

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

Aug 12 - 16

One price

WEEK 4 **LUNCH & DINNER MENU** **for all.**

Monday, August 12, 2024

	Jamaican Chicken Soup - Gluten-Free	\$1.75
	Cheesy Loaded Potato Soup	\$1.75
	Pesto, Couscous, & Veg. Stuffed Portabella Mushroom	\$4.00
	Chicken Pot Pie	\$4.00
	Mixed Grains	\$1.25
	Whipped Squash	\$1.00
	Braised Red Cabbage	\$1.00
	Peas	\$1.00
Lunch Wok Special	Miso Ginger Grilled Marinated Salmon	\$5.50
Lunch Wok Special	Miso Ginger Grilled Marinated Tofu	\$3.00

Tuesday, August 13, 2024

	White Bean & Sausage Soup (Gluten-Free)	\$1.75
	Italian Garden Soup (Gluten-Free)	\$1.75
	Pot Roast and Gravy	\$4.00
	Macaroni & Cheese - per scoop	\$2.00
	Fresh Whipped Potatoes	\$1.25
	Side Order of Gravy	\$0.50
	Roasted Butternut Squash	\$1.00
	Roasted Lemon Garlic Brussel Sprouts	\$1.00
	Cauliflower Gobi Aloo	\$1.00
	Fresh Spinach	\$1.00
Lunch Grille Special	Vegetarian Chili	\$4.00

Wednesday, August 14, 2024

Homemade Antibiotic-Free
Chicken Parmesan

"Dock to Table" Fresh Fish

	Moroccan Chicken Soup	\$1.75
	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	\$3.25
	Chicken Parmesan w/ Shells & Sauce	\$5.00
	Chicken Parmesan & Sauce	\$4.00
	Organic Tofu Parmesan	\$3.00
	Tofu Parmesan, Shells and Sauce	\$5.00
	Fresh Local Fish of the Day	\$5.50
	Meatball 1 each	\$0.85
	Side of Shells & Sauce - 1/2 c. shells and 2 oz. sauce	\$2.00
	Side of Pasta Only or Sauce Only	\$1.25
	Roasted Spaghetti Squash	\$1.00
	Roasted Pesto Soy Mushrooms	\$1.00
	Roasted Vegetables	\$1.00
	Garlic Knot	\$0.75
Lunch Wok Special	Grilled Chicken Wings with Homemade Potato Salad	\$5.25
Lunch Grille Special	Meatball Parmesan Sandwich	\$4.50

Thursday, August 15, 2024

Lunch Grille Special

	Chicken & Wild Rice Soup (Gluten-Free)	\$1.75
	Cream of Wild Mushroom Soup	\$1.75
	Turkey, Stuffing, Gravy and Cranberry - Antibiotic Free Turkey	\$4.50
	Organic Roasted Sesame Tofu	\$3.00
	Homemade Chicken, Pesto and Roasted Red Pepper Lasagna	\$4.00
	Fresh Whipped Potatoes	\$1.25
	Mashed Turnips and Carrots	\$1.00
	Broccoli Cuts	\$1.00
	Whole Green Beans & Almonds	\$1.00
Lunch Grille Special	Cod Fish Sandwich	\$5.50

Friday, August 16, 2024

"Dock to Table" Fresh Fish

"Dock to Table" Fresh Fish

Vegan Lunch Grille Special

	Corn Beef Hash (breakfast special only)	\$2.00
	Pho Ga Soup (almost like chicken noodle soup)	\$1.75
	Shrimp and Fish Chowder	\$1.75
	Cranberry Corn Bread Baked Stuffed Chicken	\$4.00
	Fresh Local Baked Almond Basil Cod	\$5.50
	Wild Rice	\$1.25
	Roasted Potatoes	\$1.25
	Beets	\$1.00
	Fresh Spinach	\$1.00
	Fresh Zucchini & Tomatoes	\$1.00
<u>Vegan Lunch Grille Special</u>	<u>Vegan Polenta Tapenade</u>	\$3.75

Dining Room Hours

Weekdays: 6:30a-7:00p

Weekends: 7:00a-2:00p

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

Menu is subject to change.

