



Duke Raleigh Hospital

WEEK 2

February 19, 2018

MONDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
ASIAN 5 SPICE CHICKEN	120	2	21	2.5	0.5	200	0	2
CILANTRO LIME PANGASIUS	170	<1	16	11	2	240	0	0
SIDES								
ZUCCHINI & YELLOW SQUASH	60	4	1	5	0.5	60	1	3
CHILI - ROASTED CORN	120	23	3	3	0	170	3	4
STIR - FRY VEGETABLES	60	10	3	1.5	0	330	2	4
VEGGIE LO MEIN	160	26	4	4	0.5	410	1	3
YELLOW RICE	140	27	3	2.5	0	120	0	0
SOUP								
BROCCOLI CHEESE								
8OZ	280	20	6	20	7	1300	2	4
12OZ	420	30	9	30	10.5	1950	3	6
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 2

February 20, 2018

TUESDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
CHEESE LASAGNA	450	54	22	16	3.5	670	5	12
CUMIN - RUBBED PORK LOIN	150	0	25	4.5	1.5	250	0	0
SIDES								
COLLAR GREENS	49.1	7.8	2.9	1.5	0.2	140	2.7	1.2
STEAMED CAULIFLOWER	15	3	1	0	0	10	2	1
PEAS & PEARL ONIONS	35	7	2	0	0	30	2	3
SAEONED BLACK BEANS	110	18	7	1	0	110	7	<1
CURRIES JASINE RICE	100	20	2	2.5	1.5	110	2	3
SOUP								
CHICKEN GUMBO								
8OZ	120	22	6	1	0	1620	2	6
12OZ	180	33	9	1.5	0	2430	3	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



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February 21, 2018

WEDNESDAY

ENTRÉE

ROAST BEEF	200	0	30	8	3	250	0	0
FRIED CHICKEN	650	40	48	33	8	350	3	3

SIDES

FRESH WHOLE GREEN BEANS	30	7	2	0	0	0	3	3
HAONEY GLAZED CARROTS	100	20	<1	3	1	140	2	16
BRAISED CABBAGE	90	15	3	2.5	1	300	2	12
MASHED POTATOES	120	21	2	3.5	2	80	2	2
CORN PUDDING	350	26	14	26	16	310	1	14

SOUP

SPICY THAI CHICKEN								
8OZ	240	13	7	18	7	990	1	4
12OZ	360	19.5	10.5	27	10.5	1485	1.5	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 2

February 22, 2018

THURSDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
MEXICAN CHICKEN & RICE	250	23	28	4.5	1	320	1	1
CHILI RUBBED SPARERIBS	470	2	27	40	12	1190	0	1
SIDE								
VEGETABLE STIR FRY	40	7	2	1	0	220	2	2
BROCCOLI & CAULIFLOWER	15	3	2	0	0	10	2	<1
STEWED TOMATOES	50	8	1	2	0.5	85	2	5
BAKED SWEET POTATO	120	29	3	0	0	50	5	9
SPANISH RICE	110	21	2	1.5	0	70	<1	2
SOUP								
CHICKEN TORTILLA								
8OZ	180	28	8	4	1	1400	6	8
12OZ	270	42	12	6	1.5	2100	9	12
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



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WEEK 2

February 23, 2018

FRIDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
GRILLED KIELBASA	400	7	13	35	12	1110	<1	2
CRISPY CATFISH	340	6	17	27	5	310	0	<1
SIDE								
CORN ON THE COB	50	13	2	0	0	0	2	2
SUGAR SNAP PEAS	25	5	2	0	0	0	2	3
COLLARD GREENS	90	7	5	4.5	1.5	370	4	1
ROASTED RED POTATOES	100	20	2	1.5	0	10	2	1
BAKED MAC & CHEESE	260	27	11	11	6	320	1	4
HUSHPUPPIES (5EACH)	375	72.5	12.5	5	1.3	375	5	7.5
SOUP								
CRAB & CORN CHOWDER								
8OZ	290	22	8	19	8	1110	2	8
12OZ	435	33	12	28.5	12	1665	3	12
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



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WEEK 2

February 24, 2018

SATURDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
BRAISED APPLE PORK CHOP	190	6	23	8	1.5	240	0	4
SIDE								
SEASONED VEGETABLES	60	12	3	0	0	30	4	3
HERBED RICE	140	29	3	1.5	0	50	<1	<1

WEEK 2

February 25, 2018

SUNDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
ROASTED TURKEY BREAST	130	0	26	2	0.5	85	0	0
SIDE								
GRILLED GREEN BEANS	50	7	2	2.5	0	0	3	3
SCALLION MASHED POTATOES	120	21	2	3.5	2	80	2	2



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