

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

March 9 - 13, 2026		One price
WEEK 2	LUNCH & DINNER MENU	for all.
Monday, March 9, 2026		
	Coconut Chicken Soup - GF	\$1.95
	Mexican Corn Chowder	\$1.95
	Spinach and Artichoke Stuffed Portabella Mushroom - GF	\$5.25
	Chicken Pot Pie & Biscuit	\$5.25
	Roasted Sweet Potatoes - GF	\$1.50
	Whipped Squash - GF	\$1.25
	Peas - GF	\$1.25
	Braised Red Cabbage - GF	\$1.25
Lunch Wok Special	Miso Ginger Marinated Salmon - GF	\$6.75
Lunch Wok Special	Miso Ginger Grilled Marinated Tofu - GF	\$4.25
Tuesday, March 10, 2026		
	White Bean & Sausage Soup - GF	\$1.95
	Vegetable Lentil 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
	Cauliflower Gobi Aloo - GF	\$1.50
	Roasted Fennel, Onion, & Brussel Sprouts - GF	\$1.25
	Fresh Spinach - GF	\$1.25
Lunch Grille Special	Vegetarian Chili	\$4.00
Lunch Wok Special	Kung Pao Chicken & Peanuts Over Rice - GF	\$5.25
Wednesday, March 11, 2026		
	Ham & Potato Chowder	\$1.95
	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	\$4.25
	Chicken Parmesan with Shells & Sauce	\$5.25
	Chicken Parmesan & Sauce - no shells	\$4.25
	Side of Shells & Sauce	\$2.25
	Tofu Parmesan	\$4.25
	Tofu Parmesan, Shells and Sauce	\$5.25
	Cracker Crumb Fish	\$5.75
	Side of Pasta Only or Sauce Only	\$1.50
	Meatball - 1 each	\$0.85
	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, March 12, 2026		
	Chicken Vegetable & Quinoa Soup	\$1.95
	Cream of Broccoli & Cheddar	\$1.95
	Turkey, Stuffing, Gravy and Cranberry	\$5.25
	Tofu with Roasted Vegetables & Balsamic Reduction - GF	\$4.25
	Homemade Meat Lasagna	\$6.25
	Fresh Whipped Potatoes - GF	\$1.50
	Broccoli Cuts	\$1.25
	Mashed Turnips and Carrots - GF	\$1.25
	Whole Green Beans & Almonds - GF	\$1.50
	Teriyaki Chicken Stir Fry with Rice	\$5.25
Lunch Grille Special	Pot Stickers (Each)	\$1.00
Lunch Grille Special	Cod Fish Sandwich	\$5.75
Friday, March 13, 2026		
	Shrimp Sarcido Soup	\$1.95
	Chicken Noodle Soup	\$1.95
	Sicilian Baked Fresh Local Fish - GF	\$5.75
"Dock to Table" Fresh Fish	Quinoa Pilaf - GF	\$1.50
	Roasted Potato - GF	\$1.25
	Fresh Spinach - GF	\$1.25
	Zucchini and Red Peppers - GF	\$1.25
	Beets with Orange Glaze - GF	\$1.25
	Carrots - GF	\$1.25
	Chicken Tender (Each)	\$1.00
Lunch Grille Special	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 . - GF	

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)	Sodium (mg)	Potas sium (mg)	Diety Fiber (gm)	Sugars (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, March 9, 2026												
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, March 10, 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,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	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+
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, March 11, 2026												
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
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, March 12, 2026												
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,Cheddar	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, March 13, 2026												
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+