



# Duke Raleigh Hospital

## DAILY GRILL MENU

	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
TURKEY BURGER	390	30	23	19	4.5	750	1	4
GARDEN BURGER	390	30	23	19	4.5	750	1	4
GRILLED CHICKEN BREAST	350	29	28	9	2	610	3	5
GRILLED CHICKEN SANDWICH	390	42	33	17	3	820	3	8
BLT	549	42.5	16.2	34	7	1094	4.6	9.3
GRILLED CHEESE ON TEXAS TOAST	410	45	14	18	7	1040	1	6
FRENCH FRIES	340	44	4	16	2	230	4	0
BIG SIRLOIN BURGER	440	0	28	23	9	100	0	0
QUARTER POUND HOT DOG	360	30	18	34	14	1140	2	4
STEAK & CHEESE SUB	789	60	47	44	13	2130	4	7
3 CHICKEN TENDERS	420	24	30	21	3	930	0	0

## ADD ONS:

ADD CHEESE	45	2	4	2.5	1.5	220	0	2
ADD BACON	46	0.1	3.1	3.6	1.2	196	0	0
ADD CHILI	74.2	4.7	10.5	1.4	0.4	215	1	0.5

**WEEK 1****January 8, 2024****MONDAY**

<b>ENTRÉE</b>	<b>CALORIE</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>	<b>SAT FAT (g)</b>	<b>SODIUM (mg)</b>	<b>FIBER (g)</b>	<b>SUGAR (g)</b>
BBQ ROAST TURKEY BREAST	140	<1	23	5	2	610	0	<1
APPLE CRANBERRY PORK	201	11	24	6	2	110	<1	9
<b>SIDES</b>								
STEAMED MIXED VEGETABLES	20	3	1	0	0	30	1	2
ASPARAGUS ALMANDINE	40	2	2	3	1	65	1	<1
STEASONED STEAMED PEAS	80	12	5	2.5	1.5	140	4	4
SCALLION MASHED POTATOES	120	21	2	3.5	2	80	2	2
CRANBERRY-PECAN MIXED GRAINS	160	25	3	6	0.5	190	2	5
<b>SOUP 8 OZ</b>								
MINISTRONE	140	22	5	1	1	210	6	8
CHICKEN & WILD RICE	420	38	12	24	10	630	4	0
DUKE RALEGH FAMOUS CHILI	200	22	13	7	3	780	5	8

**WEEK 1****January 9, 2024****TUESDAY**

<b>ENTRÉE</b>	<b>CALORIE</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>	<b>SAT FAT (g)</b>	<b>SODIUM (mg)</b>	<b>FIBER (g)</b>	<b>SUGAR (g)</b>
JAMAICAN JERK CHICKEN	150	0	24	5	1.5	140	0	0
MAPLE DIJON SALMON	200	14	24	5	1	260	0	11
<b>SIDES</b>								
BABY BOK CHOY	15	2	2	0	0	35	1	<1
LEMON SUGAR SNAP PEAS	40	5	2	1.5	0	50	2	3
SUGAR SNAP PEAS	27	5	2	0.2	0.03	3	2	3
PUERTO RICAN MASHED PLANTAINS	230	29	2	11	2	210	2	0
RED BEANS & RICE	130	26	4	1	0	140	2	1
SCALLION COUSCOUS	120	22	4	2	0	30	2	0
<b>SOUP 8 OZ</b>								
GARDEN VEGETABLE	140	30	2	1	0	210	6	14
PASTA FAGIOLI	260	46	12	4	1	390	10	8
DUKE RALEGH FAMOUS CHILI	200	22	13	7	3	780	5	8

