

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

December 1 - 5			One price
WEEK 4		LUNCH & DINNER MENU	for all.
Monday, December 1, 2025			
	4001	Jamaican Chicken Soup - GF	\$1.95
	4016	Cheesy Loaded Potato Soup	\$1.95
	3046	Pesto, Couscous, & Veg. Stuffed Portabella Mushroom	\$5.25
	3025	Chicken Pot Pie	\$5.25
	3606	Mixed Grains	\$1.50
	3623	Whipped Squash - GF	\$1.25
	3609	Braised Red Cabbage - GF	\$1.25
	3621	Peas - 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	\$4.25
Tuesday, December 2, 2025			
	4032	White Bean & Sausage Soup - GF	\$1.95
	4025	Italian Garden Soup - GF	\$1.95
	3002	Pot Roast and Gravy - 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
	3618	Roasted Lemon Garlic Brussel Sprouts - GF	\$1.25
	3610	Cauliflower Gobi Aloo - GF	\$1.50
	3612	Fresh Spinach - GF	\$1.25
Lunch Grille Special	3063	Vegetarian Chili / Beef Chili	\$4.00
Wednesday, December 3, 2025			
	4010	Moroccan Chicken Soup	\$1.95
	3055	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	\$4.25
Chicken Parmesan	3024	Chicken Parmesan w/ Shells & Sauce	\$5.25
	3056	Chicken Parmesan & Sauce	\$4.25
	3058	Tofu Parmesan	\$4.25
	3007	Tofu Parmesan, Shells and Sauce	\$5.25
	3035	Cracker Crumb Cod	\$5.75
	3057	Meatball 1 each	\$0.85
	3061	Side of Shells & Sauce - 1/2 c. shells and 2 oz. sauce	\$2.25
	3631	Side of Pasta Only or Sauce Only	\$1.50
	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, December 4, 2025			
	4014	Chicken & Wild Rice Soup - GF	\$1.95
	4007	Cream of Wild Mushroom Soup	\$1.95
	3033	Turkey, Stuffing, Gravy and Cranberry	\$5.25
	3010	Roasted Sesame Tofu - GF	\$4.25
	3041	Homemade Chicken, Pesto and Roasted Red Pepper Lasagna	\$6.25
	3601	Fresh Whipped Potatoes - GF	\$1.50
	3624	Mashed Turnips and Carrots - GF	\$1.25
	3616	Broccoli Cuts - GF	\$1.25
	3608	Whole Green Beans & Almonds - GF	\$1.50
Lunch Wok Special	3001	Thai Chicken with Rice	\$5.25
Lunch Grille Special	3075	Pot Stickers (Each)	\$1.00
Lunch Grille Special	3316	Cod Fish Sandwich	\$5.75
Friday, December 5, 2025			
	1509	Corn Beef Hash (breakfast special only)	\$2.25
	4002	Pho Ga Soup (almost like chicken noodle soup)	\$1.95
	4021	Shrimp and Fish Chowder	\$1.95
	3027	Cranberry Corn Bread Baked Stuffed Chicken	\$5.25
	3034	Baked Almond Basil Cod	\$5.75
	3603	Wild Rice	\$1.50
	3600	Roasted Potatoes - GF	\$1.50
	3615	Beets with Orange Glaze - GF	\$1.25
	3612	Fresh Spinach - GF	\$1.25
	3628	Fresh Zucchini & Tomatoes - GF	\$1.25
Lunch Grille Special	3076	Chicken Tender (Each)	\$1.00
Lunch Grille Special	3049	Vegan Polenta Tapenade - GF	\$4.25

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]

GF = Gluten Free

Menu is subject to change.

