

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

July 14 - 18			One price
WEEK 4	LUNCH & DINNER MENU		for all.
Monday, July 14, 2025			
	Jamaican Chicken Soup		\$1.75
	Cheesy Loaded Potato Soup		\$1.75
	Pesto, Couscous, & Veg. Stuffed Portabella Mushroom		\$4.00
	Chicken Pot Pie		\$4.00
	Mixed Grains		\$1.25
	Whipped Squash		\$1.00
	Braised Red Cabbage		\$1.00
	Peas		\$1.00
Lunch Wok Special	Miso Ginger Marinated Salmon		\$5.50
Lunch Wok Special	Miso Ginger Grilled Marinated Tofu		\$3.00
Tuesday, July 15, 2025			
	White Bean & Sausage Soup		\$1.75
	Italian Garden Soup		\$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
	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 / Beef Chili		\$4.00
Wednesday, July 16, 2025			
	Moroccan Chicken Soup		\$1.75
	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)		\$3.25
Homemade Antibiotic-Free Chicken Parmesan	Chicken Parmesan w/ Shells & Sauce		\$5.00
	Chicken Parmesan & Sauce		\$4.00
	Tofu Parmesan		\$3.00
	Tofu Parmesan, Shells and Sauce		\$5.00
"Dock to Table" Fresh Fish	Cracker Crumb Cod		\$5.50
	Meatball 1 each		\$0.85
	Side of Shells & Sauce - 1/2 c. shells and 2 oz. sauce		\$2.00
	Side of Pasta Only or Sauce Only		\$1.25
	Roasted Spaghetti Squash		\$1.00
	Roasted Pesto Soy Mushrooms		\$1.00
	Roasted Vegetables		\$1.00
	Garlic Knot		\$0.75
Lunch Wok Special	Chicken Wings with Homemade Potato Salad		\$5.25
Lunch Grille Special	Meatball Parmesan Sandwich		\$4.50
Thursday, July 17, 2025			
	Chicken & Wild Rice Soup		\$1.75
	Cream of Wild Mushroom Soup		\$1.75
	Turkey, Stuffing, Gravy and Cranberry		\$4.50
	Roasted Sesame Tofu		\$3.00
	Homemade Chicken, Pesto and Roasted Red Pepper Lasagna		\$4.00
	Fresh Whipped Potatoes		\$1.25
	Mashed Turnips and Carrots		\$1.00
	Broccoli Cuts		\$1.00
	Whole Green Beans & Almonds		\$1.00
	Thai Chicken with Rice		\$5.25
Lunch Grille Special	Cod Fish Sandwich		\$5.50
Friday, July 18, 2025			
	Corn Beef Hash (breakfast special only)		\$2.00
	Pho Ga Soup (almost like chicken noodle soup)		\$1.75
"Dock to Table" Fresh Fish	Shrimp and Fish Chowder		\$1.75
	Cranberry Corn Bread Baked Stuffed Chicken		\$4.00
"Dock to Table" Fresh Fish	Fresh Local Baked Almond Basil Cod		\$5.50
	Wild Rice		\$1.25
	Roasted Potatoes		\$1.25
	Beets with Orange Glaze		\$1.00
	Fresh Spinach		\$1.00
	Fresh Zucchini & Tomatoes		\$1.00
New Vegan Lunch Grille Special	Vegan Polenta Tapenade		\$3.75

Dining Room Hours

Weekdays: 6:30a-7:00p

Weekends: 7:00a-2:00p

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](http://go.d-h.org/diningroom) [\[go.d-h.org\]](http://go.d-h.org)

Menu is subject to change.