**WEEK 1****January 10, 2024****WEDNESDAY**

<b>ENTRÉE</b>	<b>CALORIE</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>	<b>SAT FAT (g)</b>	<b>SODIUM (mg)</b>	<b>FIBER (g)</b>	<b>SUGAR (g)</b>
ROTISSERIE STYLE CHICKEN	350	3	39	19	5	160	<1	1
BBQ BRISKET	250	31	22	4.5	1.5	1050	<1	28
<b>SIDES</b>								
ROASTED BRUSSELS SPROUTS	35	5	2	1.5	0	60	2	1
CALIFORNIA BLEND VEGETABLES	20	4	1	0	0	25	2	1
SPICY COLLARD GREENS	60	5	3	3.5	1	390	2	<1
ROASTED POTATOES	120	20	2	3	2	390	2	1
CORN PUDDING	350	25	6	27	17	330	1	13
<b>SOUP 8 OZ</b>								
TOMATO BASIL	90	17	3	2	1.5	135	2	
TUSCAN WHITE BEAN & CHICKEN	180	26	12	4	2	700	6	4
DUKE RALEGH FAMOUS CHILI	200	22	13	7	3	780	5	8

**WEEK 1****January 11, 2024****THURSDAY**

<b>ENTRÉE</b>	<b>CALORIE</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>	<b>SAT FAT (g)</b>	<b>SODIUM (mg)</b>	<b>FIBER (g)</b>	<b>SUGAR (g)</b>
CHICKEN PARMESAN	490	23	23	34	8	900	2	3
CHANNA MASALA	100	14	3	3.5	0	210	3	4
<b>SIDE</b>								
STEAMED BROCCOLI FLORETS	20	4	1	0	0	70	2	<1
RATATOUILLE	40	7	1	1.5	0	65	2	3
INDIAN SPICED CAULIFLOWER	90	5	3	7	1	95	2	2
PARSLIED BROWN RICE & FARRO	140	24	4	3	0.5	105	2	2
LINGUINE	120	25	4	0.5	0	10	1	<1
<b>SOUP 8 OZ</b>								
BROCCOLI CHEESE	280	20	6	20	6	420	2	4
MUSHROOM BARLEY	240	26	6	3	0	360	3	6
DUKE RALEGH FAMOUS CHILI	200	22	13	7	3	780	5	8

**WEEK 1***January 12, 2024***FRIDAY**

<b>ENTRÉE</b>	<b>CALORIE</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>	<b>SAT FAT (g)</b>	<b>SODIUM (mg)</b>	<b>FIBER (g)</b>	<b>SUGAR (g)</b>
TURKEY w/ SWEET POTATO HASH	200	14	24	7	2	510	2	6
CRISPY TILAPIA & TOMATILLO SALSA	200	18	18	7	1	190	2	1
<b>SIDE</b>								
BALSAMIC ROASTED VEGETABLES	50	9	1	2	0	75	2	4
ROASTED CARROTS	70	11	1	2.5	0	140	4	5
ZUCCHINI & KALE STIR FRY	30	5	<1	1.5	0	65	1	2
BAKED MAC N' CHEESE	250	28	11	11	6	320	1	4
EDAMAME & MUSHROOM QUINOA	150	19	6	6	0.5	150	3	0
<b>SOUP 8 OZ</b>								
RED PEPPER GOUDA BISQUE	300	18	7	22	9	450	4	13
CHICKEN & DUMPLING	260	36	12	8	3	390	2	2
DUKE RALEGH FAMOUS CHILI	200	22	13	7	3	780	5	8

**WEEK 1***January 13, 2024***SATURDAY**

<b>ENTRÉE</b>	<b>CALORIE</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>	<b>SAT FAT (g)</b>	<b>SODIUM (mg)</b>	<b>FIBER (g)</b>	<b>SUGAR (g)</b>
SESAME CHICKEN	680	54	30	38	10	1020	<1	40
BAKED PIT HAM	130	2	17	5	2	1240	0	3
<b>SIDE</b>								
VEGETABLE STIR FRY	45	5	1	2.5	0	10	2	2
GINGER GREEN BEANS	70	7	2	5	<1	25	3	3
JASMIN RICE	130	29	3	0	0	0	<1	0

