



Duke Raleigh Hospital

WEEK 1

May 7, 2018

MONDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
GARLIC GRILLED SALMON	180	0	22	9	1.5	160	0	0
SESAME BEEF STIR FRY	210	14	18	10	1.5	310	4	4
SIDES								
GREEN BEANS & TOMTAOES	50	8	2	2	0	130	3	4
HONEY GLAZED CARROTS	100	20	<1	3	1	140	2	16
BLANCHED BROCCOLI FLORETS	35	7	3	0	0	35	3	2
VEGGIE LO MEIN	160	26	4	4	0.5	410	1	3
JASMINE RICE	130	39	3	0	0	0	<1	0
SOUP								
THAI SPICY CHICKEN								
8OZ	240	13	7	18	7	990	1	4
12OZ	360	19.5	10.5	27	10.5	1485	1.5	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 1

May 8, 2018

TUESDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
HERB ROASTED PORK LOIN	300	1	50	9	2.5	510	0	0
CHIPOTLE ORANGE CHICKEN	150	10	22	3	0.5	220	0	7
SIDES								
MIXED VEGETABLES	20	3	1	0	0	30	1	2
CORN ON THE COB	50	13	2	0	0	0	2	2
SAUTEED ZUCCHINI & TOMATOES	40	4	1	2.5	0	50	1	2
PAPAS RANCHERAS	70	14	2	1	0	190	2	2
BAKED MAC & CHEESE	260	27	11	11	6	320	1	4
SOUP								
ITALIAN WEDDING								
8OZ	220	28	10	7	2	1480	2	4
12OZ	330	42	15	10.5	3	2220	3	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

May 9, 2018

WEDNESDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
SALISBURY STEAK W/ MUSHROOM								
SAUCE	260	21	19	11	4	520	1	8
FRIED CHICKEN	650	40	48	33	8	350	3	3
SIDES								
CRISPY OKRA	110	15	2	5	1	380	1	1
MUSHROOMS & PEAS	100	14	5	3	1.5	140	5	4
GREEN CABBAGE	120	28	6	0	0	40	10	14
MASHED POTATOES	120	21	2	3.5	2	80	2	2
CORN PUDDING	350	26	6	26	16	310	1	14
SOUP								
TOMATO FLORENTINE								
8OZ	160	34	6	1	0	1560	2	14
12OZ	240	51	9	1.5	0	2340	3	21
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

May 10, 2018

THURSDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
EGGPLANT PARMESAN	360	41	17	14	6	500	6	9
BBQ BRISKET	280	40	19	4	1.5	700	0	35
SIDE								
COLLARD GREENS	49.1	7.8	2.9	1.5	0.2	140	2.7	1.2
CALIFORNIA MIXED VEGETABLES	20	4	1	0	0	25	2	1
ZUCCHINI, CORN & GREEN CHILI	45	8	2	1.5	0	80	2	2
LINGUINE	120	24	4	0.5	0	10	1	1
ROASTED RED POTATOES	100	20	2	1.5	0	10	2	1
SOUP								
SPILT PEA W/ HAM								
8OZ	320	46	18	8	1	1560	14	6
12OZ	480	69	27	12	1.5	2340	971	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

May 11, 2018

FRIDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
YANKEE POT ROAST	260	8	25	14	6	250	1	2
HERBED BAKED TILAPIA	120	0	21	4	1	90	0	0
SIDE								
ROASTED CARROTS	90	15	1	3.5	0	240	5	6
GRALIC BROCCOLI	40	4	2	2.5	0	55	2	1
ITALIAN VEGETABLE BLEND	35	7	2	0	0	25	2	2
MEXI - RICE	130	28	3	0	0	25	2	2
STEAMED RED POTAOES	80	18	2	0	0	0	2	<1
SOUP								
CRAB BISQUE								
8OZ	280	14	10	21	9	990	1	3
12OZ	420	21	15	31.5	13.5	1485	1.5	4.5
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

May 12, 2018

SATURDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
PORK SZECHUAN	210	15	21	7	1.5	700	2	8
SIDE								
MIXED VEGETABLE BLEND	20	3	1	0	0	30	1	2
VEGETABLE FRIED RICE	130	21	4	3.5	0	310	<1	2

WEEK 1

May 13, 2018

SUNDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
HERB ROASTED CHICKEN	390	2	44	22	6	320	0	0
SIDE								
GREEN BEANS & PEPPERS	90	11	2	5	0.5	95	3	5
HERB - ROASTED POTATOES	120	22	2	2.5	0	5	2	2



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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