens	GF V	1 each		373	3.8	21.9	0.65	39.6	0	1618	404	3	1.6