

DARTMOUTH HITCHCOCK MEDICAL CENTER		
Food and Nutrition Services - Dining Room Menu		
May 5 - 9		One price
WEEK 2	LUNCH & DINNER MENU	for all.
Monday, May 5, 2025	Coconut Chicken Soup	\$1.75
	Mexican Corn Chowder	\$1.75
	Spinach and Artichoke Stuffed Portabella Mushroom	\$4.00
	Chicken Pot Pie & Biscuit	\$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, May 6, 2025	White Bean & Sausage Soup	\$1.75
	Vegetable Lentil Soup	\$1.75
	Pot Roast	\$4.00
	Macaroni & Cheese - per scoop	\$2.00
	Fresh Whipped Potatoes	\$1.25
	Side Order of Gravy	\$0.50
	Roasted Butternut Squash	\$1.00
	Cauliflower Gobi Aloo	\$1.00
	Roasted Fennel, Onion, & Brussel Sprouts	\$1.00
	Fresh Spinach	\$1.00
	Lunch Grille Special Vegetarian Chili	\$4.00
	Lunch Wok Special Kung Pao Chicken & Peanuts Over Rice	\$5.00
	"Dock to Table" Fresh Fish	Ham & Potato Chowder
		Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)
		Chicken Parmesan with Shells & Sauce
		Chicken Parmesan & Sauce - no shells
		Side of Shells & Sauce
		Organic Tofu Parmesan
		Tofu Parmesan, Shells and Sauce
		Fresh Local Fish of the Day
		Side of Pasta Only or Sauce Only
		Meatball - 1 each
		Roasted Spaghetti Squash
		Roasted Pesto Soy Mushrooms
		Roasted Vegetables
		Garlic Knot
		Meatball Parmesan Sandwich
		Grilled Chicken Wings & Potato Salad
Wednesday, May 7, 2025	Chicken Vegetable & Quinoa Soup	\$1.75
	Cream of Broccoli & Cheddar	\$1.75
	Turkey, Stuffing, Gravy and Cranberry - Antibiotic Free Turkey	\$4.50
	Organic Tofu with Roasted Vegetables & Balsamic Reduction	\$3.00
	Homemade Meat Lasagna	\$4.00
	Fresh Whipped Potatoes	\$1.25
	Broccoli Cuts	\$1.00
	Mashed Turnips and Carrots	\$1.00
	Whole Green Beans & Almonds	\$1.00
	Cod Fish Sandwich	\$5.50
	Friday, May 9, 2025	Corned Beef Hash (breakfast special only)
		Shrimp Sarciado Soup
		Chicken Noodle Soup
		Sicilian Baked Fresh Local Cod
		Quinoa Pilaf
		Roasted Potato
		Fresh Spinach
		Beets
		Carrots
		"Dock to Table" Fresh Fish
Thursday, May 8, 2025	Send comments to Food.Nutrition.Comments@hitchcock.org	
	Check out our web site on one.hitchcock.org	
	(go to "Departments" and then click "Food and Nutrition Services.")	
	Visit to go.d-h.org/diningroom [go.d-h.org]	
	go to patients.d-h.org/diningroom .	
	Menu is subject to change.	
