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

November 16 - 20, 2026		One price
WEEK 2	**LUNCH & DINNER MENU**	**for all.**
Monday, November 16, 2026		
	Coconut Chicken Soup - GF	$2.25
	Mexican Corn Chowder	$2.25
	Spinach and Artichoke Stuffed Portabella Mushroom - GF	$5.50
	Chicken Pot Pie & Biscuit	$5.50
	Wild Rice	$1.75
	Cauliflower - GF	$1.75
	Peas - GF	$1.75
	Miso Ginger Marinated Salmon - GF	$6.95
	Miso Ginger Grilled Marinated Tofu - GF	$4.75
	Moroccan Potato Fritters (2)	$1.50
Tuesday, November 17, 2026		
	White Bean & Sausage Soup - GF	$2.25
	Vegetable Lentil Soup - GF	$2.25
	Pot Roast	$5.50
	Macaroni & Cheese - per scoop	$3.95
	Fresh Whipped Potatoes - GF	$1.75
	Corn - GF	$1.75
	Broccoli Florets - GF	$1.75
	Vegetable Curry Samos (2)	$6.25
Wednesday, November 18, 2026		
	Ham & Potato Chowder	$2.25
	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	$4.50
	Chicken Parmesan with Shells & Sauce	$5.50
	Chicken Parmesan & Sauce - no shells	$4.75
	Side of Pasta & Sauce - 1/2 c. pasta and 2 oz. sauce	$2.50
	Tofu Parmesan	$4.75
	Tofu Parmesan, Shells and Sauce	$5.50
	Cracker Crumb Fish	$5.95
	Side of Pasta Only or Sauce Only	$1.75
	Meatball - 1 each	$1.25
	Roasted Vegetables - GF	$1.76
	Garlic Knot	$0.75
	Carrots - GF	$1.75
	Chicken Wings (Each)	$1.25
Thursday, November 19, 2026		
	Chicken Vegetable & Quinoa Soup	$2.25
	Cream of Broccoli & Cheddar	$2.25
	Turkey, Stuffing, Gravy and Cranberry	$5.50
	Homemade Meat Lasagna	$6.25
	Fresh Whipped Potatoes - GF	$1.75
	Mashed Turnips and Carrrots - GF	$1.75
	Whole Green Beans & Almonds - GF	$1.75
	Pot Stickers (Each)	$1.25
Friday, November 20, 2026	Shrimp Sarciado Soup	$2.25
	Chicken Noodle Soup	$2.25
	Almond Basil Fish	$5.95
	Chicken Stuffed Broccoli Cheddar	$5.50
	Wild Rice	$1.75
	Roasted Potato - GF	$1.75
	Sauteed Italian Zucchini - GF	$1.75
	Carrots - GF	$1.75
	Chicken Tender (Each)	$1.25

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

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

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

Week 2 - DHMC Cafe
Nutritional Information

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Fat (gm)	SFA (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Potassium (mg)	Dietry Fiber (gm)	Sugars (gm)
Breakfast												
Bacon	1 slice	15	70	5	6	2.5	0	20	300	45	0	0
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
Sausage,Gravy,Biscuit	6 ounces	241	546	15.8	34.7	17.89+	41.6	82+	1301	339	1.1+	6.1+
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, November 16, 2026												
Soup,Coconut, Chix	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	3.43+	15	18+	521	241	1.4+	3.2+
Mushroom,Portabella,Spin,Artichoke	1 each	341	374	12.6	30.5	8.40+	14.1	39+	833	899+	4.7+	6.2+
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+
Morocan Potato Fritters	2 each	70	130	2	3	0	24	0	220	220	2	1
Tuesday, November 17, 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+	21.6	0+	342	376+	4.4+	5.0+
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
Vegetable Curry Samosa	2 Each	157	260	6	9	0	38	0	360	400	4	1
Wednesday, November 18, 2026												
Soup,Chowder,Ham,Potato	8 ounces	267	164	4.6	11.4	5.72+	10.5	31+	495	246	1.0+	2.5+
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+
Pasta,Cavattapi & M'balls DR	1 each	513	410	17.8	13.7	4.82+	56.4	50+	410	561+	5.4+	9.0+
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+
Roasted,Vegetable,Fresh,Mix	1/2 cup	85	43	1	2.1	0.17+	5.6	0+	14	173	1.6+	2.5+
Bread,Garlic	1 each	86	277	6.9	10.4	3.47	41.6	0	601		2.3	2.3
Carrots,Coins,Frozen (Soft Diets)	1/2 cup	113	41	0.9	0.5	0.05	9	0	77	266	3.7	5.4
Chicken,Wings only	1 each	60	121	16.4	7.1	2.13	0.7	39	228		0	0
Thursday, November 19, 2026												
Soup,Chicken,Vegetable,Quinoa,GF	8 ounces	225	62	5.7	1.5	0.31+	5.5	13+	403	183	1.5+	1.5+
Soup,Cream, Broccoli,Cheddar	8 oz	240	218	9.5	16.9	9.11+	8	48+	536	170	1.2+	3.0+
Turkey,Stuffing,Gravy,Cafe	1 each	330	366	27.5	6.7	0.84+	43.8	73+	756	489+	2.1+	19.6+
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	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+
Pot Sticker,Pork	1 oz	29	54	2.8	1.8	0.5	6.4	6	120	54	0.2+	0.6+
Friday, November 20, 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+
Fish,Almond Basil Crumb	1 each	189	240	26.7	10.1	2.55+	8.9	77+	604	482	1.5+	0.9+
Chicken Breast Stuffed Broccoli and Cheese	1 each	196	390	26	23	7	20	80	750	460	2.0+	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+
Rice,Whole 5 Grain Blend	1/2 cup	32	113	2.8	0.7	0	24	0	29	2+	2.1	0
Zucchini Saute Ital, DR	1/2 cup	94	32	1.1	2.1	0.19+	2.9	0+	5	247	1.0+	2.1+
Carrots,Coins,Frozen (Soft Diets)	1/2 cup	113	41	0.9	0.5	0.05	9	0	77	266	3.7	5.4
Chicken,Tenders,Breaded	3 each	129	323	24.2	16.1	2.88	18.4	58	783	233	1.2	0
Recipe Name	**Size**	**Amt (gm)**	**Calories (kcal)**	**Protein (gm)**	**Fat (gm)**	**SFA (gm)**	**Carbohydrat (gm)**	**Cholestrol (mg)**	**Sodium (mg)**	**Potassium (mg)**	**Dietry Fiber (gm)**	**Sugars (gm)**