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

November 30 - December 4, 2026		One price
WEEK 4	**LUNCH & DINNER MENU**	**for all.**
Monday, November 30, 2026		
	Jamaican Chicken Soup - GF	$2.25
	Cheesy Loaded Potato Bacon Soup	$2.25
	Pesto, Couscous, & Veg. Stuffed Portabella Mushroom	$5.50
	Chicken Pot Pie	$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	$4.75
	Moroccan Potato Fritters (2)	$1.50
Tuesday, December 1, 2026		
	White Bean & Sausage Soup - GF	$2.25
	Italian Garden Soup - GF	$2.25
	Pot Roast	$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, December 2, 2026	Moroccan Chicken Soup	$2.25
	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	$4.50
	Chicken Parmesan w/ Shells & Sauce	$5.50
	Chicken Parmesan & Sauce	$4.75
	Tofu Parmesan	$4.75
	Tofu Parmesan, Shells and Sauce	$5.50
	Cracker Crumb Fish	$5.95
	Meatball 1 each	$1.25
	Side of Shells & Sauce - 1/2 c. shells and 2 oz. sauce	$2.50
	Side of Pasta Only or Sauce Only	$1.75
	Roasted Vegetables - GF	$1.75
	Carrots - GF	$1.75
	Garlic Knot	$0.75
	Chicken Wings (Each)	$1.25
Thursday, December 3, 2026		
	Chicken & Wild Rice Soup - GF	$2.25
	Cream of Wild Mushroom Soup	$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, December 4, 2026		
	Pho Ga Soup (almost like chicken noodle soup)	$2.25
	Shrimp and Fish Chowder	$2.25
	Chicken Cordon Bleu	$5.50
	Baked Almond Basil Fish	$5.95
	Wild Rice	$1.75
	Roasted Potatoes - 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

GF = Gluten Free

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]

Menu is subject to change.

Week 4 - 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,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, November 30, 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+
Morocan Potato Fritters	2 each	70	130	2	3	0	24	0	220	220	2	1
Tuesday, December 1, 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
Vegetable Curry Samosa	2 Each	157	260	6	9	0	38	0	360	400	4	1
Wednesday, December 2, 2026												
Soup,Chicken Morocan	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
Thursday, December 3, 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+
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, December 4, 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 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
Carrots,Coins,Frozen (Soft Diets)	1/2 cup	113	41	0.9	0.5	0.05	9	0	77	266	3.7	5.4
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)**