Week 4 - DHMC Cafe
Nutritional Information

Recipe Name	GF Gluten Free V Vegan	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	SFA (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Sodium (mg)	Potas sium (mg)	Dietry Fiber (gm)	Sugars (gm)
Monday, August 12, 2024													
Soup,Jamaican Chicken,GF	GF	6 ounces	213	514	15.1	35.6	18.79+	31.9	74+	825	320	2.2+	6.1+
Soup, Loaded Cheesey Potato Chowder		8 ounces	239	109	8.7	1.8	0.44+	12.6	19+	696	303+	1.5+	1.3+
Mushroom,Portabella,Cous CousStuffed,Veg		1 each	288	267	11.5	16.9	5.27+	20.5	25+	639	590+	3.0+	6.0+
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 V	1/2 cup	148	186	2.1	7.8	2.05+	27.4	0+	148	464	4.1+	5.7+
Squash, Winter,Whipped	GF V	1/2 cup	136	63	1.6	0.0		14.1	0	0	287	1.6	
Cabbage,Red,Braised	GF V	1 each	124	91	1.4	6.2	1.62+	9.1	0+	84	250	2.1+	5.3+
Broccoli,Steam,Frozen	GF V	1/2 cup	78	22	2.4	0.1	0.01	4.2	0	9	111	2.3	1.1
Fish, Salmon Miso	GF	1 each	179	265	34	13	0	1.8		277		0	1.5
Tofu, Miso Grilled	V	1 each	153	103	10.8	4.8	0.15	5.2	0	297	344	0	1.5
Tuesday, August 13, 2024													
Italian Garden Soup (Gluten-Free)													
Soup,White,Bean, Sausage,GF	GF	8 ounces	264	163	9.7	5.0	1.51+	19.3	16+	502	367+	4.4+	2.2+
Pot Roast & Gravy,GF	GF	4 oz	220	299	29.5	14.3	4.76+	9.1	76+	369	629	1.1+	2.6+
Mac & Cheese		1/2 cup	111	163	7.2	8.4	4.3	15.7	23	255	90	0.65	2
Potato,Whipped Cafe	GF	4 oz	121	103	3.3	1.0	0.25+	20.9	0+	83	313	3.1+	1.3+
Squash, Butternut Roasted	GF V	4 oz	195	145	1.8	6.2	1.62+	23.9	0+	67	525	2.7+	7.9+
Brussel Sprouts,Lemon Garlic Roasted	GF V	1/2 cup	147	105	3.5	6.8	1.76+	10.0	0+	88	439	3.6+	2.4+
Cauliflower Gobi Aloo	GF V	1/2 cup	134	131	1.6	9.2	0.68	9.9	0	126	249	1.8	1.7
Spinach,Fresh(DR)	GF V	1/2 cup	162	37	4.6	0.6	0.10	5.9	0	128	904	3.6	0.7
Chili,Vegetarian	V w/o chs	6 oz	218	125	7.6	0.3	0.02+	22.4	0+	677	629+	6.4+	3.0+
Taco,Soft,Turkey,Seasoned		1 each	165	221	13.2	11.0	5.00+	18.2	41+	620	281+	0.7+	2.5+
Taco,Soft,Vegetable Chili		1 each	196	213	9.7	8.7	4.39+	24.8	20+	750	388+	2.7+	3.2+
Wednesday, August 14, 2024													
Soup,Chicken Morocan		8 ounces	104	94	6.3	1.9	0.31+	12.4	13+	666	254+	1.5+	2.9+
Pasta,Shell,plain	V	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	236	9.5	19.0	10.69+	8.8	57+	343	157	0.2+	4.2+
Sauce,Marinara,DR	GF V	4 oz	97	36	1.3	1.4	0.20+	4.8	0+	100	227	1.4+	2.7+
Tofu,DR Parmesan,Marinara Sauce		1 each	241	287	19.8	18.1	5.59+	12.2	25+	419	482	1.0+	1.8+
Chicken,Parmesan,PastaSauce		1 each	288	389	37.4	10.6	3.77+	34.6	88+	367	571	3.1+	4.2+
