



# Duke Raleigh Hospital

*WEEK 1*

*January 11, 2020*

## **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	210	11	24	6	2	110	<1	9
<b>SIDES</b>								
STEAMED MIXED VEGETABLES	20	3	1	0	0	30	1	2
ASPARAGUS AMANDINE	40	2	2	3	1	65	1	<1
SEASONED 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



# Duke Raleigh Hospital

**WEEK 1**

*January 12, 2020*

**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
LEMONY SUGAR SNAP PEAS	40	5	2	1.5	0	50	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



# Duke Raleigh Hospital

*WEEK 1*

*January 13, 2020*

## 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
BBQ BRISKET	250	31	22	4.5	1.5	1050	<1	28
SIDES								
ROASTED BRUSSEL SPROUTS	35	5	2	1.5	0	60	2	1
CALIFORNIA BLEND VEGETABLES	20	4	1	0	0	25	2	1
SPICY COLLARG GREENS	60	5	3	3.5	1	390	2	<1
ROASTED POTATOES	120	20	2	3	2	60	2	1
CORN PUDDING	350	25	6	27	17	330	1	13



# Duke Raleigh Hospital

*WEEK 1*

*January 14, 2020*

## **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



# Duke Raleigh Hospital

*WEEK 1*

*January 15, 2020*

## *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



# Duke Raleigh Hospital

**WEEK 1**

*January 16, 2020*

## **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>
SESANE CHICKEN	680	54	30	38	10	1020	<1	40
BAKED PIT HAM	130	3	17	5	2	1240	0	3
<b>SIDE</b>								
STIR FRY VEGETABLES	45	5	1	2.5	0	10	2	2
GINGER GREEN BEANS	70	7	2	5	0.5	25	3	3
JASMIN RICE	130	29	3	0	0	0	<1	0

**WEEK 1**

*January 17, 2020*

## **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



# 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
<b>ADD ONS:</b>								
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