

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

October 17-23

WEEK 1

Monday, October 17, 2022

LUNCH & DINNER MENU

One price
for all.

	Turkey Vegetable Soup (Gluten-Free)	\$1.50
	Tomato Cheddar Cheese Soup (Gluten-Free)	\$1.50
	Homemade Chicken 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 18, 2022

	Split Pea Soup (Gluten-Free)	\$1.50
	West African Vegetable 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
	Cauliflower Gobi Aloo	\$1.00
	Roasted Local Butternut Squash	\$1.00
	Fresh Spinach	\$1.00
	Corn	\$1.00
Lunch Grille Special	Pulled BBQ Chicken Sandwich with Cole Slaw	\$3.75
Lunch Wok Special	Chicken, Pork and Shrimp Jambalya with Rice	\$4.25

Wednesday, October 19, 2022

	Chicken Noodle Soup	\$1.50
	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	\$3.00
	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	\$3.00
	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
	Garlic Bread	\$0.75
Lunch Wok Special	Grilled Chicken Wings & Potato Salad	\$4.75
Lunch Grille Special	Meatball Parmesan Sandwich	\$3.75
Lunch Wok Special	Grilled Chicken Wings & Potato Salad	\$4.75

Thursday, October 20, 2022

	Beef Ropa Vieja Soup (Gluten-Free)	\$1.50
	Corn Chowder	\$1.50
	Turkey, Stuffing, Gravy and Cranberry	\$4.00
	Homemade Vegetable Lasagna	\$3.50
	Organic Crispy Tofu & Roasted Corn Relish	\$2.50
	Fresh Whipped Potatoes	\$1.00
	Broccoli Cuts	\$1.00
	Mashed Turnips and Carrots	\$1.00
	Whole Green Beans & Mushrooms	\$1.00
Lunch Grille Special	Cod Fish Sandwich	\$3.75
Lunch Wok Special	Sweet and Sour Chicken or Tofu over Rice	\$4.75

Friday, October 21, 2022

	Corned Beef Hash (breakfast special only)	\$1.50
	Chicken Mulligatawny Soup (Gluten Free)	\$1.50
"Dock to Table" Fresh Fish	New England Clam Chowder	\$1.50
	Beef and Bean Burrito	\$3.50
"Dock to Table" Fresh Fish	Fresh Local Broiled Cod Piccata	\$4.00
	Couscous	\$1.00
	Black Beans & Rice	\$1.00
	Fresh Spinach	\$1.00
	Carrots	\$1.00
	Sautéed Italian Zucchini	\$1.00
New Vegan Lunch Grille Special	Vegan Soba Noodles (per scoop)	\$1.75

Dining Room Hours

Weekdays: 6:30a-7:00p

Weekends: 7:00a-2:00p

Send comments to Food.Nutrition.Comments@hitchcock.org

[Check out our web site on one.hitchcock.org](http://www.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://www.patients.d-h.org/diningroom)

Menu is subject to change.

