

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

| Mar 10 - 14 | | One price |
|----------------------------------|--|-----------|
| WEEK 2 | LUNCH & DINNER MENU | for all. |
| Monday, March 10, 2025 | | |
| | Coconut Chicken Soup | \$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, March 11, 2025 | | |
| | White Bean & Sausage Soup | \$1.75 |
| | Vegetable Lentil Soup | \$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, March 12, 2025 | | |
| "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, March 13, 2025 | | |
| | Chicken Vegetable & Quinoa Soup | \$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, March 14, 2025 | | |
| | 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]

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

Menu is subject to change.

Week 2 - DHMC Cafe
Nutritional Information

| Recipe Name | Size | Amt (gm) | Calories (kcal) | Protein (gm) | Fat (gm) | SFA (gm) | Carbohydrat (gm) | Cholesterol (mg) | Sodium (mg) | Potassium (mg) | Dietary Fiber (gm) | Sugars (gm) |
|---------------------------------------|----------|----------|-----------------|--------------|----------|----------|------------------|------------------|-------------|----------------|--------------------|-------------|
| Monday, March 10, 2025 | | | | | | | | | | | | |
| Soup,Coconut, Chix | 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 | 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 | 1/2 cup | 148 | 186 | 2.1 | 7.8 | 2.05+ | 27.4 | 0+ | 148 | 464 | 4.1+ | 5.7+ |
| Squash,Winter,Whipped | 1/2 cup | 136 | 63 | 1.6 | 0.0 | | 14.1 | 0 | 0 | 287 | 1.6 | |
| Broccoli,Steam,Cuts | 1/2 cup | 78 | 22 | 2.4 | 0.1 | 0.01 | 4.2 | 0 | 9 | 111 | 2.3 | 1.1 |
| Cabbage,Red,Braised | 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 | 6 ounces | 179 | 265 | 33.9 | 12.9 | 1.80+ | 1.8 | 92+ | 277 | 830+ | 0.0+ | 1.5+ |
| Tofu, Miso Grilled | 1 each | 181 | 118 | 12.8 | 5.3 | 0.15 | 5.8 | 0 | 315 | 409 | 0.0+ | 1.5+ |
| Tuesday, March 11, 2025 | | | | | | | | | | | | |
| Soup,White,Bean, Sausage | 8 ounces | 264 | 137 | 9.2 | 5.3 | 1.47+ | 19.1 | 16+ | 508 | 345+ | 8.2+ | 2.0+ |
| Soup,Vegetable,Lenti | 8 ounces | 340 | 109 | 5.9 | 0.1 | 0.02+ | 21.5 | 0+ | 341 | 386+ | 4.4+ | 4.6+ |
| Pot Roast & Gravy | 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 | 4 oz | 121 | 78 | 1.7 | 1.0 | 0.25+ | 16.1 | 0+ | 113 | 313 | 1.5+ | 0.3+ |
| Gravy, Beef, Str | 2 oz | 40 | 24 | 0.4 | 0.0 | 0.01+ | 4.9 | 0+ | 51 | 67 | 0.6+ | 0.9+ |
| Squash, Butternut Roasted | 1/2 cup | 195 | 145 | 1.8 | 6.2 | 1.62+ | 23.9 | 0+ | 67 | 525 | 2.7+ | 7.9+ |
| Cauliflower,Gobi Aloo | 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 | 1/2 cup | 187 | 120 | 4.0 | 6.9 | 1.77+ | 13.4 | 0+ | 95 | 534 | 4.4+ | 3.5+ |
| Spinach,Fresh(DR) | 1/2 cup | 162 | 37 | 4.6 | 0.6 | 0.10 | 5.9 | 0 | 128 | 904 | 3.6 | 0.7 |
| Chili,Vegetarian | 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, March 12, 2025 | | | | | | | | | | | | |
| 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 | 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 | 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 | 1/2 cup | 215 | 70 | 1.4 | 1.3 | 0.09+ | 13.8 | 0+ | 39 | 250 | 2.8+ | 5.5+ |
| Mushroom,Roasted,Pesto,Soy | 1/2 cup | 128 | 94 | 4.9 | 7.1 | 1.08+ | 4.6 | 3+ | 196 | 376+ | 1.2+ | 2.7+ |
| Roasted,Vegetable,Fresh,Mix | 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, March 13, 2025 | | | | | | | | | | | | |
| Soup,Chicken,Vegetable,Quinoa | 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 | 1 each | 135 | 194 | 27.9 | 8.5 | 0.61 | 1.2 | 73 | 389 | 356 | 0 | 0 |
| Tofu,Roasted Vegetable,Balsamic Rdctn | 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 | 4 oz | 121 | 78 | 1.7 | 1.0 | 0.25+ | 16.1 | 0+ | 113 | 313 | 1.5+ | 0.3+ |
| Beans,Whole Fresh,Almonds | 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, March 14, 2025 | | | | | | | | | | | | |
| 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 | 1/2 cup | 151 | 145 | 4.7 | 7.2 | 2.13+ | 14.5 | 9+ | 398 | 335 | 1.1+ | 1.1+ |
| Spinach,Fresh(DR) | 1/2 cup | 162 | 37 | 4.6 | 0.6 | 0.10 | 5.9 | 0 | 128 | 904 | 3.6 | 0.7 |
| Beets,Fresh | 1/2 cup | 113 | 49 | 1.8 | 0.2 | 0.03 | 10.8 | 0 | 88 | 369 | 3.2 | 7.7 |
| Zucchini SauteRstRedPepper,local | 1/2 cup | 170 | 50 | 1.2 | 1.9 | 0.13+ | 4.2 | 0+ | 27 | 570 | 2.4+ | 0.5+ |
| Polenta,Black Beans, Salsa | 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+ |