Chicken,Parmesan,Only		1 each	164	249	32.9	8.8	3.5	8.4	88	351	320	0.07	0.06
Meatball, Local		1 each	28	70	4.3	5.3	2.3	2.3	25	133	?	0	0.3
Squash, Spaghetti Roasted	GF V	4 oz	215	69	1.4	1.3	0.18+	13.8	0+	39	250	2.8+	5.5+
Roasted,Vegetable,Fresh,Mix	GF V	1/2 cup	85	43	1.3	2.0	0.28+	5.8	0+	14	189	1.7+	3.0+
Mushroom,Roasted,Pesto,Soy	GF	1/2 cup	128	92	4.9	7.0	1.26+	4.6	3+	196	376+	1.2+	2.7+
Bread,Garlic		1 each	86	173	4.5	6.0	0.00	24.0	0	210		1.5	0.0
Chicken,Wings w/Potato Salad		1 each	476	941	60.2	69.6	14.55+	16.3	410+	2470	319+	1.6+	4.3+
Chicken,Wings only		1 each	302	617	58.7	41.1	10.28	2.9		1762		0	2.9
Thursday, August 15, 2024													
Soup,Chicken,Wild Rice,GF	GF	8 ounces	260	94	7.1	1.4	0.33+	12.5	14+	404	225	1.3+	1.3+
Soup,Cream,Wild Mushroom		8 oz	232	135	5.5	8.8	4.4	9.2	18	413	260	0.9	1.8
Turkey,Stuffing,Gravy,Cafe		1 each	353	465	39.0	13.9	1.30+	46.0	91+	822	551	2.2+	15.8+
Turkey Only	GF	1 each	170	243	35	10.6	0.76	1.5	91	486	445	0	0
Roasted Sesame Organic Tofu	GF V	1 each		174	14.1	9.6	0.4	7.2	0+	454	474	0	1.3
Lasagna,Chicken Pesto, Homemade		1 each	343	607	45.2	34.9	11.60	28.6	133	1159	362+	1.3	4.9
Potato,Whipped Cafe	GF	4 oz	121	103	3.3	1.0	0.25+	20.9	0+	83	313	3.1+	1.3+
Turnip+Carrots Mashed	V	1/2 cup	119	68	1.0	4.1	1.04+	7.7	0+	113	232	2.4+	4.6+
Broccoli	V	1/2 cup											
Beans,Whole Fresh,Almonds	GF V	1 each	109	132	3.2	10.6	1.92	8.3	0+	67	160	3.5	1.6
Thai Chicken		1 each	383	673	43.6	29.8	4.77+	55.4	81+	1419	598+	6.6+	11.9+
Thai Tofu	V	1 each	979	795	35	31	4	94	0	800	1952	14	30
Fish,Cod Sandwich,DR		1 each	240	364	25.0	12.7	3.41+	36.4	17+	679	384	3.7	4.0+
Friday, August 16, 2024													
Beef,Corn,Hash,Homemade		0.5 cup	113	175	10.0	9.3	3.10+	12.2	46+	508	333+	1.0+	0.5+
Soup,Pho Ga,(Vietnamese Chix Noodle Soup)		8 oz	169	209	23.3	9.0	1.83+	5.1	92+	441	217+	1.0+	1.8+
Shrimp and Fish Chowder		8 oz		156	10	7.8	4.13	10.7	66	601	310	2	0.8
Chicken,Cranberry,Cornbread Stuffed		1 each	329	610	42.4	24.3	5.99+	55.0	124+	418	524+	3.0+	30.7+
Almond Baked Cod		1 each	189	256	30.6	11.4	2.75	8.5	68	248	727	1.8	0.9
Rice,Wild	V	1/2 cup	65	60	1.8	0.0	0.00	13.2	0	202	63	0.3	0.3
Potato,Roasted Red	GF V	1/2 cup	150	141	4.7	7.0	2.41+	14.5	9+	398	335	1.1+	1.1+
Beets	GF V	1/2 cup	123	41	1.0	0.0	0.00	8.2	0	256	171	1.0	6.1
Spinach,Fresh(DR)	GF V	1/2 cup	162	37	4.6	0.6	0.10	5.9	0	128	904	3.6	0.7
Zucchini TomatoStewed	GF V	1/2 cup	202	54	2.2	2.3	0.38+	7.1	0+	163	526	1.9+	4.2+
Polenta Tapenade and Greens	GF V	1 each		373	3.8	21.9	0.65	39.6	0	1618	404	3	1.6