

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

October 10-16	LUNCH & DINNER MENU	One price
WEEK 4		for all.
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Monday, October 10, 2022	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
	Mixed Grains	\$1.00
	Whipped Squash	\$1.00
	Braised Red Cabbage	\$1.00
	Peas	\$1.00
	Miso Ginger Grilled Marinated Salmon	\$5.00
Lunch Wok Special	Miso Ginger Grilled Marinated Tofu	\$2.50
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Tuesday, October 11, 2022	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
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Wednesday, October 12, 2022	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
	Garlic Bread	\$0.75
Lunch Wok Special	Grilled Chicken Wings with Homemade Potato Salad	\$4.75
Lunch Grille Special	Meatball Parmesan Sandwich	\$3.75
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Thursday, October 13, 2022	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
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Friday, October 14, 2022	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
 (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 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, October 10, 2022													
Soup,Jamaican Chicken,GF	GF	6 ounces	213	514	15.1	35.6	18.79+	31.9	74+	825	320	2.2+	6.1+
Soup, Loaded Cheesey Potato Chowder		8 ounces	239	109	8.7	1.8	0.44+	12.6	19+	696	303+	1.5+	1.3+
Mushroom,Portabella,Cous CousStuffed,Veg		8 ounces		245	11.3	15.1		9.3	46	664			
Chicken,Pot Pie with Biscuit		1 each	288	267	11.5	16.9	5.27+	20.5	25+	639	590+	3.0+	6.0+
Potato,Roasted,Sweet	GF V	1 each	288	405	25.5	18.0	10.36+	35.0	60+	795	389	3.9+	4.1+
Squash, Winter,Whipped	GF V	1/2 cup	148	186	2.1	7.8	2.05+	27.4	0+	148	464	4.1+	5.7+
Cabbage,Red,Braised	GF V	1/2 cup	136	63	1.6	0.0		14.1	0	0	287	1.6	
Broccoli,Steam,Frozen	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 V	1/2 cup	78	22	2.4	0.1	0.01	4.2	0	9	111	2.3	1.1
Tofu, Miso Grilled	GF	1 each	179	265	34	13	0	1.8		277		0	1.5
	V	1 each	153	103	10.8	4.8	0.15	5.2	0	297	344	0	1.5
Tuesday, October 11, 2022													
Italian Garden Soup (Gluten-Free)													
Soup,White,Bean, Sausage,GF	GF	8 ounces		43	1.6	0	0	8.3	0	252	215	2.1	2.9
Pot Roast & Gravy,GF	GF	8 ounces	264	163	9.7	5.0	1.51+	19.3	16+	502	367+	4.4+	2.2+
Mac & Cheese		4 oz	220	299	29.5	14.3	4.76+	9.1	76+	369	629	1.1+	2.6+
Potato,Whipped Cafe		1/2 cup	111	163	7.2	8.4	4.3	15.7	23	255	90	0.65	2
Squash, Butternut Roasted	GF	4 oz	121	103	3.3	1.0	0.25+	20.9	0+	83	313	3.1+	1.3+
Brussel Sprouts,Lemon Garlic 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	147	105	3.5	6.8	1.76+	10.0	0+	88	439	3.6+	2.4+
Spinach,Fresh(DR)	GF V	1/2 cup	134	131	1.6	9.2	0.68	9.9	0	126	249	1.8	1.7
Chili,Vegetarian	V w/o chs	1/2 cup	162	37	4.6	0.6	0.10	5.9	0	128	904	3.6	0.7
Taco,Soft,Turkey,Seasoned		6 oz	218	125	7.6	0.3	0.02+	22.4	0+	677	629+	6.4+	3.0+
Taco,Soft,Vegetable Chili		1 each	165	221	13.2	11.0	5.00+	18.2	41+	620	281+	0.7+	2.5+
		1 each	196	213	9.7	8.7	4.39+	24.8	20+	750	388+	2.7+	3.2+
Wednesday, October 12, 2022													
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	1 each	28	70	4.3	5.3	2.3	2.3	25	133	?	0	0.3
Roasted,Vegetable,Fresh,Mix	GF V	4 oz	215	69	1.4	1.3	0.18+	13.8	0+	39	250	2.8+	5.5+
Mushroom,Roasted,Pesto,Soy	GF V	1/2 cup	85	43	1.3	2.0	0.28+	5.8	0+	14	189	1.7+	3.0+
Bread,Garlic	GF	1/2 cup	128	92	4.9	7.0	1.26+	4.6	3+	196	376+	1.2+	2.7+
Chicken,Wings w/Potato Salad		1 each	86	173	4.5	6.0	0.00	24.0	0	210		1.5	0.0
Chicken,Wings only		1 each	476	941	60.2	69.6	14.55+	16.3	410+	2470	319+	1.6+	4.3+
		1 each	302	617	58.7	41.1	10.28	2.9		1762		0	2.9
Thursday, October 13, 2022													
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+
Friday, October 14, 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,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+
Shrimp and Fish Chowder		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