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

**WEEK 1 LUNCH & DINNER MENU for all.**

### Monday, June 24, 2024
- **Turkey Vegetable Soup (Gluten-Free)** $1.75
- **Tomato Cheddar Cheese Soup (Gluten-Free)** $1.75
- **Homemade Chicken Stuffed Pepper** $3.50
- **Roast Pork & Apple Pork Glaze - Local, grass fed and antibiotic free pork, Gluten-Free** $4.00
- **Roasted Sweet Potatoes** $1.25
- **Whipped Squash** $1.00
- **Peas** $1.00
- **Braised Red Cabbage** $1.00

### Lunch Wok Special
- Miso Ginger Grilled Marinated Salmon $5.50

### Lunch Wok Special
- Miso Ginger Grilled Marinated Tofu $3.00

### Tuesday, June 25, 2024
- **Split Pea Soup (Gluten-Free)** $1.75
- **West African Vegetable Soup (Gluten-Free)** $1.75
- **Pot Roast and Gravy** $4.00
- **Macaroni & Cheese - per scoop** $2.00
- **Fresh Whipped Potatoes** $1.25
- **Side Order of Gravy** $0.50
- **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 $4.50

### Lunch Wok Special
- Chicken, Pork and Shrimp Jambalya with Rice $5.00

### Wednesday, June 26, 2024
- **Chicken Noodle Soup** $1.75
- **Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)** $3.25
- **Homemade Antibiotic-Free**
  - **Chicken Parmesan w/ Shells & Sauce** $5.00
  - **Chicken Parmesan & Sauce - no shells** $4.00
  - **Organic Tofu Parmesan** $3.00
  - **Tofu Parmesan, Shells and Sauce** $5.00
  - **Fresh Local Fish of the Day** $5.50
- **Side of Pasta & Sauce - 1/2 c. pasta and 2 oz. sauce** $2.00
- **Side of Pasta Only or Sauce Only** $1.25
- **Meatball - 1 each** $0.85
- **Roasted Spaghetti Squash** $1.00
- **Roasted Vegetables** $1.00
- **Roasted Pesto Soy Mushrooms** $1.00
- **Garlic Knot** $0.75

### Lunch Grille Special
- Grilled Chicken Wings & Potato Salad $5.25

### Lunch Wok Special
- Meatball Parmesan Sandwich $4.50

### Thursday, June 27, 2024
- **Beef Ropa Vieja Soup (Gluten-Free)** $1.75
- **Corn Chowder** $1.75
- **Turkey, Stuffing, Gravy and Cranberry** $4.50
- **Homemade Vegetable Lasagna** $4.00
- **Organic Crispy Tofu & Roasted Corn Relish** $3.00
- **Fresh Whipped Potatoes** $1.25
- **Broccoli Cuts** $1.00
- **Carrots** $1.00
- **Whole Green Beans & Almonds** $1.00

### Lunch Grille Special
- Cod Fish Sandwich $5.50

### Lunch Wok Special
- Sweet and Sour Chicken or Tofu over Rice $5.00

### Friday, June 28, 2024
- **Corned Beef Hash (breakfast special only)** $2.00
- **"Dock to Table" Fresh Fish**
  - **New England Clam Chowder** $1.75
  - ** Beef and Bean Burrito** $4.00
- **"Dock to Table" Fresh Fish**
  - **Fresh Local Broiled Cod Piccatta** $5.50
  - **Couscous** $1.25
  - **Black Beans & Rice** $1.25
  - **Fresh Spinach** $1.00
  - **Carrots** $1.00
  - **Sautéed Italian Zucchini** $1.00

### New Vegan
- **Vegan Soba Noodles (per scoop)** $2.50

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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

For our weekly posted menus, visit to go.d-h.org/diningroom [go.d-h.org]

Menu is subject to change.
### Monday, June 24, 2024

<table>
<thead>
<tr>
<th>Recipe Name</th>
<th>GF</th>
<th>Protein (gm)</th>
<th>Fat (gm)</th>
<th>SFA (gm)</th>
<th>Carbo (gm)</th>
<th>Chol (mg)</th>
<th>Sodium (mg)</th>
<th>Potas (mg)</th>
<th>Dietry Fiber (gm)</th>
<th>Sugar (gm)</th>
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<tbody>
<tr>
<td>Soup, Turkey, Vegetable, GF</td>
<td>GF</td>
<td>12.5 8+</td>
<td>0.01+</td>
<td>379</td>
<td>221 1.4+</td>
<td>1.7+</td>
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<tr>
<td>Soup, Tomato, Cheddar Cheese, Bisque, GF</td>
<td>GF</td>
<td>16.3 52+</td>
<td>9.2+</td>
<td>419</td>
<td>353 2.9+</td>
<td>7.0+</td>
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<tr>
<td>Chicken, Stuffed Pepper</td>
<td>1 Each</td>
<td>25.1 43+</td>
<td>5.7+</td>
<td>196</td>
<td>464 3.3+</td>
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<tr>
<td>Pork, Roast, Apple Glaze GF</td>
<td>GF</td>
<td>6.9 86+</td>
<td>0.5+</td>
<td>81</td>
<td>568 0.9+</td>
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<tr>
<td>Potato, Roasted, Sweet</td>
<td>GF</td>
<td>27.1 18.5</td>
<td>0.25+</td>
<td>148</td>
<td>464 4.1+</td>
<td>5.7+</td>
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<td>Squash, Winter, Whipped</td>
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<td>287 1.6</td>
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<td>Peas</td>
<td>GF</td>
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<td>167 1.9+</td>
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<td>Cabbage, Red, Braised</td>
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<td>116 4.3+</td>
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<tr>
<td>Fish, Fresh Salmon Miso w/Lemon</td>
<td>GF</td>
<td>1.8 92*</td>
<td>1.0+</td>
<td>277</td>
<td>830 0.0+</td>
<td>1.5+</td>
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