

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

May 18 - 22		One price
WEEK 4	LUNCH & DINNER MENU	for all.
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Monday, May 18, 2026	Jamaican Chicken Soup - GF Cheesy Loaded Potato Bacon Soup Pesto, Couscous, & Veg. Stuffed Portabella Mushroom Chicken Pot Pie Wild Rice Cauliflower - GF Peas - GF Miso Ginger Marinated Salmon - GF Miso Ginger Grilled Marinated Tofu	\$1.95 \$1.95 \$5.25 \$5.25 \$1.50 \$1.25 \$1.25 \$6.75 \$4.25
	Lunch Wok Special Lunch Wok Special	
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Tuesday, May 19, 2026	White Bean & Sausage Soup - GF Italian Garden Soup - GF Pot Roast Macaroni & Cheese - per scoop Fresh Whipped Potatoes - GF Corn Broccoli Florets - GF Vegetarian Chili / Beef Chili	\$1.95 \$1.95 \$5.25 \$2.75 \$1.50 \$1.25 \$1.25 \$4.00
	Lunch Grille Special	
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Wednesday, May 20, 2026	Moroccan Chicken Soup Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce) Chicken Parmesan w/ Shells & Sauce Chicken Parmesan & Sauce Tofu Parmesan Tofu Parmesan, Shells and Sauce Cracker Crumb Fish Meatball 1 each Side of Shells & Sauce - 1/2 c. shells and 2 oz. sauce Side of Pasta Only or Sauce Only Roasted Vegetables - GF Carrots - GF Garlic Knot Chicken Wings (Each) Meatball Parmesan Sandwich	\$1.95 \$4.25 \$5.25 \$4.25 \$4.25 \$5.25 \$5.75 \$0.85 \$2.25 \$1.50 \$1.25 \$1.25 \$0.75 \$1.00 \$4.95
	Lunch Wok Special Lunch Grille Special	
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Thursday, May 21, 2026	Chicken & Wild Rice Soup - GF Cream of Wild Mushroom Soup Turkey, Stuffing, Gravy and Cranberry Roasted Sesame Tofu - GF Homemade Chicken, Pesto and Roasted Red Pepper Lasagna Fresh Whipped Potatoes - GF Mashed Turnips and Carrots - GF Whole Green Beans & Almonds - GF Thai Chicken with Rice Pot Stickers (Each) Cod Fish Sandwich	\$1.95 \$1.95 \$5.25 \$4.25 \$6.25 \$1.50 \$1.25 \$1.50 \$5.25 \$1.00 \$5.75
	Lunch Wok Special Lunch Grille Special Lunch Grille Special	
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Friday, May 22, 2026	Pho Ga Soup (almost like chicken noodle soup) Shrimp and Fish Chowder Chicken Cordon Bleu Baked Almond Basil Fish Wild Rice Roasted Potatoes - GF Carrots - GF Fresh Zucchini & Tomatoes - GF Chicken Tender (Each) Vegan Polenta Tapenade - GF	\$1.95 \$1.95 \$5.25 \$5.75 \$1.50 \$1.50 \$1.25 \$1.25 \$1.00 \$4.25
	Lunch Grille Special Lunch Grille Special	

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

Menu is subject to change.

