

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

January 26 - 30, 2026		One price
WEEK 4	LUNCH & DINNER MENU	for all.
Monday, January 26, 2026	Jamaican Chicken Soup - GF	\$1.95
	Cheesy Loaded Potato Soup	\$1.95
	Pesto, Couscous, & Veg. Stuffed Portabella Mushroom	\$5.25
	Chicken Pot Pie	\$5.25
	Mixed Grains	\$1.50
	Whipped Squash - GF	\$1.25
	Braised Red Cabbage - GF	\$1.25
	Peas - GF	\$1.25
Lunch Wok Special	Miso Ginger Marinated Salmon - GF	\$6.75
Lunch Wok Special	Miso Ginger Grilled Marinated Tofu	\$4.25
Tuesday, January 27, 2026	White Bean & Sausage Soup - GF	\$1.95
	Italian Garden Soup - GF	\$1.95
	Pot Roast	\$5.25
	Macaroni & Cheese - per scoop	\$2.75
	Fresh Whipped Potatoes - GF	\$1.50
	Roasted Butternut Squash - GF	\$1.50
	Roasted Lemon Garlic Brussel Sprouts - GF	\$1.25
	Cauliflower Gobi Aloo - GF	\$1.50
	Fresh Spinach - GF	\$1.25
Lunch Grille Special	Vegetarian Chili / Beef Chili	\$4.00
Wednesday, January 28, 2026	Moroccan Chicken Soup	\$1.95
	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	\$4.25
	Chicken Parmesan w/ Shells & Sauce	\$5.25
	Chicken Parmesan & Sauce	\$4.25
	Tofu Parmesan	\$4.25
	Tofu Parmesan, Shells and Sauce	\$5.25
	Cracker Crumb Fish	\$5.75
	Meatball 1 each	\$0.85
	Side of Shells & Sauce - 1/2 c. shells and 2 oz. sauce	\$2.25
	Side of Pasta Only or Sauce Only	\$1.50
	Roasted Spaghetti Squash - GF	\$1.50
	Roasted Pesto Soy Mushrooms - GF	\$1.50
	Roasted Vegetables - GF	\$1.25
	Garlic Knot	\$0.75
Lunch Wok Special	Chicken Wings (Each)	\$1.00
Lunch Grille Special	Meatball Parmesan Sandwich	\$4.95
Thursday, January 29, 2026	Chicken & Wild Rice Soup - GF	\$1.95
	Cream of Wild Mushroom Soup	\$1.95
	Turkey, Stuffing, Gravy and Cranberry	\$5.25
	Roasted Sesame Tofu - GF	\$4.25
	Homemade Chicken, Pesto and Roasted Red Pepper Lasagna	\$6.25
	Fresh Whipped Potatoes - GF	\$1.50
	Mashed Turnips and Carrots - GF	\$1.25
	Broccoli Cuts - GF	\$1.25
	Whole Green Beans & Almonds - GF	\$1.50
Lunch Wok Special	Thai Chicken with Rice	\$5.25
Lunch Grille Special	Pot Stickers (Each)	\$1.00
Lunch Grille Special	Cod Fish Sandwich	\$5.75
Friday, January 30, 2026	Corn Beef Hash (breakfast special only)	\$2.25
	Pho Ga Soup (almost like chicken noodle soup)	\$1.95
	Shrimp and Fish Chowder	\$1.95
	Cranberry Corn Bread Baked Stuffed Chicken	\$5.25
	Baked Almond Basil Fish	\$5.75
	Wild Rice	\$1.50
	Roasted Potatoes - GF	\$1.50
	Beets with Orange Glaze - GF	\$1.25
	Fresh Spinach - GF	\$1.25
	Fresh Zucchini & Tomatoes - GF	\$1.25
Lunch Grille Special	Chicken Tender (Each)	\$1.00
Lunch Grille Special	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) [\[go.d-h.org\]](http://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
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, January 26, 2026												
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, January 27, 2026												
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	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+
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, January 28, 2026												
Soup,Chicken Morocan	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, January 29, 2026												
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, January 30, 2026												
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+