



# Duke Raleigh Hospital

**WEEK 1**

**August 26, 2019**

**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>
CHICKEN W/LEMON ARTICHOKE SAUCE	208.5	11	23	7.6	1	446	2	0.7
ANCHO LIME FLANK STEAK	199	1.6	21	11	3.5	133	<1	<1
<b>SIDES</b>								
GREEN BEANS AMANDINE	84	10	3	4	0.4	3	4	4
ZUCCHINI & TOMATOES	39	4	1	3	0.3	51.5	1	2
SOUTHWESTERN SUCCOTASH	109	17	4	3.5	0.4	71	3	3
BLACK BEANS	116	20	7	1	0.2	230	7	0.6
LEMON-CAPER COUSCOUS	113	22	4	2	0.3	208	1	<1
<b>SOUP</b>								
CHICKEN TORTILLA								
8OZ	280	30	16	10	5	3360	2	10
12OZ	420	45	24	15	7.5	5040	3	15
DUKE RALEGH FAMOUS CHILI								
8OZ	200	22	13	7	3	780	5	8
12OZ	300	33	19.5	10.5	4.5	1170	7.5	12



# Duke Raleigh Hospital

**WEEK 1**

**August 27, 2019**

**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>
HERB ROASTED PORK LOIN	148	0.5	25	4	1	253	0.2	0.04
GARLIC GRILLED SALMON	162	0.3	23	8	1	194	0.03	0.01
<b>SIDES</b>								
BABY BOK CHOY	12.5	2	2	0.2	0.02	35	1	0.9
STIR FRY VEGETABLES	46	5	1.5	2	0.3	9.5	1.5	2.5
SUGAR SNAP PEAS	27	5	2	0.2	0.03	3	2	3
HOMESTYLE MASHED POTATOES	122	21	2	3	2	82	2	2
CURRIED JASMINE RICE	105	19.5	2	2	1	109	1.5	3
<b>SOUP</b>								
TOMATO BASIL								
8OZ	280	20	4	20	6	850	3	16
12OZ	420	30	6	30	9	1275	4.5	24
DUKE RALEIGH FAMOUS CHILI								
8OZ	200	22	13	7	3	780	5	8
12OZ	300	33	19.5	10.5	4.5	1170	7.5	12



# Duke Raleigh Hospital

**WEEK 1**

**August 28, 2019**

**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>
COUNTRY STYLE MEAT LOAF	272	21	19	12	4.5	477	1	8
FRIED CHICKEN	526	19	41	31	8	304	1	<1
<b>SIDES</b>								
ROASTED BRUSSELS SPROUTS	37	5	2	1.5	0.2	62	2	1
SQUASH & KALE STIR FRY	9	2	0.4	0.1	0.02	7	<1	<1
CONFETTIE BROWN RICE	120	21	2	3	0.5	43	1	1
GARLIC MASHED POTATOES	59	8	2	3	0.3	4.7	2	3.5
CORN PUDDING	354	25	5.6	27	17	329	1	13
<b>SOUP</b>								
CHICKEN LEMON ORZO								
8OZ	80	13	5	1	0	410	1	1
12OZ	120	19.5	7.5	1.5	0	615	1.5	1.5
DUKE RALEIGH FAMOUS CHILI								
8OZ	200	22	13	7	3	780	5	8
12OZ	300	33	19.5	10.5	4.5	1170	7.5	12



# Duke Raleigh Hospital

**WEEK 1**

**August 29, 2019**

**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>
BAKED PANKO CRUSTED RANCH CHICKEN	236	17	24.5	8	2	819.5	<1	1
VIETNAMESE PORK CHOP	135	2	22	4	1	217	<1	2
<b>SIDE</b>								
SPICY COLLARD GREENS	58	5	3	3	<1	391	2	<1
STEAMED MIXED VEGETABLES	18	3.5	1	0.3	0.05	32	1	2
CALABACITAS	49	9	2	2	0.2	49	2	3
LINGUINE	123	24	4	<1	0.1	9	1	1
SCALLION MASHED POTATOES	122	21	2	3	2	81.5	2	2
<b>SOUP</b>								
NEW ENGLAND CLAM CHOWDER								
8OZ	220	30	10	7	1	1600	4	4
12OZ	330	45	15	10.5	1.5	2400	6	6
DUKE RALEIGH FAMOUS CHILI								
8OZ	200	22	13	7	3	780	5	8
12OZ	300	33	19.5	10.5	4.5	1170	7.5	12



# Duke Raleigh Hospital

**WEEK 1**

**August 30, 2019**

**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>
BBQ CHICKEN	441	13	45	22	6	742.5	0.5	10
HERBED BAKED TILAPIA	96	0.3	16	4	1	0.3	0.1	<1
<b>SIDE</b>								
ROASTED CARROTS	90	15	1	3	0.5	190	5	6
STEAMED FRESH BROCCOLI	19	4	1	0.2	0.04	22	2	<1
BUTTER BEANS	158	16	8	7	3	287	4	2
SEASONED CORN	98	17	2	3.5	1	71	2	3
BAKED MAC N' CHEESE	255.5	27	11	11	6	319	1	4
<b>SOUP</b>								
SEVEN BEAN MEDLEY								
8OZ	220	38	10	3	0	1960	10	6
12OZ	330	57	15	4.5	0	2940	15	9
DUKE RALEIGH FAMOUS CHILI								
8OZ	200	22	13	7	3	780	5	8
12OZ	300	33	19.5	10.5	4.5	1170	7.5	12



# Duke Raleigh Hospital

**WEEK 1**

**August 31, 2019**

## **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>
KOREAN BBQ PORK CHOP	189	9	23	6	1	466	1	6.5
CHICKEN TERIYAKI	283	23	16	14	3	789	2	14
<b>SIDE</b>								
VEGETABLE STIR FRY	40	7	2	1	0.1	224.5	2	2
GINGER GREEN BEANS	73	7	2	5	<1	24	3	3
BASMATI RICE	134	30	3	0.4	0.07	4	0.3	0.3

**WEEK 1**

**September 1, 2019**

## **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>
YANKEE POT ROAST	262	8	25	14	6	246	1	2
GRILLED LEMON ROSEMARY CHICKEN	159	0.4	26	5	1	108	0.1	0.02
<b>SIDE</b>								
FRESH ASPARAGUS	18	3	2	<1	<1	12	2	1
MASHED POTATOES	118	20	2	3	2	59.5	2	1.5



# Duke Raleigh Hospital

## DAILY GRILL MENU

	<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 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