Dining Room Hours
 Weekdays: 6:30a-7:00p
 Weekends: 7:00a-2:00p

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,Egg & Ch S/W,DR	1 each	150	400	22	24	10.5	25	170	1320	220	1.0+	2.0+
Burrito, Egg, Sausage	1 each	357	610	29.7	28.8	12.11+	55.8	272+	1800	660	3.4+	7.3+
Cereal,Oatmeal	8 ounces	302	300	10	6	1	54	0	7	302	8	2
DR,Egg,Ham,Cheese,S/W, Healthy	1 each	147	250	18.2	8.9	4.31	24.6	33	474	226	1	1.6
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	5	1.5	1	185	60	65	0	1
Egg,Scrambled, DR	2 oz	57	85	6.8	5.7	1.7	1.1	238	68	92	0.0+	1.1+
French Toast Sticks	1 each	126	360	9	10.5	1.5	57	15	390	75	3	18
Pancake,Mini, 1oz	1 each	102	210	4	2.5	0	42	42	310	48	1	11
Muffin,English Toasted	1 each	57	120	4	1	0	23	0	250	40	1	1
Muffin,Mini Blueberry	1 each	62	210	2	11	1.5	25	45	200	50	1	15
Muffin,Mini Cranberry	1 each	62	210	2	11	1.5	25	45	200	50	1	14
Potato,Homefries	1/2 cup	184	109	1.5	2.1	0.15+	19.3	0+	383	408	1.5+	1.5+
Sausage,Egg & Ch S/W,DR	1 each	173	500	22.1	25.9	13.5	26.3	168	1086	244	1.0+	2.0+
Sausage,Link,DR	1 each	56	120	9	9	3	0	38	386	142	0	0
Toast,Wheat	1 slice	40	110	4	1.5	0	18	0	210	90	3	3
Toast,White	1 slice	40	120	3	1.5	0	22	0	170	40	1	1
Toast,Raisin Cinnamon	1 slice	28	80	2	1	0	15	0	95	80	1	5
Monday, May 18, 2026												
Soup,Jamaican Chicken,GF	8 ounces	242	116	8.7	1.8	0.44+	12.7	19+	494	302+	1.9+	2.1+
Soup,Chowder,Cheese, Potato Loaded	8 ounces	318	321	14.7	20.2	11.62+	10.9	61+	884	269+	0.9+	1.3+
Mushroom,Portabella,Cous CousStuffed,Veg	1 each	289	270	11.5	17	5.07+	20.6	25+	639	590+	3.0+	6.1+
Chicken,Pot Pie w Biscuit,DR	1 each	316	486	25.1	22	10.41+	44.7	75+	1245	404	2.7+	4.1+
Rice,Wild	1/2 cup	65	60	1.5	0	0	12.6	0	130	105	0.3	0
Cauliflower,Steamed	1/2 cup	113	22	1.8	0.2	0.04	4.3	0	20	158	3.1	1.2
Peas	1/2 cup	113	89	5.9	0.5	0	15.5	0	127	169	4.8	
Fish,Fresh Salmon Miso,w/Lemon	6 ounces	179	266	33.9	12.9	1.80+	2	92+	279	830+	0.0+	1.7+
Tofu,Miso,Grilled	1 each	181	119	12.7	5.3	0.15+	6	0+	316	409+	0.0+	1.7+
Tuesday, May 19, 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 & Gravy	4 oz	212	249	15.1	17.4	8.01+	7.5	80+	738	192	0.7+	1.0+
Mac & Cheese	1 cup	218	266	12.9	14.8	8.07+	22	40+	475	195	0.7+	4.6+
Potato,Whipped Cafe	4 oz	132	134	1.8	7	4.46+	16.3	20+	296	318+	1.5+	0.5+
Corn	1/2 cup	113	100	3.4	0.9	0.13	23.5	0	3	242	2.4	2.8
Broccoli,Steam,Cuts	1/2 cup	78	22	2.4	0.1	0.01	4.2	0	9	111	2.3	1.1
Chili	6 ounces	252	342	22.4	22.3	8.41+	11.2	75+	510	557+	3.0+	2.6+
Chili,Vegetarian	6 oz	218	125	7.6	0.3	0.02+	22.5	0+	678	629+	6.4+	3.0+
Wednesday, May 20, 2026												