**WEEK 1***January 14, 2024***SUNDAY**

<b>ENTRÉE</b>	<b>CALORIE</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>	<b>SAT FAT (g)</b>	<b>SODIUM (mg)</b>	<b>FIBER (g)</b>	<b>SUGAR (g)</b>
LEMON GARLIC CHICKEN	130	<1	21	5	1	230	0	0
HONEY MUSTARD COD	210	13	21	9	1.5	380	0	12
<b>SIDE</b>								
SOUTHWEST SUCCOTASH	110	17	4	3.5	0	70	3	3
SAUTEED ZUCCHINI & TOMATO	40	4	1	2.5	0	50	1	2
SANTA FE POTATO	220	34	3	9	5	210	3	3

**WEEK 2****January 15, 2024****MONDAY**

<b>ENTRÉE</b>	<b>CALORIE</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>	<b>SAT FAT (g)</b>	<b>SODIUM (mg)</b>	<b>FIBER (g)</b>	<b>SUGAR (g)</b>
GENERAL TSO CHICKEN	490	46	24	24	5	1210	2	29
CHIMICHURRI BEEF STEAK	210	0	25	11	4	50	0	0
<b>SIDES</b>								
BROCCOLI & KALE STIR FRY	60	10	3	1.5	0	330	2	4
GREEN BEANS & CARROTS	45	7	1	2	0.5	85	3	3
CHILI-ROASTED CORN	120	23	3	3	0	170	3	4
JASMINE RICE	130	29	3	0	0	0	<1	0
CILANTRO LIME BARLEY	130	27	2	2	0	85	4	1
<b>SOUP 8 OZ</b>								
SOUTHWEST BLACK BEAN	300	38	9	1	0	450	9	
ITALIAN WEDDING	200	28	12	5	2	300	2	0
DUKE RALEGH FAMOUS CHILI	200	22	13	7	3	780	5	8

**WEEK 2****January 16, 2024****TUESDAY**

<b>ENTRÉE</b>	<b>CALORIE</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>	<b>SAT FAT (g)</b>	<b>SODIUM (mg)</b>	<b>FIBER (g)</b>	<b>SUGAR (g)</b>
TURKEY MEATBALL STROGANOFF	200	14	15	11	4	460	1	2
HERB ROASTED PORK LOIN	190	<1	27	7	2.5	160	0	0
<b>SIDES</b>								
SEASONED SPINACH	70	5	5	4.5	1.5	180	4	<1
ROASTED ROOT VEGETABLES	90	18	3	1.5	0	320	5	7
STEAMED MIXED VEGETABLES	20	3	1	0	0	30	1	2
ITALIAN ROAST POTATOES	100	20	2	1.5	0	105	2	1
EGG NOODLES	110	18	4	3	1	10	<1	<1
<b>SOUP 8 OZ</b>								
CORN CHOWDER w/ BACON	240	38	4	7	4	710	2	6
CHICKEN NOODLE	160	18	10	4	1	240	0	0
DUKE RALEGH FAMOUS CHILI	200	22	13	7	3	780	5	8

**WEEK 2****January 17, 2024****WEDNESDAY**

<b>ENTRÉE</b>	<b>CALORIE</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>	<b>SAT FAT (g)</b>	<b>SODIUM (mg)</b>	<b>FIBER (g)</b>	<b>SUGAR (g)</b>
ROTISSERIE STYLE CHICKEN	350	3	39	19	5	160	<1	1
CAULIFLOWER SPINACH LASAGNA	420	22	21	28	15	600	4	4
<b>SIDES</b>								
GRILLED ZUCCHINI SQUASH	15	3	1	0	0	0	1	2
GARLIC BROCCOLI	40	4	2	2.5	0	55	2	1
ROASTED CARROTS	70	11	1	2.5	0	140	4	5
QUINOA TABBOULEH	70	18	4	8	1	80	2	<1
CORN PUDDING	350	25	6	27	17	330	1	13
<b>SOUP 8 OZ</b>								
SPLIT PEA & KALE	150	25	10	1	0	480	10	4
CHICKEN ENCHILADA	210	19	12	9	4	360	4	4
DUKE RALEGH FAMOUS CHILI	200	22	13	7	3	780	5	8

