

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

October 3-9

WEEK 3

Monday, October 3, 2022

**LUNCH & DINNER MENU**

One price  
for all.

	Turkey Spinach & Farro Soup	\$1.50
	Tomato Blue Cheese Bisque (Gluten-Free)	\$1.50
	Beef & Rice Stuffed Pepper	\$3.00
	Roast Pork & Apple Pork Glaze - Local, grass fed and antibiotic free pork. Gluten-Free	\$3.50
	Roasted Sweet Potatoes	\$1.00
	Whipped Squash	\$1.00
	Peas	\$1.00
	Braised Red Cabbage	\$1.00
Lunch Wok Special	Miso Ginger Grilled Marinated Salmon	\$5.00
Lunch Wok Special	Miso Ginger Grilled Marinated Tofu	\$2.50

Tuesday, October 4, 2022

	Split Pea Soup (Gluten-Free)	\$1.50
	Tofu Hot and Sour 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	\$1.00
	Cauliflower Gobi Aloo	\$1.00
	Roasted Local Butternut Squash	\$1.00
	Fresh Spinach	\$1.00
Lunch Wok Special	Chicken and Sausage Gumbo	\$4.25
Lunch Grille Special	Pulled BBQ Chicken Sandwich with Cole Slaw	\$3.75

Wednesday, October 5, 2022

	Cheese & Potato Leek Chowder	\$1.50
	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	\$3.00
New Homemade Antibiotic-Free Chicken Parmesan	Chicken Parmesan with Shells & Sauce	\$4.75
	Chicken Parmesan & Sauce - no shells	\$3.50
	Organic Tofu Parmesan	\$2.50
	Tofu Parmesan, Shells and Sauce	\$4.00
	Fresh Local Fish of the Day	\$4.00
	Side of Pasta & Sauce - 1/2 c. pasta and 2 oz. sauce	\$1.50
	Side of Pasta Only or Sauce Only	\$1.00
	Local Gluten-Free Meatball - 1 each	\$0.75
	Roasted Spaghetti Squash	\$1.00
	Roasted Vegetables	\$1.00
	Roasted Pesto Soy Mushrooms	\$1.00
Lunch Wok Special	Grilled Chicken Wings & Homemade Potato Salad	\$4.75
New Antibiotic-Free Chicken Wings	Garlic Bread	\$0.75
Lunch Grille Special	Meatball Parmesan Sandwich	\$3.75

Thursday, October 6, 2022

	Black Bean & Chorizo Sausage Soup (Gluten-Free)	\$1.50
	Cream of Spinach Soup	\$1.50
	Turkey, Stuffing, Gravy and Cranberry	\$4.00
	Homemade Seafood Lasagna	\$3.50
	Teriyaki Organic Tofu	\$2.50
	Fresh Whipped Potatoes	\$1.00
	Broccoli Cuts	\$1.00
	Mashed Turnips and Carrots	\$1.00
	Whole Green Beans Hellinka	\$1.00
	Cod Fish Sandwich	\$3.75

Lunch Grille Special

Friday, October 7, 2022

	Corned Beef Hash (breakfast special only)	\$1.50
	Beef Mushroom Barley Soup	\$1.50
"Dock to Table" Fresh Fish	Seafood Bisque	\$1.50
	Chicken Green Chili Burrito	\$3.50
"Dock to Table" Fresh Fish	Fresh Local Cracker Crumb Cod	\$3.50
Sorry, there are likely to be last minute changes to the menu during this COVID-19 crisis.	Red Beans & Rice	\$1.00
	Hearty Grains and Mushrooms	\$1.00
	Fresh Spinach	\$1.00
	Carrots	\$1.00
	Fresh Zucchini and Onions	\$1.00
New Vegan	Vegan Tan Tan Noodles	\$1.75
Lunch Grille Special	Grilled Sausage Sandwich	\$3.75
Lunch Grille Special		

SATURDAY and SUNDAY

New Hours of Operation:

Sorry, the Dining Room is closed on weekends.

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

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.

[Send comments to Food.Nutrition.Comments@hitchcock.org](mailto:Food.Nutrition.Comments@hitchcock.org)

[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://go.patients.d-h.org/diningroom).

Menu is subject to change.