Week 4 - 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,Scrambled,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, December 1, 2025												
Soup,Jamaican Chicken - GF	8 ounces	248	117	8.7	1.8	0.44+	12.7	19+	588	304+	1.9+	2.1+
Soup,Chowder,Cheese, Potato Loaded	6 ounces	238	241	11.1	15.1	8.72+	8.2	46+	663	202+	0.7+	0.9+
Mushroom,Portabella,Cous CousStuffed,Veg	1 each	289	270	11.5	17.0	5.07+	20.6	25+	639	590+	3.0+	6.1+
Chicken,Pot Pie w Biscuit	1 each	316	486	25.1	22.0	10.41+	44.7	75+	1245	404	2.7+	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 - GF	1/2 cup	136	63	1.6	0.0		14.1	0	0	287	1.6	
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	1 each	181	119	12.7	5.3	0.15+	6.0	0+	316	409+	0.0+	1.7+
Tuesday, December 2, 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,Italian Garden - GF	8 ounces	223	42	1.6	0.1	0.02+	8.2	0+	252	224+	2.1+	3.3+
Pot Roast & Gravy - GF	4 oz	220	299	29.3	14.3	4.76+	9.4	76+	507	622	1.1+	2.3+
Mac & Cheese	1 cup	200	311	13.9	15.9	8.28+	28.7	40+	257	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+
Brussel Sprouts,Lemon Garlic Roasted - GF	1/2 cup	147	105	3.5	6.8	1.76+	10.0	0+	88	439	3.6+	2.4+
Cauliflower,Gobi Aloo - GF	4 ounces	135	132	1.7	9.2	0.68+	10.1	0+	126	249+	2.0+	1.7+
Spinach,Fresh - GF	1/2 cup	162	37	4.6	0.6	0.10	5.9	0	128	904	3.6	0.7
Chili,Beef	6 ounces	245	295	18.3	18.3	6.74+	12.7	57+	556	532+	3.5+	3.0+
Chili,Vegetarian	6 oz	218	125	7.6	0.3	0.02+	22.5	0+	678	629+	6.4+	3.0+
Wednesday, December 3, 2025												
Soup,Chicken Moroccan	8 ounces	104	94	6.2	1.9	0.31+	12.4	13+	664	247+	1.5+	2.7+
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, December 4, 2025												
Soup,Chicken,Wild Rice, - GF	8 ounces	261	94	7.1	1.4	0.33+	12.4	14+	366	222	1.4+	1.5+
Soup,Cream,Wild Mushroom	8 ounces	232	126	5.1	8.8	4.51+	7.3	18+	429	254	0.8+	1.9+
Turkey,Stuffing,Gravy,Cafe	1 each	395	404	40.0	10.4	3.76+	41.6	91+	1174	591	3.4+	19.7+
Tofu,Sesame - GF	1 each	230	174	14.1	9.6	0.45+	7.2	0+	454+	473+	0.0+	1.2+
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 - GF	4 oz	132	134	1.8	7.0	4.46+	16.3	20+	296	318+	1.5+	0.5+
Gravy, Turkey,	2 ounces	61	15	0.2	1.0	0.27+	1.3	0+	151	23	0.1+	0.3+
Turnip+Carrots Mashed - GF	1/2 cup	119	68	1.0	4.1	1.04+	7.7	0+	113	232	2.4+	4.6+
Broccoli,Steam,Cuts - GF	1/2 cup	78	22	2.4	0.1	0.01	4.2	0	9	111	2.3	1.1
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,Thai Chicken	1 each	350	418	34.0	10.6	1.21+	45.0	81+	752	249+	2.0+	10.4+
Friday, December 5, 2025												
Soup,Pho Ga	8 oz	180	246	24.7	9.2	1.83+	12.8	92+	481	162+	0.8+	2.3+
Soup,Chowder,Shrimp & Fish	8 ounces	271	155	9.3	8.1	4.06+	8.7	66+	701	205+	0.7+	2.0+
Chicken,Stuffed Cranberry Cornbread	1 each	327	685	41.9	24.1	5.99+	73.2	124+	378	523+	4.2+	44.7+
Fish,Almond Basil Crumb	1 each	189	253	32.0	11.4	2.55+	8.9	110+	300	98+	1.5+	0.9+
Rice,Wild	1/2 cup	65	60	1.5	0.0	0.00	12.6	0	130	105	0.3	0.0
Potato,Roasted Red - GF	1/2 cup	151	145	4.7	7.2	2.13+	14.5	9+	398	335	1.1+	1.1+
Beets,Fresh,Glazed - GF	1/2 cup	138	78	1.0	0.0	0.00+	17.7	0+	253	169	0.9+	12.2+
Spinach,Fresh - GF	1/2 cup	162	37	4.6	0.6	0.10	5.9	0	128	904	3.6	0.7
Zucchini TomatoStewed - GF	1/2 cup	202	56	2.3	2.4	0.26+	6.8	0+	18	511	2.4+	5.0+
Polenta,Tapenade&Greens - GF	1 each	345	372	3.8	21.9	0.65+	39.5	0+	1618	404+	3.0+	1.5+