



Duke Raleigh Hospital

WEEK 3

August 2, 2021

MONDAY

| ENTRÉE | CALORIE | CARBS (g) | PROTEIN (g) | FAT (g) | SAT FAT (g) | SODIUM (mg) | FIBER (g) | SUGAR (g) |
|-------------------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| ROASTED HERB TURKEY w/ GRAVY | 230 | 5 | 32 | 10 | 5 | 830 | 0 | 1 |
| SHRIMP ETOUFFEE | 180 | 12 | 16 | 8 | 5 | 440 | 2 | 4 |
| SIDES | | | | | | | | |
| 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 |



Duke Raleigh Hospital

WEEK 3

August 3, 2021

TUESDAY

| ENTRÉE | CALORIE | CARBS (g) | PROTEIN (g) | FAT (g) | SAT FAT (g) | SODIUM (mg) | FIBER (g) | SUGAR (g) |
|-----------------------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| BAKED PANKO CRUSTED RANCH CHICKEN | 240 | 16 | 24 | 8 | 1.5 | 810 | <1 | 1 |
| SPICY BLACK BEAN CAKES | 190 | 17 | 5 | 11 | 1.5 | 150 | 4 | <1 |
| SIDES | | | | | | | | |
| ROASTED CAULIFLOWER | 70 | 5 | 2 | 5 | 0.5 | 160 | 3 | 2 |
| PEA & CARROTT 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 |



Duke Raleigh Hospital

WEEK 3

August 4, 2021

WEDNESDAY

| ENTRÉE | CALORIE | CARBS (g) | PROTEIN (g) | FAT (g) | SAT FAT (g) | SODIUM (mg) | FIBER (g) | SUGAR (g) |
|---------------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| ROTISSERIE STYLE CHICKEN | 350 | 3 | 39 | 19 | 5 | 160 | <1 | 1 |
| COUNTRY STYLE MEATLOAF | 280 | 21 | 19 | 13 | 4.5 | 480 | 1 | 8 |
| SIDES | | | | | | | | |
| 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 |



Duke Raleigh Hospital

WEEK 3

August 5, 2021

THURSDAY

| ENTRÉE | CALORIE | CARBS (g) | PROTEIN (g) | FAT (g) | SAT FAT (g) | SODIUM (mg) | FIBER (g) | SUGAR (g) |
|----------------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| CHILI RUBBED SPARERIBS | 470 | 2 | 27 | 40 | 12 | 1190 | 0 | 1 |
| MEAT LASAGNA | 340 | 23 | 25 | 15 | 7 | 280 | 2 | 6 |
| SIDE | | | | | | | | |
| 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 |



Duke Raleigh Hospital

WEEK 3

August 6, 2021

FRIDAY

| ENTRÉE | CALORIE | CARBS (g) | PROTEIN (g) | FAT (g) | SAT FAT (g) | SODIUM (mg) | FIBER (g) | SUGAR (g) |
|------------------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| BUFFALO CHICKEN WINGS | 440 | 4 | 21 | 37 | 9 | 1460 | 1 | 2 |
| GRILLED LEMON & HERB TILAPIA | 180 | 1 | 16 | 13 | 2 | 80 | 0 | 0 |
| SIDE | | | | | | | | |
| STEAMED MIXED VEGETABLES | 20 | 3 | 1 | 0 | 0 | 30 | 1 | 2 |
| SAUTEED ZUCCHINI & TOMATOES | 40 | 4 | 1 | 2.5 | 0 | 50 | 1 | 2 |
| GREEN BEAN CASSEROLE | 100 | 12 | 3 | 5 | 2.5 | 240 | 3 | 4 |
| WILD RICE | 100 | 21 | 4 | 0 | 0 | 5 | 2 | <1 |
| PESTO COUSCOUS | 180 | 22 | 5 | 8 | 1 | 110 | 2 | 0 |



Duke Raleigh Hospital

WEEK 3

August 7, 2021

SATURDAY

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

WEEK 3

August 8, 2021

SUNDAY

| ENTRÉE | CALORIE | CARBS (g) | PROTEIN (g) | FAT (g) | SAT FAT (g) | SODIUM (mg) | FIBER (g) | SUGAR (g) |
|-------------------------------|---------|-----------|-------------|---------|-------------|-------------|-----------|-----------|
| HONEY TURMERIC CHICKEN BREAST | 140 | 1 | 27 | 3.5 | 1 | 240 | 0 | 1 |
| BAKED ESCOVITCH FISH | 110 | 4 | 19 | 1 | 0 | 430 | <1 | 2 |
| SIDE | | | | | | | | |
| BALSAMIC 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 |



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 |
| BIG SIRLOIN BURGER | 550 | 26 | 29 | 36 | 14 | 540 | 0 | 3 |
| 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 |