

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

Nov 4 - 10 WEEK 4	LUNCH & DINNER MENU	One price for all.
Monday, November 4, 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, November 5, 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, November 6, 2024		
	Moroccan Chicken Soup	\$1.75
	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	\$3.25
Homemade Antibiotic-Free Chicken Parmesan	Chicken Parmesan w/ Shells & Sauce	\$5.00
	Chicken Parmesan & Sauce	\$4.00
	Organic Tofu Parmesan	\$3.00
	Tofu Parmesan, Shells and Sauce	\$5.00
"Dock to Table" Fresh Fish	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, November 7, 2024		
	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, November 8, 2024		
	Corn Beef Hash (breakfast special only)	\$2.00
	Pho Ga Soup (almost like chicken noodle soup)	\$1.75
"Dock to Table" Fresh Fish	Shrimp and Fish Chowder	\$1.75
	Cranberry Corn Bread Baked Stuffed Chicken	\$4.00
"Dock to Table" Fresh Fish	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
New Vegan Lunch Grille Special	Vegan Polenta Tapenade	\$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://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, November 4, 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		8 ounces		245	11.3	15.1		9.3	46	664			
Chicken,Pot Pie with Biscuit		1 each	288	267	11.5	16.9	5.27+	20.5	25+	639	590+	3.0+	6.0+
Potato,Roasted,Sweet	GF V	1 each	288	405	25.5	18.0	10.36+	35.0	60+	795	389	3.9+	4.1+
Squash, Winter,Whipped	GF V	1/2 cup	148	186	2.1	7.8	2.05+	27.4	0+	148	464	4.1+	5.7+
Cabbage,Red,Braised	GF V	1/2 cup	136	63	1.6	0.0		14.1	0	0	287	1.6	
Broccoli,Steam,Frozen	GF V	1 each	124	91	1.4	6.2	1.62+	9.1	0+	84	250	2.1+	5.3+
Fish, Salmon Miso	GF	1/2 cup	78	22	2.4	0.1	0.01	4.2	0	9	111	2.3	1.1
Tofu, Miso Grilled	GF	1 each	179	265	34	13	0	1.8		277		0	1.5
	V	1 each	153	103	10.8	4.8	0.15	5.2	0	297	344	0	1.5
Tuesday, November 5, 2024													
Italian Garden Soup (Gluten-Free)													
Soup,White,Bean, Sausage,GF	GF	8 ounces		43	1.6	0	0	8.3	0	252	215	2.1	2.9
Pot Roast & Gravy,GF	GF	8 ounces	264	163	9.7	5.0	1.51+	19.3	16+	502	367+	4.4+	2.2+
Mac & Cheese	GF	4 oz	220	299	29.5	14.3	4.76+	9.1	76+	369	629	1.1+	2.6+
Potato,Whipped Cafe		1/2 cup	111	163	7.2	8.4	4.3	15.7	23	255	90	0.65	2
Squash, Butternut Roasted	GF V	4 oz	121	103	3.3	1.0	0.25+	20.9	0+	83	313	3.1+	1.3+
Brussel Sprouts,Lemon Garlic Roasted	GF V	4 oz	195	145	1.8	6.2	1.62+	23.9	0+	67	525	2.7+	7.9+
Cauliflower Gobi Aloo	GF V	1/2 cup	147	105	3.5	6.8	1.76+	10.0	0+	88	439	3.6+	2.4+
Spinach,Fresh(DR)	GF V	1/2 cup	134	131	1.6	9.2	0.68	9.9	0	126	249	1.8	1.7
Chili,Vegetarian	GF V	1/2 cup	162	37	4.6	0.6	0.10	5.9	0	128	904	3.6	0.7
Taco,Soft,Turkey,Seasoned	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,Vegetable Chili		1 each	165	221	13.2	11.0	5.00+	18.2	41+	620	281+	0.7+	2.5+
		1 each	196	213	9.7	8.7	4.39+	24.8	20+	750	388+	2.7+	3.2+
Wednesday, November 6, 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	1 each	28	70	4.3	5.3	2.3	2.3	25	133	?	0	0.3
Roasted,Vegetable,Fresh,Mix	GF V	4 oz	215	69	1.4	1.3	0.18+	13.8	0+	39	250	2.8+	5.5+
Mushroom,Roasted,Pesto,Soy	GF V	1/2 cup	85	43	1.3	2.0	0.28+	5.8	0+	14	189	1.7+	3.0+
Bread,Garlic	GF	1/2 cup	128	92	4.9	7.0	1.26+	4.6	3+	196	376+	1.2+	2.7+
Chicken,Wings w/Potato Salad		1 each	86	173	4.5	6.0	0.00	24.0	0	210		1.5	0.0
Chicken,Wings only		1 each	476	941	60.2	69.6	14.55+	16.3	410+	2470	319+	1.6+	4.3+
		1 each	302	617	58.7	41.1	10.28	2.9		1762		0	2.9
Thursday, November 7, 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, November 8, 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

