

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

October 20 - 24		One price	
WEEK 2	LUNCH & DINNER MENU		
		for all.	
Monday, October 20, 2025			
	4022	Coconut Chicken Soup - GF	\$1.95
	4019	Mexican Corn Chowder	\$1.95
	3047	Spinach and Artichoke Stuffed Portabella Mushroom - GF	\$5.25
	3025	Chicken Pot Pie & Biscuit	\$5.25
	3604	Roasted Sweet Potatoes - GF	\$1.50
	3623	Whipped Squash - GF	\$1.25
	3621	Peas - GF	\$1.25
	3609	Braised Red Cabbage - GF	\$1.25
Lunch Grille Special	3074	Egg Roll (Each)	\$1.50
Lunch Wok Special	3037	Miso Ginger Marinated Salmon - GF	\$6.75
Lunch Wok Special	3006	Miso Ginger Grilled Marinated Tofu - GF	\$4.25
Tuesday, October 21, 2025			
	4032	White Bean & Sausage Soup - GF	\$1.95
	4031	Vegetable Lentil Soup - GF	\$1.95
	3002	Pot Roast - GF	\$5.25
	3045	Macaroni & Cheese - per scoop	\$2.75
	3601	Fresh Whipped Potatoes - GF	\$1.50
	1023	Side Order of Gravy - GF	\$0.75
	3613	Roasted Butternut Squash - GF	\$1.50
	3610	Cauliflower Gobi Aloo - GF	\$1.50
	3617	Roasted Fennel, Onion, & Brussel Sprouts - GF	\$1.25
	3612	Fresh Spinach - GF	\$1.25
Lunch Grille Special	3063	Vegetarian Chili	\$4.00
Lunch Wok Special	3023	Kung Pao Chicken & Peanuts Over Rice - GF	\$5.25
Wednesday, October 22, 2025			
"Dock to Table" Fresh Fish	4018	Ham & Potato Chowder	\$1.95
	3055	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	\$4.25
	3024	Chicken Parmesan with Shells & Sauce	\$5.25
	3056	Chicken Parmesan & Sauce - no shells	\$4.25
	3061	Side of Shells & Sauce	\$2.25
	3058	Tofu Parmesan	\$4.25
	3007	Tofu Parmesan, Shells and Sauce	\$5.25
	3035	Cracker Crumb Cod	\$5.75
	3631	Side of Pasta Only or Sauce Only	\$1.50
	3057	Meatball - 1 each	\$0.85
	3614	Roasted Spaghetti Squash - GF	\$1.50
	3611	Roasted Pesto Soy Mushrooms - GF	\$1.50
	3622	Roasted Vegetables - GF	\$1.25
	3016	Garlic Knot	\$0.75
Lunch Wok Special	3030	Chicken Wings (Each)	\$1.00
Lunch Grille Special	3306	Meatball Parmesan Sandwich	\$4.95
Thursday, October 23, 2025			
	4013	Chicken Vegetable & Quinoa Soup	\$1.95
	4023	Cream of Broccoli & Cheddar	\$1.95
	3033	Turkey, Stuffing, Gravy and Cranberry	\$5.25
	3008	Tofu with Roasted Vegetables & Balsamic Reduction - GF	\$4.25
	3042	Homemade Meat Lasagna	\$6.25
	3601	Fresh Whipped Potatoes - GF	\$1.50
	3616	Broccoli Cuts	\$1.25
	3624	Mashed Turnips and Carrots - GF	\$1.25
	3608	Whole Green Beans & Almonds - GF	\$1.50
	3070	Teriyaki Chicken Stir Fry with Rice	\$5.25
Lunch Grille Special	3075	Pot Stickers (Each)	\$1.00
Lunch Grille Special	3316	Cod Fish Sandwich	\$5.75
Friday, October 24, 2025			
	1509	Corned Beef Hash (breakfast special only)	\$2.25
	4027	Shrimp Sarciado Soup	\$1.95
	4012	Chicken Noodle Soup	\$1.95
"Dock to Table" Fresh Fish	3039	Sicilian Baked Fresh Local Cod - GF	\$5.75
	3633	Quinoa Pilaf - GF	\$1.50
	3600	Roasted Potato - GF	\$1.25
	3612	Fresh Spinach - GF	\$1.25
	3627	Zucchini and Red Peppers - GF	\$1.25
	3615	Beets with Orange Glaze - GF	\$1.25
	3619	Carrots - GF	\$1.25
Lunch Grille Special	3076	Chicken Tender (Each)	\$1.00

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

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)

go to patients.d-h.org/diningroom.