Soup,Chicken Moroccan	8 ounces	104	94	6.2	1.9	0.31+	12.4	13+	664	247+	1.5+	2.7+
Pasta,Cavattapi,plain	1 cup	113	405	14.2	2	0	85	0	0	213	4	4
Sauce,Alfredo,DR	4 oz	122	226	9.3	18.8	10.74+	6.5	51+	341	156	0.1+	4.3+
^Chicken,Parmesan,PastaSauce	1 each	389	518	30.7	20.7	4.61+	51.4	62+	834	878+	6.4+	9.2+
Tofu,Parmesan,Marinara Sauce	1 each	279	312	21.7	18.9	5.08+	13.4	25+	439	574+	1.4+	2.3+
Fish,Cracker Crumb,w/Lemon	1 each	139	154	17.8	5.3	1.43+	7	55+	420	320	0.7+	0.6+
Pasta,Cavattapi & M'balls DR	1 each	513	410	17.8	13.7	4.82+	56.4	50+	410	561+	5.4+	9.0+
Roasted,Vegetable,Fresh,Mix	1/2 cup	85	43	1	2.1	0.17+	5.6	0+	14	173	1.6+	2.5+
Carrots,Coins,Frozen (Soft Diets)	1/2 cup	113	41	0.9	0.5	0.05	9	0	77	266	3.7	5.4
Bread,Garlic	1 each	86	277	6.9	10.4	3.47	41.6	0	601		2.3	2.3
Chicken,Wings only	1 each	60	121	16.4	7.1	2.13	0.7	39	228		0	0
Meatball Parmesan Sub	1 each	324	536	25.5	25.2	9.46+	55.7	100+	1144	332+	2.4+	5.8+
Vegetarian Burger	1 each	138	250	10	1.5	0	43	0	660	232	7	4
Thursday, May 21, 2026												
Soup,Chicken,Wild Rice,GF	8 ounces	261	94	7.1	1.4	0.33+	12.4	14+	366	220	1.5+	1.6+
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	330	366	27.5	6.7	0.84+	43.8	73+	756	489+	2.1+	19.6+
Tofu,Sesame	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	11.6	28.6	133	1159	362+	1.3	4.9
Potato,Whipped Cafe	4 oz	132	134	1.8	7	4.46+	16.3	20+	296	318+	1.5+	0.5+
Turnip+Carrots Mashed	1/2 cup	119	68	1	4.1	1.04+	7.7	0+	113	232	2.4+	4.6+
Beans,Whole Fresh, Almond	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	10.6	1.21+	45	81+	752	249+	2.0+	10.4+
Pot Sticker,Pork	1 oz	29	54	2.8	1.8	0.5	6.4	6	120	54	0.2+	0.6+
Fish,Cod Sandwich,DR	1 each	236	422	21.7	17.7	5.53	44.2	45	1182	441	2.7	3.2
Friday, May 22, 2026												
Soup,Pho Ga,(Vietnamese Chicken Noodle Soup)	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	153	8.5	7.9	4.06+	8.7	61+	748	264	0.7+	2.0+
Chicken Breast Stuffed Cordon Bleu	1 each	196	440	33	8	8	14	105	920	460	0.0+	
Fish,Almond Basil Crumb	1 each	189	240	26.7	10.1	2.55+	8.9	77+	604	482	1.5+	0.9+
Rice,Whole 5 Grain Blend	1/2 cup	32	113	2.8	0.7	0	24	0	29	2+	2.1	0
Potato,Roasted Red	1/2 cup	196	167	5.1	7.2	2.13+	19.3	9+	476	435	1.5+	1.5+
Zucchini TomatoStewed	1/2 cup	157	47	1.7	2.1	0.20+	5.5	0+	12	394	2.0+	3.8+
Chicken,Tenders,Breaded	3 each	129	323	24.2	16.1	2.88	18.4	58	783	233	1.2	0
Carrots,Coins,Frozen (Soft Diets)	1/2 cup	113	41	0.9	0.5	0.05	9	0	77	266	3.7	5.4
Polenta,Tapenade&Greens	1 each	345	372	3.8	21.9	0.65+	39.5	0+	1618	404+	3.0+	1.5+
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)