	Dining Room Hours	
	Weekdays: 6:30a-7:00p	
	Weekends: 7:00a-2:00p	

Week 2 - DHMC Cafe
Nutritional Information

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	SFA (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Sodiu m (mg)	Potas sium (mg)	Dietry Fiber (gm)	Sugar s (gm)
Monday, May 5, 2025												
Soup,Coconut, Chix	8 ounces	196	108	9.2	5.1	3.00+	5.5	25+	417	149	0.5+	1.3+
Soup,Chowder,Mex,Corn	8 ounces	218	145	6.0	7.0	3.42+	15.7	18+	521	242	1.4+	3.2+
Mushroom,Portabella,Spin,Artichoke	1 each	341	369	12.2	30.5	8.40+	12.6	39+	847	849+	5.0+	4.8+
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	1/2 cup	148	186	2.1	7.8	2.05+	27.4	0+	148	464	4.1+	5.7+
Squash,Winter,Whipped	1/2 cup	136	63	1.6	0.0		14.1	0	0	287	1.6	
Broccoli,Steam,Cuts	1/2 cup	78	22	2.4	0.1	0.01	4.2	0	9	111	2.3	1.1
Cabbage,Red,Braised	1/2 cup	232	114	2.9	3.4	0.85+	21.5	0+	116	495	4.3+	13.5+
Fish,Fresh Salmon Miso,w/Lemon	6 ounces	179	265	33.9	12.9	1.80+	1.8	92+	277	830+	0.0+	1.5+
Tofu, Miso Grilled	1 each	181	118	12.8	5.3	0.15	5.8	0	315	409	0.0+	1.5+
Tuesday, May 6, 2025												
Soup,White,Bean, Sausage	8 ounces	264	137	9.2	5.3	1.47+	19.1	16+	508	345+	8.2+	2.0+
Soup,Vegetable,Lenti	8 ounces	340	109	5.9	0.1	0.02+	21.5	0+	341	386+	4.4+	4.6+
Pot Roast & Gravy	4 oz	220	299	29.3	14.3	4.76+	9.4	76+	258	623	1.1+	2.3+
Mac & Cheese	1 cup	200	316	14.1	15.9	8.25+	30.0	40+	505	143	1.3+	2.5+
Potato,Whipped Cafe	4 oz	121	78	1.7	1.0	0.25+	16.1	0+	113	313	1.5+	0.3+
Gravy, Beef, Str	2 oz	40	24	0.4	0.0	0.01+	4.9	0+	51	67	0.6+	0.9+
Squash, Butternut Roasted	1/2 cup	195	145	1.8	6.2	1.62+	23.9	0+	67	525	2.7+	7.9+
Cauliflower,Gobi Aloo	1/2 cup	134	131	1.6	9.2	0.68+	9.9	0+	126	249+	1.8+	1.7+
Brussel Sprouts,Fennel, Onion Roasted	1/2 cup	187	120	4.0	6.9	1.77+	13.4	0+	95	534	4.4+	3.5+
Spinach,Fresh(DR)	1/2 cup	162	37	4.6	0.6	0.10	5.9	0	128	904	3.6	0.7
Chili,Vegetarian	6 oz	218	125	7.6	0.3	0.02+	22.4	0+	677	629+	6.4+	3.0+
Tofu,Kung Pao,w/Nuts,Over Rice	6 ounces	545	612	24.1	28.4	3.96+	70.6	0+	634	892+	8.5+	17.2+
Chicken,Kung Pao,w/Nuts,Over Rice	6 ounces	578	942	48.3	51.9	6.42+	72.5	81+	1077	710+	8.2+	20.7+
Wednesday, May 7, 2025												
Soup,Chowder,Ham,Potato	6 ounces	200	131	3.9	8.7	4.21+	9.3	27+	406	185	0.8+	1.8+
Pasta,Shell,plain	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	4 oz	96	36	0.9	1.4	0.11+	4.5	0+	12	197	1.6+	2.5+
Chicken,Parmesan,PastaSauce	1 each	282	375	36.8	9.9	3.68+	32.0	88+	358	586	3.3+	4.7+
Tofu,Parmesan,Marinara Sauce	1 each	266	299	21.6	18.6	5.08+	11.4	25+	439	544	1.1+	1.7+