Week 3 - DHMC Cafe
Nutritional Information

Recipe Name	GF Gluten Free Vegan	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Fat (gm)	SFA (gm)	Carbohydrat (gm)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Dietary Fiber (gm)	Sugars (gm)
Monday, October 17, 2022													
Soup, Turkey, Vegetable, GF	GF	8 oz	237	77	5.3	0.5	0.01+	12.5	8+	379	221	1.4+	1.7+
Soup, Tomato, Cheddar Cheese, Bisque, GF	GF	8 oz	254	236	9.4	15.0	8.72+	16.3	52+	424	353+	2.6+	7.0+
Pork, Roast, Apple Glaze GF	GF	4 ounces	193	283	27.0	17.2	5.93+	3.4	86+	104	521+	0.4+	0.9+
Chicken, Stuffed Pepper		1 each	224	201	17.0	4.8	1.57+	21.7	43+	94	467	3.3+	4.2
Potato, Roasted, Sweet	GF	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
Tuesday, October 18, 2022													
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, West African Vegetable, GF	GF	8 oz	243	89	2.8	0.6	0.15+	17.8	0+	538	257	3.8+	3.2+
Pot Roast & Gravy, GF	GF	4 oz	220	298	29.4	14.3	4.76+	9.0	76+	369	623	1.0+	2.4+
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	0.4	0.0	0.01+	4.7	0+	106	67	0.6+	1.0+
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
Corn	GF V	1/2 cup	113	100	3.4	0.9	0.13	23.5	0	3	242	2.4	2.8
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
Jambalaya		1 each	549	597	49.5	23.8	5.37+	43.5	183+	1430	507+	3.5+	4.0+
BBQ Pulled Chicken Sandwich		1 each	336	589	39.2	22.2	2.53	51.6	103+	1068	787+	3.2	26.4+
Wednesday, October 19, 2022													
Chicken Noodle Soup		8 ounces	270	103	8.9	2.5	0.67	10	31	410	176	0.7	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
Pasta, Spaghetti	V	1 cup	57	213	7.1	1.0	0.00	43.5	0	0	106	2.0	2.0
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	95	34	0.9	1.4	0.20+	4.5	0+	16	197	1.4+	2.5+
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	0.7	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+
Mushroom, Roasted, Pesto, Soy	GF V	1/2 cup	128	92	4.9	7.0	1.26+	4.6	3+	196	376+	1.2+	2.7+
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+
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
Meatball Parmesan Sub		1 each	229	358	20.6	22.6	10.94	13.8	58	1153	334+	2.9	7.3
Thursday, October 20, 2022													
Soup, Beef, Ropa Vieja, GF		8 oz	220	88	5.3	3.1	0.68+	7.6	11+	575	250+	1.3+	2.9+
Soup, Chowder, Corn		8 ounces	305	180	3.2	7.8	3.88+	26.4	20+	360	281	2.3+	4.8+
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
Gravy, Turkey, STR		2 ounces	12	10	0.2	0.3	0.09+	1.5	0+	143	23	0.2+	0.3+
Crispy Tofu with Roasted Corn Relish	V	1 each		276	16.9	7.9	1.1	34.5	0	410	488	3.4	3.5
Lasagna, Vegetable Homemade		1 each	293	344	26.1	16.3	9.29+	25.5	77+	720	527	3.5+	7.1+
Potato, Whipped Cafe	GF	4 oz	121	103	3.3	1.0	0.25+	20.9	0+	83	313	3.1+	1.3+
Broccoli Cuts	GF V	1/2 cup											
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, Mushrooms	GF V	1 each	111	48	1.8	2.2	0.31+	6.9	0+	7	141	2.7+	1.6+
Chicken, Sweet, Sour, Not fried		1 each	563	593	37.7	15.0	2.51+	72.9	89+	983	495+	3.0+	30.7+
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 21, 2022													
Soup, Chicken Mulligatawny GF	GF	8 ounces	226	107	8.7	2.2	0.55+	12.9	23+	150	241+	1.5+	1.8+
Soup, Chowder, NE, Clam		8 ounces	276	139	7.9	7.5	3.94+	9.2	35+	564	228+	0.7+	2.0+
Fish, Piccata Broiled - COD		1 each	182	161	26.7	4.4	0.66+	2.6	64+	195	653	0.7+	0.2+
Beef, Burrito, Bean		1 each	247	423	20.0	19.0	6.86+	42.6	50+	1037	437	4.4+	4.8+
Grain, Couscous	V	1/2 cup	63	74	2.2	1.5	0.00	13.3	0	266		0.7	0.7
Rice, Black beans	GF V	1/2 cup	127	128	3.8	1.8	0.26+	24.3	0+	122	204	1.6+	0.9+
Carrots, Coins	GF V	1/2 cup	113	41	0.9	0.5	0.05	9.0	0	77	266	3.7	5.4