Week 4 - 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)	Sodium (mg)	Potas sium (mg)	Dietry Fiber (gm)	Sugars (gm)
Monday, July 14, 2025												
.	6 ounces	213	514	15.1	35.6	18.79+	31.9	74+	825	320	2.2+	6.1+
Soup, Jamaican Chicken, GF	8 ounces	239	109	8.7	1.8	0.44+	12.6	19+	696	303+	1.5+	1.3+
Soup, Loaded Cheesey Potato Chowder	8 ounces		245	11.3	15.1		9.3	46	664			
Mushroom, Portabella, Cous Cous Stuffed, Veg	1 each	288	267	11.5	16.9	5.27+	20.5	25+	639	590+	3.0+	6.0+
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	
Cabbage, Red, Braised	1 each	124	91	1.4	6.2	1.62+	9.1	0+	84	250	2.1+	5.3+
Broccoli, Steam, Frozen	1/2 cup	78	22	2.4	0.1	0.01	4.2	0	9	111	2.3	1.1
Fish, Salmon Miso	1 each	179	265	34	13	0	1.8		277		0	1.5
Tofu, Miso Grilled	1 each	153	103	10.8	4.8	0.15	5.2	0	297	344	0	1.5
Tuesday, July 15, 2025												
Italian Garden Soup (Gluten-Free)	8 ounces		43	1.6	0	0	8.3	0	252	215	2.1	2.9
Soup, White, Bean, Sausage, GF	8 ounces	264	163	9.7	5.0	1.51+	19.3	16+	502	367+	4.4+	2.2+
Pot Roast & Gravy, 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	4 oz	121	103	3.3	1.0	0.25+	20.9	0+	83	313	3.1+	1.3+
Squash, Butternut Roasted	4 oz	195	145	1.8	6.2	1.62+	23.9	0+	67	525	2.7+	7.9+
Brussel Sprouts, Lemon Garlic Roasted	1/2 cup	147	105	3.5	6.8	1.76+	10.0	0+	88	439	3.6+	2.4+
Cauliflower Gobi Aloo	1/2 cup	134	131	1.6	9.2	0.68	9.9	0	126	249	1.8	1.7
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+
Taco, Soft, Turkey, Seasoned	1 each	165	221	13.2	11.0	5.00+	18.2	41+	620	281+	0.7+	2.5+
Taco, Soft, Vegetable Chili	1 each	196	213	9.7	8.7	4.39+	24.8	20+	750	388+	2.7+	3.2+
Wednesday, July 16, 2025												
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	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	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, 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	0.07	0.06
Meatball, Local	1 each	28	70	4.3	5.3	2.3	2.3	25	133	?	0	0.3
Squash, Spaghetti Roasted	4 oz	215	69	1.4	1.3	0.18+	13.8	0+	39	250	2.8+	5.5+
Roasted, Vegetable, Fresh, Mix	1/2 cup	85	43	1.3	2.0	0.28+	5.8	0+	14	189	1.7+	3.0+
Mushroom, Roasted, Pesto, Soy	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
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
Thursday, July 17, 2025												
Soup, Chicken, Wild Rice, 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	1 each	170	243	35	10.6	0.76	1.5	91	486	445	0	0
Roasted Sesame Organic Tofu	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	4 oz	121	103	3.3	1.0	0.25+	20.9	0+	83	313	3.1+	1.3+
Turnip+Carrots Mashed	1/2 cup	119	68	1.0	4.1	1.04+	7.7	0+	113	232	2.4+	4.6+
Broccoli	1/2 cup											
Beans, Whole Fresh, Almonds	1 each	109	132	3.2	10.6	1.92	8.3	0+	67	160	3.5	1.6
Thai Chicken	1 each	383	673	43.6	29.8	4.77+	55.4	81+	1419	598+	6.6+	11.9+
Thai Tofu	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, July 18, 2025												
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	1/2 cup	65	60	1.8	0.0	0.00	13.2	0	202	63	0.3	0.3
Potato, Roasted Red	1/2 cup	150	141	4.7	7.0	2.41+	14.5	9+	398	335	1.1+	1.1+
Beets	1/2 cup	123	41	1.0	0.0	0.00	8.2	0	256	171	1.0	6.1
Spinach, Fresh (DR)	1/2 cup	162	37	4.6	0.6	0.10	5.9	0	128	904	3.6	0.7
Zucchini Tomato Stewed	1/2 cup	202	54	2.2	2.3	0.38+	7.1	0+	163	526	1.9+	4.2+
Polenta Tapenade and Greens	1 each		373	3.8	21.9	0.65	39.6	0	1618	404	3	1.6