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

November 23 - 27, 2026
WEEK 3

LUNCH & DINNER MENU

	One price for all.
Monday, November 23, 2026	
Turkey Spinach & Farro Soup	$2.25
Tomato Blue Cheese Bisque - GF	$2.25
Beef & Rice Stuffed Pepper-GF	$5.25
Chicken Pot Pie & Biscuit	$5.50
Wild Rice - GF	$1.75
Cauliflower - GF	$1.75
Peas-GF	$1.75
Miso Ginger Marinated Salmon-GF	$6.95
Miso Ginger Grilled Marinated Tofu	$4.75
Moroccan Potato Fritters (2)	$1.50
Tuesday, November 24, 2026	
Split Pea w/Ham Soup	$2.25
Tofu Hot and Sour Soup-GF	$2.25
Pot Roast and Gravy	$5.50
Macaroni & Cheese - per scoop	$3.95
Fresh Whipped Potatoes-GF	$1.75
Corn	$1.75
Broccoli Florets - GF	$1.75
Vegetable Curry Samos (2)	$6.25
Wednesday, November 25, 2026	
Cheese & Potato Leek 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
Tofu Parmesan	$4.75
Tofu Parmesan, Shells and Sauce	$5.50
Cracker Crumb Fish	$5.95
Side of Pasta & Sauce - 1/2 c. pasta and 2 oz. sauce	$2.50
Side of Pasta Only or Sauce Only	$1.75
Meatball - 1 each	$1.25
Roasted Vegetables-GF	$1.75
Carrots - GF	$1.75
Garlic Knot	$0.75
Chicken Wings (Each)	$1.25
Thursday, November 26, 2026	
Turkey, Stuffing, Gravy and Cranberry	$6.25
Baked Ham w/ Raisin Sauce	$5.50
Vegan Tofu, Stuffing w/ Vegan Gravy	$5.50
Fresh Whipped Potatoes	$1.75
Maple Buttered Squash	$1.75
Garden Peas	$1.75
Friday, November 27, 2026	
Beef Mushroom Barley Soup	$2.25
Clam Chowder	$2.25
Chicken Green Chili Burrito	$5.25
Cracker Crumb Fish	$5.95
Roasted Potatoes - GF	$1.75
Red Beans & Rice-GF	$1.75
Carrots -GF	$1.75
Sauteed Italian Zucchini - GF	$1.75
Chicken Tender (Each)	$1.25



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

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.")
For our weekly posted menus,
Visit to go.d-h.org/diningroom [go.d-h.org]

Week 3 - 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,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+
Egg,Bowl,Scambled,Northeast	2 oz	165	234	18.1	15.3	5.37+	4.9	472+	290	297	0.5+	3.6+
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 23, 2026												
Soup,Turkey,Farro,Spinach	8 oz	292	95	8.4	3	0.79+	8.8	18+	155	386+	3.5+	1.6+
Soup,Tomato,Blue Cheese,Bisque,GF	8 oz	239	173	5.3	9.5	6.02+	15.7	30+	419	328+	2.9+	7.5+
Stuffed Pepper, Beef Homemade	1 each	264	330	18	17.7	8.32+	25.1	62+	395	528	3.4+	4.7+
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 24, 2026												
Soup,Gr ,Split Pea GF	8 ounces	325	182	13.7	1.2	0.35+	29.9	10+	483	115+	0.5+	3.0+
Soup,Tofu Hot&Sour,GF	8 oz	235	81	4.1	0.8	0.01+	14.4	0+	633+	297+	1.0+	5.4+
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 25, 2026												
Soup,Chowder,Cheese, Potato leek	8 ounces	308	251	10.5	18.1	9.73+	11.7	51+	565	244	0.7+	1.9+
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
Friday, November 27, 2026												
Soup,Beef,Mushroom,Barley	8 ounces	234	154	7.1	4	1.46+	19.5	15+	449	296+	3.8+	3.0+
Soup,Chowder, Clam,NE	8 ounces	276	127	5.8	7.2	3.96	8.6	27	649	229	0.7	2
Chicken,Burrito,Green chili Black bean	1 each	435	747	53.2	29.3	11.32+	63.3	131+	1579	938+	5.6+	4.7+
Fish,Cracker Crumb,w/Lemon	1 each	139	154	17.8	5.3	1.43+	7	55+	420	320	0.7+	0.6+
Potato,Roasted Red	1/2 cup	196	167	5.1	7.2	2.13+	19.3	9+	476	435	1.5+	1.5+
Rice,Red beans	1/2 cup	144	148	5.1	1.9	0.14+	27	0+	158	233	2.5+	1.2+
Carrots,Coins,Frozen (Soft Diets)	1/2 cup	113	41	0.9	0.5	0.05	9	0	77	266	3.7	5.4
Zucchini Saute Ital, DR	1/2 cup	94	32	1.1	2.1	0.19+	2.9	0+	5	247	1.0+	2.1+
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)**