PATIENTS: If your diet order allows, you may choose from our weekday Dining Room menu specials.
 We apologize if last minute substitutions are made and your request cannot be honored.
 Please call **5-5903** to place your order.
 These foods are available every day:
 Plain Baked Cod GF
 Plain Baked Salmon GF
 Falafel Patty GF V
 Pepperoni Pizza

GF = Gluten Free
V = Vegan

Monday, November 4, 2024

	Jamaican Chicken Soup - Gluten-Free	GF
	Cheesy Loaded Potato Soup	
	Pesto, Couscous, & Veg. Stuffed Portabella Mushroom	
	Chicken Pot Pie	
	Mixed Grains	V
	Whipped Squash	V GF
	Braised Red Cabbage	V GF
	Peas	V GF
11 am - 2 pm Lunch Wok Special	Miso Ginger Grilled Marinated Salmon	
11 am - 2 pm Lunch Wok Special	Miso Ginger Grilled Marinated Tofu	V
Bakeshop Special Dessert	Lemon Meringue Pie	

Tuesday, November 5, 2024

	White Bean & Sausage Soup (Gluten-Free)	GF
	Italian Garden Soup (Gluten-Free)	GF
	Pot Roast and Gravy	
	Macaroni & Cheese - per scoop	
	Fresh Whipped Potatoes	GF
	Side Order of Gravy	
	Roasted Butternut Squash	V GF
	Roasted Lemon Garlic Brussel Sprouts	V GF
	Cauliflower Gobi Aloo	V GF
	Fresh Spinach	V GF
11 am - 2 pm Lunch Grille Special	Vegetarian Chili	
Bakeshop Special Dessert	Carrot Cake	

Wednesday, November 6, 2024

"Dock to Table" Fresh Fish

	Moroccan Chicken Soup	
	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	
	Chicken Parmesan w/ Shells & Sauce	
	Chicken Parmesan & Sauce	
	Organic Tofu Parmesan	V
	Tofu Parmesan, Shells and Sauce	V
	Fresh Local Fish of the Day	
	Meatball 1 each	
	Side of Shells & Sauce - 1/2 c. shells and 2 oz. sauce	
	Side of Pasta Only or Sauce Only	
	Roasted Spaghetti Squash	V GF
	Roasted Pesto Soy Mushrooms	V
	Roasted Vegetables	V GF
	Garlic Knot	
11 am - 2 pm Lunch Wok Special	Grilled Chicken Wings with Homemade Potato Salad	
11 am - 2 pm Lunch Wok Special	Meatball Parmesan Sandwich	

Thursday, November 7, 2024

	Chicken & Wild Rice Soup (Gluten-Free)	GF
	Cream of Wild Mushroom Soup	
	Turkey, Stuffing, Gravy and Cranberry - Antibiotic Free Turkey	
	Organic Roasted Sesame Tofu	V
	Homemade Chicken, Pesto and Roasted Red Pepper Lasagna	
	Fresh Whipped Potatoes	V GF
	Mashed Turnips and Carrots	V GF
	Broccoli Cuts	V GF
	Whole Green Beans & Almonds	V GF
11 am - 2 pm Lunch Grille Special	Cod Fish Sandwich	
Bakeshop Special Dessert	Brownie	

Friday, November 8, 2024

"Dock to Table" Fresh Fish

	Corn Beef Hash (breakfast special only)	
	Pho Ga Soup (almost like chicken noodle soup)	
	Shrimp and Fish Chowder	
	Cranberry Corn Bread Baked Stuffed Chicken	
	Fresh Local Baked Almond Basil Cod	
	Wild Rice	V GF
	Roasted Potatoes	V GF
	Beets	V GF
	Fresh Spinach	V GF
	Fresh Zucchini & Tomatoes	V GF
11 am - 2 pm Lunch Grille Special	<u>Vegan Polenta Tapenade</u>	V
Bakeshop Special Dessert	Chocolate Cake	

Saturday Bakeshop Special Dessert

Apple Pie

Sunday Bakeshop Special Dessert

Boston Crème Pie

NEW HOURS: The Dining Room is open Mon.-Fri. 6:30 am - 7:00 pm.

Hot Meal Times:

Breakfast 6:30-10:00

Lunch 10:30-2:00

Dinner 4:00-closing weekdays only.

Wok Hours: 10:30-2:00 weekdays only.

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,](#)

go to patients.d-h.org/diningroom.

Menu is subject to change.