**WEEK 2****January 18, 2024****THURSDAY**

<b>ENTRÉE</b>	<b>CALORIE</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>	<b>SAT FAT (g)</b>	<b>SODIUM (mg)</b>	<b>FIBER (g)</b>	<b>SUGAR (g)</b>
ARROZ CON POLLO	250	23	28	4.5	1	320	1	1
CREOLE SHRIMP & ANDOUILLE	180	9	9	12	4.5	560	1	3
<b>SIDE</b>								
CALABACITAS	50	9	2	1.5	0	50	2	3
BUTTERED CORN ON THE COB	45	6	<1	2.5	1	0	<1	1
COLLARD GREENS	50	8	3	1.5	0	140	3	1
WHITE RICE	120	26	3	0	0	0	0	0
MASHED SWEET POTATOES	100	18	2	3	2	100	3	6
<b>SOUP 8 OZ</b>								
CREAM OF ASPARAGUS	280	26	20	14	5	420	2	10
CHICKEN TAI SPICY	260	17	7	18	8	390	1	4
DUKE RALEGH FAMOUS CHILI	200	22	13	7	3	780	5	8

**WEEK 2***January 19, 2024***FRIDAY**

<b>ENTRÉE</b>	<b>CALORIE</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>	<b>SAT FAT (g)</b>	<b>SODIUM (mg)</b>	<b>FIBER (g)</b>	<b>SUGAR (g)</b>
BAKED BBQ CHICKEN	500	2	39	36	8	790	0	1
RED CURRY COCONUT CRUSTED POLLACK	320	11	22	22	17	900	<1	3
<b>SIDE</b>								
VEGETABLE MEDLEY	45	5	1	2.5	1	50	2	2
SAUTEED MUSHROOM & BRUSSEL SPROUTS	70	5	2	5	0.5	150	2	1
PAPRIKA ROASTED VEGETABLES	70	12	1	2.5	0	100	3	5
SMOKY CHIPOTLE MAC & CHEESE	230	20	8	13	7	280	<1	3
RED QUINOA & BROWN RICE BLEND	210	38	7	3	0	5	3	0
<b>SOUP 8 OZ</b>								
TOMATO FLORENTINE	160	34	6	1	0	240	2	14
CLAM CHOWDER	220	30	6	8	1	330	2	0
DUKE RALEGH FAMOUS CHILI	200	22	13	7	3	780	5	8

**WEEK 2***January 20, 2024***SATURDAY**

<b>ENTRÉE</b>	<b>CALORIE</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>	<b>SAT FAT (g)</b>	<b>SODIUM (mg)</b>	<b>FIBER (g)</b>	<b>SUGAR (g)</b>
CHICKEN BIRYANI	460	35	24	25	9	620	2	4
CUBAN PICADILLO	390	24	23	22	6	970	4	9
<b>SIDE</b>								
SAAG ALOO	120	15	3	6	1	360	3	<1
ROASTED ASPARAGUS	45	3	2	3.5	0	70	1	1
LEMON-GINGER BASMATI RICE	170	32	4	3	0	160	<1	<1

**WEEK 2***January 21, 2024***SUNDAY**

<b>ENTRÉE</b>	<b>CALORIE</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>	<b>SAT FAT (g)</b>	<b>SODIUM (mg)</b>	<b>FIBER (g)</b>	<b>SUGAR (g)</b>
PLUM CHUTNEY PORK CHOP	330	42	26	7	2	280	2	38
SALMON w/ CHERMOULA SAUCE	120	0	15	6	1	50	0	0
<b>SIDE</b>								
LEMON BROCCOLI	20	4	1	0	0	55	2	<1
GARLIC ROASTED VEGETABLES	60	8	2	2.5	0	0	2	3
PARSLIED RED POTATOES	100	18	2	2.5	0	105	2	<1