- GF

Week 2 - DHMC Cafe Nutritional Information												
Recipe Name	Size	Amt	Calo ries	Pro tein	Fat	SFA	Carbo hydrat	Chol estrol	Sodium	Potas sium	Dietry Fiber	Sugars
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(gm)	(gm)
Breakfast												
Bacon	1 slice	15	70	5.0	6.0	2.50	0.0	20	300		0.0	0.0
Beef,Corn,Hash,Homemade	0.5 cup	153	264	17.0	17.2	5.75+	8.3	89+	987	269	0.5+	0.5+
Cereal,Oatmeal	8 ounces	302	300	10.0	6.0	1.00	54.0	0	7	302	8.0	2.0
Danish,Donut,Fritter,Apple	1 each	92	310	4.0	13.0	6.00	44.0	0	240		1.0	21.0
Danish,Strudel,Strawberry Cheese	1 each	78	249	3.0	19.0	10.00	24.0	5	170		1.0	9.0
Egg,Bowl,Scambled,Northeast	2 oz	165	234	18.1	15.3	5.37+	4.9	472+	290	297	0.5+	3.6+
Egg,Fried,DR	1 each	44	63	5.5	4.2	1.38	0.3	164	62	61	0.0+	0.2+
Egg,Hard,Boiled,Hot Peeled	1 each	50	80	6.0	5.0	1.50	1.0	185	60	65	0.0	1.0
Egg,Scrambled, DR	2 oz	57	85	6.8	5.7	1.70	1.1	238	68	92	0.0+	1.1+
French Toast Syrup DR	1 slice	83	180	1.7	1.0	0.33+	43.4	36+	86	39	0.0+	28.6+
Muffin,English Toasted	1 each	57	130	5.0	1.5	0.00	26.0	0	230	50	1.0	1.0
Muffin,Mini Blueberry	1 each	55	189	2.7	9.6	1.70	23.2	40	152	47	0.5	13.3
Muffin,Mini Chocolate Chip	1 each	55	216	2.7	10.8	3.15	26.1	36	144		0.0	17.1
Muffin,Mini Cinn Coffee cake	1 each	55	215	2.1	11.1	2.80	26.1	32	131	28	0.4	15.7
Muffin,Mini Cranberry Nut	1 each	55	186	2.7	10.2	1.65	21.1	35	136	37	0.7	11.9
Muffin,Mini Lemon Poppyseed	1 each	110	408	4.9	21.0	3.73	49.1	69	281	76	1.0	26.8
Muffin,Mini Mocha Fudge	1 each	55	197	2.6	10.5	2.25	23.4	21	148	105	1.0	14.1
Muffin,Mini Pistachio	1 each	55	216	2.9	11.8	1.96	24.5	34	147	39	0.0	13.7
Pancake,Blueberry,(Local)Syrup	1 each	141	315	3.4	4.4	1.75+	63.2	20+	319	73+	0.8+	48.2+
Pancake,DR	3 oz	132	161	3.3	5.8	2.12+	23.8	20+	334	61	0.4+	12.4+
Potato,Homefries	1/2 cup	125	70	1.0	1.0	0.07+	13.2	0+	234	275	1.0+	1.0+
S/w,Burrito, Egg, Sausage	1 each	355	620	29.7	29.8	13.11+	58.8	272+	1740	613	4.4+	7.3+
S/w,Egg, Sausage & Ch	1 each	174	503	24.6	25.6	13.38	28.6	217	998	259	1.0+	1.2+
S/w,Egg,Bacon & Ch	1 each	151	403	24.5	23.7	10.38	27.3	219	1232	146+	1.0+	1.2+
S/w,Egg,Ham,Cheese,Healthy	1 each	147	260	19.2	9.4	4.31	27.6	33	454	236	1.0	1.6
Sausage,Gravy,Biscuit	6 ounces	241	546	15.8	34.7	17.89+	41.6	82+	1301	339	1.1+	6.1+
Sausage,Link,DR	1 each	56	120	9.0	9.0	3.00	0.0	38	386	142	0.0	0.0
Toast,Raisin Cinnamon	1 slice	33	100	2.0	1.5	0.00	20.0	0	105	64	1.0	9.0
