

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

Nov. 18 - 24		One price
WEEK 2	LUNCH & DINNER MENU	for all.
Monday, November 18, 2024		
	Coconut Chicken Soup - (Gluten-Free)	\$1.75
	Mexican Corn Chowder	\$1.75
	Spinach and Artichoke Stuffed Portabella Mushroom	\$4.00
	Chicken Pot Pie & Biscuit	\$4.00
	Roasted Sweet Potatoes	\$1.25
	Whipped Squash	\$1.00
	Peas	\$1.00
	Braised Red Cabbage	\$1.00
Lunch Wok Special	Miso Ginger Grilled Marinated Salmon	\$5.50
Lunch Wok Special	Miso Ginger Grilled Marinated Tofu	\$3.00
Tuesday, November 19, 2024		
	White Bean & Sausage Soup (Gluten-Free)	\$1.75
	Vegetable Lentil Soup (Gluten-Free)	\$1.75
	Pot Roast	\$4.00
	Macaroni & Cheese - per scoop	\$2.00
	Fresh Whipped Potatoes	\$1.25
	Side Order of Gravy	\$0.50
	Roasted Butternut Squash	\$1.00
	Cauliflower Gobi Aloo	\$1.00
	Roasted Fennel, Onion, & Brussel Sprouts	\$1.00
	Fresh Spinach	\$1.00
Lunch Grille Special	Vegetarian Chili	\$4.00
Lunch Wok Special	Kung Pao Chicken & Peanuts Over Rice	\$5.00
Wednesday, November 20, 2024		
"Dock to Table" Fresh Fish	Ham & Potato Chowder	\$1.75
	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)	\$3.25
	Chicken Parmesan with Shells & Sauce	\$5.00
	Chicken Parmesan & Sauce - no shells	\$4.00
	Side of Shells & Sauce	\$2.00
	Organic Tofu Parmesan	\$3.00
	Tofu Parmesan, Shells and Sauce	\$5.00
	Fresh Local Fish of the Day	\$5.50
	Side of Pasta Only or Sauce Only	\$1.25
	Meatball - 1 each	\$0.85
	Roasted Spaghetti Squash	\$1.00
	Roasted Pesto Soy Mushrooms	\$1.00
	Roasted Vegetables	\$1.00
	Garlic Knot	\$0.75
Lunch Grille Special	Meatball Parmesan Sandwich	\$4.50
Lunch Wok Special	Grilled Chicken Wings & Potato Salad	\$5.25
Thursday, November 21, 2024		
	Chicken Vegetable & Quinoa Soup (Gluten-Free)	\$1.75
	Cream of Broccoli & Cheddar	\$1.75
	Turkey, Stuffing, Gravy and Cranberry - Antibiotic Free Turkey	\$4.50
	Organic Tofu with Roasted Vegetables & Balsamic Reduction	\$3.00
	Homemade Meat Lasagna	\$4.00
	Fresh Whipped Potatoes	\$1.25
	Broccoli Cuts	\$1.00
	Mashed Turnips and Carrots	\$1.00
	Whole Green Beans & Almonds	\$1.00
	Cod Fish Sandwich	\$5.50
Friday, November 22, 2024		
	Corned Beef Hash (breakfast special only)	\$2.00
	Shrimp Sarciado Soup	\$1.75
	Chicken Noodle Soup	\$1.75
"Dock to Table" Fresh Fish	Sicilian Baked Fresh Local Cod	\$5.50
	Quinoa Pilaf	\$1.25
	Roasted Potato	\$1.25
	Fresh Spinach	\$1.00
	Beets	\$1.00
	Carrots	\$1.00

Dining Room Hours

Weekdays: 6:30a-7:00p

Weekends: 7:00a-2:00p

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.")

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

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

Menu is subject to change.