Week 3 - DHMC Cafe  
Nutritional Information

Recipe Name	GF Free 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, October 3, 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,Turkey Farro Spinach		8 oz	271	79	7	1.9	.44+	8.1	15+	528	256+	2.8+	.9+
Soup,Tomato,Blue Cheese,Bisque,GF	GF	8 oz	240	174	5.7	9.7	6.02+	16.5	34+	646	375+	2.2+	7.0+
Stuffed Pepper, Beef Homemade	GF	1 each	265	330	18.0	17.6	8.32+	25.6	62+	569	541	2.9+	3.7+
Pork,Roast, Apple Pork Glaze Gluten-Free	GF	4 ounces	193	307	27	18	6.25	6.9	86	81	568	0.9	1.8
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	
Peas	GF V	1/2 cup	113	89	5.9	0.5	0.00	15.5	0	127	169	4.8	
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
<b>Tuesday, October 4, 2022</b>													
Soup,Gr ,Split Pea GF	GF	8 ounces	325	178	12.1	0.9	0.17+	28.4	8+	373	508	12.9+	1.9+
Soup,Tofu Hot&Sour,GF	GF V	8 oz	233	90	4.1	0.7	0.01+	17.3	0+	636	225+	1.1+	5.2+
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+
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
Squash, Butternut Roasted	GF V	4 oz	195	145	1.8	6.2	1.62+	23.9	0+	67	525	2.7+	7.9+
Spinach,Fresh	GF V	1/2 cup	162	37	4.6	0.6	0.10	5.9	0	128	904	3.6	0.7
Corn	GF V	1/2 cup	113	100	3.4	0.9	0.13	23.5	0	3	242	2.4	2.8
Chicken,Gumbo		1 each	496	519	42.0	19.5	4.88+	42.4	111+	987	408+	3.5+	4.5+
BBQ Pulled Chicken Sandwich		1 each	336	589	39.2	22.2	2.53	51.6	103+	1068	787+	3.2	26.4+
<b>Wednesday, October 5, 2022</b>													
Soup,Chowder,Cheese, Potato leek		6 ounces	231	193	8.1	13.6	7.28+	9.9	39+	424	185	0.6+	1.4+
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
<b>Thursday, October 6, 2022</b>													
Soup,Black Bean&Chorizo Sausage	GF	8 ounces	258	118	6.0	4.5	1.72+	13.6	10+	551	356+	3.2+	1.8+
Soup,Cream,Spinach		8 ounces	248	104	3.8	4.0	2.27+	14.3	11+	436	326	2.4+	1.1+
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
Lasagna,Seafood Homemade		1 each	386	464	50.3	13.6	6.79+	30.9	170+	1320	760	1.5+	6.1+
Teriyaki Organic Tofu	V	1 each		199	15.1	9.8	0.8	13.3	0+	332	651	2	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	GF V	1/2 cup	119	68	1.0	4.1	1.04+	7.7	0+	113	232	2.4+	4.6+
Beans,Green Hellinika	GF V	1/2 cup	116	50	1.4	1.9	0.26+	8.0	0+	75	153	2.6+	1.9+
Broccoli Cuts	GF V	1/2 cup											
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, October 7, 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,Beef,Mushroom,Barley		8 ounces	224	148	7.3	4.0	1.46+	18.0	15+	794	279+	3.6+	3.0+
Soup,Seafood,Bisque		8 ounces	256	205	8.6	12.6	6.32+	14.0	53+	710	219+	0.6+	1.3+
Chicken,Burrito,Green chili Black bean		1 each	315	567	37.6	25.5	8.55+	46.8	98+	1356	564+	4.6+	3.9+
Fish,Cracker Crumb,w/Lemon		1 each	176	196	27.2	6.6	1.62+	6.7	64+	167	659	1.0+	0.6+
Rice,Red beans	GF V	1/2 cup	143	147	5.1	1.8	0.26+	27.0	0+	158	234	2.5+	1.2+
Spinach,Fresh	GF V	1/2 cup	162	37	4.6	0.6	0.10	5.9	0	128	904	3.6	0.7
Carrots,Coins	GF V	1/2 cup	113	41	0.9	0.5	0.05	9.0	0	77	266	3.7	5.4
Zucchini Saute Onion,DR	GF V	1/2 cup	184	54	2.2	2.3	0.39+	7.5	0+	13	448	2.0+	5.1+
Pasta,Tan Tan Noodles,Vegan	V	12 ounces	399	644	27.4	26.7	3.65+	76.7	0+	824	903+	11.6+	8.3+
Sausage,Grilled,Onions&Peppers,S/W		1 each	159	271	9.8	4.4	1.28+	49.6	0+	503	127+	3.3+	5.7+