**WEEK 3****January 22, 2024****MONDAY**

<b>ENTRÉE</b>	<b>CALORIE</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>	<b>SAT FAT (g)</b>	<b>SODIUM (mg)</b>	<b>FIBER (g)</b>	<b>SUGAR (g)</b>
ROASTED HERB TURKEY w/ GRAVY	230	5	32	10	5	830	0	1
SHRIMP ETOUFFEE	180	12	16	8	5	440	2	4
<b>SIDES</b>								
CUMIN SPICED GRILLED CARROTS	40	9	<1	0	0	150	3	4
STEAMED GREEN BEANS	30	7	2	0	0	0	3	3
SAUTEED KALE & SPINACH	60	6	2	3.5	0.5	110	1	2
OLD FASHIONED MASHED POTATOES	120	21	2	3	1.5	80	2	2
HERBED RICE	140	29	3	1.5	0	50	<1	<1
<b>SOUP 8 OZ</b>								
POTATO LEEK	260	34	4	12	3	650	2	2
CHICKEN GUMBO w/ PORK	240	24	4	1	0	360	2	0
DUKE RALEGH FAMOUS CHILI	200	22	13	7	3	780	5	8

**WEEK 3****January 23, 2024****TUESDAY**

<b>ENTRÉE</b>	<b>CALORIE</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>	<b>SAT FAT (g)</b>	<b>SODIUM (mg)</b>	<b>FIBER (g)</b>	<b>SUGAR (g)</b>
BAKED PANKO CRUSTED RANCH CHICKEN	240	16	24	8	1.5	810	<1	1
SPICKY BLACK BEAN CAKES	190	17	5	11	1.5	150	4	<1
<b>SIDES</b>								
ROASTED CAULIFLOWER	70	5	2	5	0.5	160	3	2
PEA & CARROT VEGETABLE MIX	25	5	1	0	0	20	1	2
BROCCOLI & RED PEPPER STIR FRY	35	5	<1	1.5	0	65	2	1
CILANTRO LIME BROWN RICE	140	29	3	1.5	0	50	1	0
CREAMY POLENTA	170	30	6	3.5	1.5	300	2	6
<b>SOUP 8 OZ</b>								
BUTTERNUT SQUASH	230	20	2	16	7	350	2	18
CHUCK WAGON CHILI	260	19	16	13	4.5	390	5	
DUKE RALEGH FAMOUS CHILI	200	22	13	7	3	780	5	8



**WEEK 3***January 24, 2024***WEDNESDAY**

<b>ENTRÉE</b>	<b>CALORIE</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>	<b>SAT FAT (g)</b>	<b>SODIUM (mg)</b>	<b>FIBER (g)</b>	<b>SUGAR (g)</b>
ROTISSERIE STYLE CHICKEN	350	3	39	19	5	160	<1	1
COUNTRY STYLE MEATLOAF	280	21	19	13	4.5	480	1	8
<b>SIDES</b>								
GARLIC ROASTED VEGETABLES	60	8	2	2.5	0	0	2	3
SPINACH GRATIN	150	11	8	9	5	360	2	4
ROASTED BUTTERNUT SQUASH	80	14	1	2.5	0	5	4	3
HERB ROASTED RED POTATOES	100	20	2	1.5	0	105	2	1
CORN PUDDING	350	25	6	27	17	330	1	13
<b>SOUP 8 OZ</b>								
MEDITERRANEAN VEGETABLE	200	34	10	3	0	640	10	8
CHEESY CHICKEN TORTILLA	240	34	18	4	2	360	4	6
DUKE RALEGH FAMOUS CHILI	200	22	13	7	3	780	5	8