Chicken, Parmesan only	1 each	159	233	32.4	8	3.57	6.5	88	345	337	0.6	0.7
Meatball, Local	1 each	113	280	17.3	21.3	9.34	9.3	100	534	0	0	1.3
Pasta,Shells & M'balls DR	1 each	521	403	18.6	13.1	4.67	57.1	50	415	770+	5.0	12.0
Squash, Spaghetti Roasted	1/2 cup	215	70	1.4	1.3	0.09+	13.8	0+	39	250	2.8+	5.5+
Mushroom,Roasted,Pesto,Soy	1/2 cup	128	94	4.9	7.1	1.08+	4.6	3+	196	376+	1.2+	2.7+
Roasted,Vegetable,Fresh,Mix	1/2 cup	85	45	1.3	2.1	0.17+	5.8	0+	14	189	1.7+	3.0+
Bread,Garlic	1 each	86	254	6.9	9.2	2.31	37.0	0	439		2.3	2.3
Chicken,Wings w/Potato Salad	1 each	476	929	83.4	64.1	14.95+	16.9	210+	1846	319+	1.6+	1.4+
Meatball Parmesan Sub	1 each	336	547	29.7	27.9	12.32	49.4	118	1151	414+	4.3	7.6
Chicken, Wings Only	1 each	302	605	81.8	35.6	10.67	3.6	196	1138		0	0
Thursday, May 8, 2025												
Soup,Chicken,Vegetable,Quinoa	8 ounces	225	62	5.7	1.5	0.30+	5.5	13+	404	194	1.5+	1.1+
Soup,Cream, Broccoli,Cheddar	8 oz	240	225	9.7	17.0	9.08+	9.5	51+	538	171	1.3+	3.0+
Turkey,Stuffing,Gravy,Cafe	1 each	340	438	38.4	12.7	1.30+	41.6	91+	817	539	2.3+	19.4+
Turkey Only	1 each	135	194	27.9	8.5	0.61	1.2	73	389	356	0	0
Tofu,Roasted Vegetable,Balsamic Rdctn	1 each	223	185	12.9	11.5	0.62+	7.4	0+	238	505	0.9+	1.6+
Lasagna,Meat Homemade	1 each	392	640	46.8	35.3	15.46+	32.7	152+	1316	455+	1.9+	6.9+
Potato,Whipped Cafe	4 oz	121	78	1.7	1.0	0.25+	16.1	0+	113	313	1.5+	0.3+
Beans,Whole Fresh,Almonds	1 each	109	132	3.2	10.6	1.92	8.3	0+	67	160	3.5	1.6
Gravy, Turkey,STR	2 ounces	12	10	0.2	0.3	0.09+	1.5	0+	143	23	0.2+	0.3+
Fish,Taco,Veg Slaw	1 each	356	406	29.0	11.4	2.43+	47.0	45+	763	843+	6.3+	6.2+
Fish,Cod Sandwich,DR	1 each	241	369	28.6	12.6	4.02+	36.0	15+	714	385	4.7	4.3+
Friday, May 9, 2025												
Soup,Shrimp Sarciado	8 oz	109	84	6.8	1.6	0.34+	9.7	75+	725	185	1.0+	1.9+
Soup,Chicken Noodle	8 ounces	270	103	8.9	2.5	0.67+	10.3	31+	411	176	0.7+	1.4+
Chicken,Stuffed Apple	1 each	269	436	45.8	20.0	6.68+	15.4	135+	425	556+	1.3+	2.0+
Fish,Sicilian,Baked	1 each	208	177	26.9	5.0	0.33+	4.9	64+	285	699+	1.1+	1.0+
Rice,Whole 5 Grain Blend	1/2 cup	32	113	2.8	0.7	0.00	24.0	0	29	2+	2.1	0.0
Potato,Roasted Red	1/2 cup	151	145	4.7	7.2	2.13+	14.5	9+	398	335	1.1+	1.1+
Spinach,Fresh(DR)	1/2 cup	162	37	4.6	0.6	0.10	5.9	0	128	904	3.6	0.7
Beets,Fresh	1/2 cup	113	49	1.8	0.2	0.03	10.8	0	88	369	3.2	7.7
Zucchini SauteRstRedPepper,local	1/2 cup	170	50	1.2	1.9	0.13+	4.2	0+	27	570	2.4+	0.5+
Polenta,Black Beans, Salsa	1 each	267	154	6.0	1.3	0.16+	30.1	0+	761	500+	5.2+	3.4+
Meatloaf,Bacon,Jalapeno Sandwich	1 each	265	594	38.3	27.7	13.53+	32.9	102+	973	420+	4.1+	5.3+