Toast,Wheat	1 slice	43	120	5.0	1.5	0.00	19.0	0	105	90	3.0	4.0
Toast,White	1 slice	32	90	3.0	1.5	0.00	16.0	0	130	20	2.0	1.0
Monday, October 20, 2025												
Soup,Coconut, Chix - GF	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	142	5.9	7.0	3.43+	15.0	18+	521	241	1.4+	3.2+
Mushroom,Portabella,Spin,Artichoke - GF	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 - 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	1/2 cup	136	63	1.6	0.0		14.1	0	0	287	1.6	
Peas - GF	1/2 cup	113	89	5.9	0.5	0.00	15.5	0	127	169	4.8	
Cabbage,Red,Braised - GF	1/2 cup	232	104	2.6	3.2	0.87+	18.6	0+	99	363	5.0+	12.4+
Fish,Fresh Salmon Miso - GF	6 ounces	179	266	33.9	12.9	1.80+	2.0	92+	279	830+	0.0+	1.7+
Tofu,Miso,Grilled - GF	1 each	181	119	12.7	5.3	0.15+	6.0	0+	316	409+	0.0+	1.7+
Tuesday, October 21, 2025												
Soup,White,Bean, Sausage - GF	8 ounces	264	137	9.2	5.3	1.47+	19.1	16+	508	345+	8.2+	2.0+
Soup,Vegetable,Lenti, - GF	8 ounces	341	109	5.9	0.1	0.03+	21.5	0+	342	379+	4.3+	4.8+
Pot Roast & Gravy, - GF	4 oz	220	299	29.3	14.3	4.76+	9.4	76+	257	622	1.1+	2.3+
Mac & Cheese	1 cup	200	311	13.9	15.9	8.28+	28.7	40+	507	138	1.2+	2.5+
Potato,Whipped Cafe - GF	4 oz	132	134	1.8	7.0	4.46+	16.3	20+	296	318+	1.5+	0.5+
Gravy, Beef, Str - GF	2 oz	40	24	0.4	0.0	0.01+	4.9	0+	51	67	0.6+	0.9+
Squash, Butternut Roasted - GF	4 oz	195	145	1.8	6.2	1.62+	23.9	0+	67	525	2.7+	7.9+
Cauliflower,Gobi Aloo - GF	4 ounces	135	132	1.7	9.2	0.68+	10.1	0+	126	249+	2.0+	1.7+
Brussel Sprouts,Fennel, Onion - GF	1/2 cup	187	120	4.0	6.9	1.78+	13.4	0+	95	534	4.4+	4.1+
Spinach,Fresh - GF	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+	22.5	0+	678	629+	6.4+	3.0+
Chicken,Kung Pao,w/Nuts,Over Rice - GF	6 ounces	578	932	47.2	51.7	6.42+	72.2	81+	1084	633+	8.0+	19.3+
Wednesday, October 22, 2025												
Soup,Chowder,Ham,Potato	6 ounces	200	123	3.4	8.5	4.28+	7.9	23+	371	185	0.8+	1.9+
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	226	9.3	18.8	10.74+	6.5	51+	341	156	0.1+	4.3+
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	252	467	28.8	19.3	4.50+	43.0	62+	810	585	3.7+	5.2+
Chicken, Parmesan only	1 each	159	233	32.4	8	3.57	6.5	88	345	337	0.6	0.7
Tofu,Parmesan,Marinara Sauce	1 each	267	305	21.6	19.0	5.08+	11.9	25+	435	543	1.4+	1.8+
Fish,Cracker Crumb,w/Lemon	1 each	167	187	27.1	6.5	1.43+	7.0	100+	212	30+	0.7+	0.6+
Pasta,Shells & M'balls DR	1 each	481	405	17.0	13.7	4.82+	53.6	50+	401	485+	4.5+	8.5+