Week 2 - 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)	Sodi um (mg)	Potas sium (mg)	Diety Fiber (gm)	Sugar s (gm)
Monday, November 18, 2024													
Soup,Coconut, Chix	GF	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	145	6.0	7.0	3.42+	15.7	18+	521	242	1.4+	3.2+
Mushroom,Portabella,Spin,Artichoke	GF	1 each	341	369	12.2	30.5	8.40+	12.6	39+	847	849+	5.0+	4.8+
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	
Broccoli,Steam,Cuts	GF V	1/2 cup	78	22	2.4	0.1	0.01	4.2	0	9	111	2.3	1.1
Cabbage,Red,Braised	GF V	1/2 cup	232	114	2.9	3.4	0.85+	21.5	0+	116	495	4.3+	13.5+
Fish,Fresh Salmon Miso,w/Lemon	GF	6 ounces	179	265	33.9	12.9	1.80+	1.8	92+	277	830+	0.0+	1.5+
Tofu, Miso Grilled	V	1 each	181	118	12.8	5.3	0.15	5.8	0	315	409	0.0+	1.5+
Tuesday, November 19, 2024													
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	GF V	8 ounces	340	109	5.9	0.1	0.02+	21.5	0+	341	386+	4.4+	4.6+
Pot Roast & Gravy,GF	GF	4 oz	220	299	29.3	14.3	4.76+	9.4	76+	258	623	1.1+	2.3+
Mac & Cheese		1 cup	200	316	14.1	15.9	8.25+	30.0	40+	505	143	1.3+	2.5+
Potato,Whipped Cafe	GF	4 oz	121	78	1.7	1.0	0.25+	16.1	0+	113	313	1.5+	0.3+
Gravy, Beef, Str, GF	GF	2 oz	40	24	0.4	0.0	0.01+	4.9	0+	51	67	0.6+	0.9+
Squash, Butternut Roasted	GF V	1/2 cup	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	134	131	1.6	9.2	0.68+	9.9	0+	126	249+	1.8+	1.7+
Brussel Sprouts,Fennel, Onion Roasted	GF V	1/2 cup	187	120	4.0	6.9	1.77+	13.4	0+	95	534	4.4+	3.5+
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+
Tofu,Kung Pao,w/Nuts,Over Rice		6 ounces	545	612	24.1	28.4	3.96+	70.6	0+	634	892+	8.5+	17.2+
Chicken,Kung Pao,w/Nuts,Over Rice		6 ounces	578	942	48.3	51.9	6.42+	72.5	81+	1077	710+	8.2+	20.7+
Wednesday, November 20, 2024													
Soup,Chowder,Ham,Potato		6 ounces	200	131	3.9	8.7	4.21+	9.3	27+	406	185	0.8+	1.8+
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		4 oz	96	36	0.9	1.4	0.11+	4.5	0+	12	197	1.6+	2.5+
Chicken,Parmesan,PastaSauce	GF V	1 each	282	375	36.8	9.9	3.68+	32.0	88+	358	586	3.3+	4.7+
Tofu,Parmesan,Marinara Sauce		1 each	266	299	21.6	18.6	5.08+	11.4	25+	439	544	1.1+	1.7+
Chicken, Parmesan only		1 each	159	233	32.4	8	3.57	6.5	88	345	337	0.6	0.7
Meatball, Local		1 each	113	280	17.3	21.3	9.34	9.3	100	534	0	0	1.3
Pasta,Shells & M'balls DR		1 each	521	403	18.6	13.1	4.67	57.1	50	415	770+	5.0	12.0
Squash, Spaghetti Roasted	GF V	1/2 cup	215	70	1.4	1.3	0.09+	13.8	0+	39	250	2.8+	5.5+
Mushroom,Roasted,Pesto,Soy	GF V	1/2 cup	128	94	4.9	7.1	1.08+	4.6	3+	196	376+	1.2+	2.7+
Roasted,Vegetable,Fresh,Mix	GF V	1/2 cup	85	45	1.3	2.1	0.17+	5.8	0+	14	189	1.7+	3.0+
Bread,Garlic		1 each	86	254	6.9	9.2	2.31	37.0	0	439		2.3	2.3
Chicken,Wings w/Potato Salad		1 each	476	929	83.4	64.1	14.95+	16.9	210+	1846	319+	1.6+	1.4+
Meatball Parmesan Sub		1 each	336	547	29.7	27.9	12.32	49.4	118	1151	414+	4.3	7.6
Chicken, Wings Only		1 each	302	605	81.8	35.6	10.67	3.6	196	1138		0	0
Thursday, November 21, 2024													
Soup,Chicken,Vegetable,Quinoa,GF	GF	8 ounces	225	62	5.7	1.5	0.30+	5.5	13+	404	194	1.5+	1.1+
Soup,Cream, Broccoli,Cheddar		8 oz	240	225	9.7	17.0	9.08+	9.5	51+	538	171	1.3+	3.0+
Turkey,Stuffing,Gravy,Cafe		1 each	340	438	38.4	12.7	1.30+	41.6	91+	817	539	2.3+	19.4+
Turkey Only	GF	1 each	135	194	27.9	8.5	0.61	1.2	73	389	356	0	0
Tofu,Roasted Vegetable,Balsamic Rdctn	GF V	1 each	223	185	12.9	11.5	0.62+	7.4	0+	238	505	0.9+	1.6+
Lasagna,Meat Homemade		1 each	392	640	46.8	35.3	15.46+	32.7	152+	1316	455+	1.9+	6.9+
Potato,Whipped Cafe	GF	4 oz	121	78	1.7	1.0	0.25+	16.1	0+	113	313	1.5+	0.3+
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
Gravy, Turkey,STR		2 ounces	12	10	0.2	0.3	0.09+	1.5	0+	143	23	0.2+	0.3+
Fish,Taco,Veg Slaw		1 each	356	406	29.0	11.4	2.43+	47.0	45+	763	843+	6.3+	6.2+
Fish,Cod Sandwich,DR		1 each	241	369	28.6	12.6	4.02+	36.0	15+	714	385	4.7	4.3+
Friday, November 22, 2024													
Soup,Shrimp Sarciado		8 oz	109	84	6.8	1.6	0.34+	9.7	75+	725	185	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+
Chicken,Stuffed Apple		1 each	269	436	45.8	20.0	6.68+	15.4	135+	425	556+	1.3+	2.0+
Fish,Sicilian,Baked		1 each	208	177	26.9	5.0	0.33+	4.9	64+	285	699+	1.1+	1.0+
Rice,Whole 5 Grain Blend		1/2 cup	32	113	2.8	0.7	0.00	24.0	0	29	2+	2.1	0.0
Potato,Roasted Red	GF V	1/2 cup	151	145	4.7	7.2	2.13+	14.5	9+	398	335	1.1+	1.1+
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
Beets,Fresh	GF V	1/2 cup	113	49	1.8	0.2	0.03	10.8	0	88	369	3.2	7.7
Zucchini SauteRstRedPepper,local	GF V	1/2 cup	170	50	1.2	1.9	0.13+	4.2	0+	27	570	2.4+	0.5+
Polenta,Black Beans, Salsa	GF V	1 each	267	154	6.0	1.3	0.16+	30.1	0+	761	500+	5.2+	3.4+
Meatloaf,Bacon,Jalapeno Sandwich		1 each	265	594	38.3	27.7	13.53+	32.9	102+	973	420+	4.1+	5.3+