**WEEK 3***January 25, 2024***THURSDAY**

<b>ENTRÉE</b>	<b>CALORIE</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>	<b>SAT FAT (g)</b>	<b>SODIUM (mg)</b>	<b>FIBER (g)</b>	<b>SUGAR (g)</b>
CHILI RUBBED SPARERIBS	470	2	27	40	12	1190	0	1
MEAT LASAGNA	340	23	25	15	7	280	2	6
<b>SIDE</b>								
VEGETABLE MEDLEY	45	5	1	2.5	1	50	2	2
FRESH ASPARAGUS	20	3	2	0	0	10	2	1
STEAMED SUGAR SNAP PEAS	25	5	2	0	0	0	2	3
PIMENTO STYLE CHEESE GRITS	100	15	3	3.5	2	200	<1	3
HARISSA SPICED FARRO	160	29	6	2.5	0.5	90	2	1
<b>SOUP 8 OZ</b>								
GINGER CARROT	120	19	2	4.5	0	310	4	8
CHEDDAR BAKED POTATO w/ PORK	350	36	8	28	6	525	2	0
DUKE RALEGH FAMOUS CHILI	200	22	13	7	3	780	5	8

**WEEK 3****January 26, 2024****FRIDAY**

<b>ENTRÉE</b>	<b>CALORIE</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>	<b>SAT FAT (g)</b>	<b>SODIUM (mg)</b>	<b>FIBER (g)</b>	<b>SUGAR (g)</b>
BUFFALO CHICKEN WINGS	440	4	21	37	9	1460	1	2
GRILLED LEMON HERB TILAPIA	180	1	16	13	2	80	0	0
<b>SIDE</b>								
STEAMED MIXED VEGETABLES	20	3	1	0	0	30	1	2
ZUCCHINI & TOMATOES	40	4	1	3	0	50	1	2
GREEN BEAN CASSEROLE	100	12	3	5	2	240	3	3
PESTO COUSCOUS	180	22	5	8	1	110	2	1
WILD RICE	100	21	4	0	0	5	2	<1
<b>SOUP 8 OZ</b>								
LENTIL MOROCCAN	140	28	7	0.5	0	210	6	5
VEGETABLE LUMBERJACK w/ BEEF BROTH	220	30	4	8	4	330	4	8
DUKE RALEGH FAMOUS CHILI	200	22	13	7	3	780	5	8

**WEEK 3****January 27, 2024****SATURDAY**

<b>ENTRÉE</b>	<b>CALORIE</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>	<b>SAT FAT (g)</b>	<b>SODIUM (mg)</b>	<b>FIBER (g)</b>	<b>SUGAR (g)</b>
MEDITERRANEAN CHICKEN	200	5	24	9	2.5	570	1	3
PEACH BBQ PULLED PORK	1050	49	92	56	19	1690	3	44
<b>SIDE</b>								
ROASTED GARLIC CARROTS	70	11	1	2.5	0	140	4	5
ROASTED BROCCOLI	50	4	2	3.5	0	65	2	1
O'BRIEN POTATOES	150	20	2	7	1	140	2	2

**WEEK 3****January 28, 2024****SUNDAY**

<b>ENTRÉE</b>	<b>CALORIE</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>	<b>SAT FAT (g)</b>	<b>SODIUM (mg)</b>	<b>FIBER (g)</b>	<b>SUGAR (g)</b>
HONEY TURMERIC CHICKEN BREAST	140	1	27	3.5	1	240	0	1
BAKED ESCOVITCH FISH	110	4	19	1	0	430	<1	2
<b>SIDE</b>								
BALSAMI ROASTED VEGETABLES	50	9	1	2	0	75	2	4
GRILLED ZUCCHINI SQUASH	15	3	1	0	0	0	1	2
ARROZ ROJO	100	21	2	1	0	40	1	0