Meatball,	1 each	57	140	8.7	10.7	4.67	50	267	534	0	0	0.7
Squash, Spaghetti Roasted - GF	4 oz	215	70	1.4	1.3	0.09+	13.8	0+	39	250	2.8+	5.5+
Mushroom,Roasted,Pesto,Soy - GF	1/2 cup	128	94	4.9	7.1	1.08+	4.6	3+	196	376+	1.2+	2.7+
Roasted,Vegetable,Fresh,Mix - GF	1/2 cup	85	43	1.0	2.1	0.17+	5.6	0+	14	173	1.6+	2.5+
Chicken,Wings Thai	1 each	452	892	82.4	35.6	10.68+	78.6	196+	2261	62+	0.1+	64.1+
Chicken,Wings BBQ Sauce	1 each	366	715	82.3	36.0	10.70	29.7	196	1796	148+	0.6	21.3
Chicken,Wings Buffalo Sauce	1 each	366	605	81.8	35.6	10.85	3.6	196	3101		0.9	1.1
Garlic Knot	1 each	86	277	6.9	10.4	3.47	41.6	0	601		2.3	2.3
Meatball Parmesan Sub	1 each	317	507	24.7	23.9	9.41	51.4	100	1177	212+	3.3	5.1
Thursday, October 23, 2025												
Soup,Chicken,Vegetable,Quinoa	8 ounces	225	62	5.7	1.5	0.31+	5.5	13+	403	186	1.5+	1.4+
Soup,Cream, Broccoli,Cheeddar	8 oz	240	218	9.5	16.9	9.11+	8.0	48+	536	170	1.2+	3.0+
Turkey,Stuffing,Gravy,Cafe	1 each	395	404	40.0	10.4	3.76+	41.6	91+	1174	591	3.4+	19.7+
Tofu,Roasted Vegetable,Balsamic - GF	1 each	223	184	12.8	11.5	0.62+	7.4	0+	238	497	0.9+	1.4+
Lasagna,Meat Homemade	1 each	379	647	46.1	37.1	16.19+	30.5	159+	1146	505+	1.8+	6.0+
Potato,Whipped Cafe - GF	4 oz	132	134	1.8	7.0	4.46+	16.3	20+	296	318+	1.5+	0.5+
Broccoli,Steam,Cuts - GF	1/2 cup	78	22	2.4	0.1	0.01	4.2	0	9	111	2.3	1.1
Turnip+Carrots Mashed - GF	1/2 cup	119	68	1.0	4.1	1.04+	7.7	0+	113	232	2.4+	4.6+
Beans,Whole Fresh, Almond - GF	1 each	109	132	3.2	10.6	1.92+	8.3	0+	67	160	3.5+	1.6+
Chicken,Teriyaki Stir Fry	1 each	440	408	28.8	11.8	1.21+	45.1	65+	779+	333+	2.4+	5.8+
Friday, October 24, 2025												
Soup,Shrimp Sarciado	8 oz	109	90	5.9	1.4	0.26+	9.4	72+	687	173	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	273	450	45.3	21.0	6.73+	16.7	135+	362	555+	2.1+	2.4+
Fish,Sicilian,Baked - GF	1 each	208	175	28.3	5.3	0.14+	4.9	106+	324	86+	1.1+	1.0+
Grain,Quinoa Pilaf - GF	1/2 cup	134	50	1.7	0.6	0.01+	9.1	0+	19	131	1.6+	1.0+
Potato,Roasted Red - GF	1/2 cup	151	145	4.7	7.2	2.13+	14.5	9+	398	335	1.1+	1.1+
Spinach,Fresh - GF	1/2 cup	162	37	4.6	0.6	0.10	5.9	0	128	904	3.6	0.7
Zucchini SauteRstRedPepper - GF	1/2 cup	170	50	1.2	1.9	0.13+	4.2	0+	27	570	2.4+	0.5+
Beets,Fresh,Glazed - GF	1/2 cup	138	78	1.0	0.0	0.00+	17.7	0+	253	169	0.9+	12.2+
Carrots,Coins - GF	1/2 cup	113	41	0.9	0.5	0.05	9.0	0	77	266	3.7	5.4
Polenta,Black Beans, Salsa	1 each	275	160	6.3	1.3	0.12+	31.7	0+	761	516+	5.3+	3.6+