



Duke Raleigh Hospital

WEEK 2

January 18, 2020

MONDAY

| ENTRÉE | CALORIE | CARBS (g) | PROTEIN (g) | FAT (g) | SAT FAT (g) | SODIUM (mg) | FIBER (g) | SUGAR (g) |
|--------------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| GENERAL TSO CHICKEN | 490 | 46 | 24 | 24 | 5 | 1210 | 2 | 29 |
| CHIMICHURRI BEEF STEAK | 210 | 0 | 25 | 11 | 4 | 50 | 0 | 0 |
| SIDES | | | | | | | | |
| BROCCOLI & KALE STIR FRY | 60 | 10 | 3 | 1.5 | 0 | 330 | 2 | 4 |
| GREEN BEANS & CARROTS | 45 | 7 | 1 | 2 | 0.5 | 85 | 3 | 3 |
| CHILI-ROASTED CORN | 120 | 23 | 3 | 3 | 0 | 170 | 3 | 4 |
| JASMINE RICE | 130 | 29 | 3 | 0 | 0 | 0 | <1 | 0 |
| CILANTRO LIME BARLEY | 130 | 27 | 2 | 2 | 0 | 85 | 4 | 1 |



Duke Raleigh Hospital

WEEK 2

January 19, 2020

TUESDAY

| ENTRÉE | CALORIE | CARBS (g) | PROTEIN (g) | FAT (g) | SAT FAT (g) | SODIUM (mg) | FIBER (g) | SUGAR (g) |
|----------------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| TURKEY MEATBALL STROGANOFF | 200 | 14 | 15 | 11 | 4 | 460 | 1 | 2 |
| HERB ROASTED PORK LOIN | 190 | <1 | 27 | 7 | 2.5 | 160 | 0 | 0 |
| SIDES | | | | | | | | |
| SEASONED SPINACH | 70 | 5 | 5 | 4.5 | 1.5 | 180 | 4 | <1 |
| ROASTED ROOT VEGETABLES | 90 | 18 | 3 | 1.5 | 0 | 320 | 5 | 7 |
| STEAMED MIXED VEGETABLES | 20 | 3 | 1 | 0 | 0 | 30 | 1 | 2 |
| ITALIAN ROAST POTATOES | 100 | 20 | 2 | 1.5 | 0 | 105 | 2 | 1 |
| EGG NOODLES | 110 | 18 | 4 | 3 | 1 | 10 | <1 | <1 |



Duke Raleigh Hospital

WEEK 2

January 20, 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 |
| CAULIFLOWER SPINACH LASAGNA | 420 | 22 | 21 | 28 | 15 | 600 | 4 | 4 |
| SIDES | | | | | | | | |
| GARLIC BROCCOLI | 40 | 4 | 2 | 2.5 | 0 | 55 | 2 | 1 |
| GRILLED ZUCCHINI SQUASH | 15 | 3 | 1 | 0 | 0 | 0 | 1 | 2 |
| ROASTED CARROTS | 70 | 11 | 1 | 2.5 | 0 | 140 | 4 | 5 |
| QUINOA TABBOULEH | 70 | 18 | 4 | 8 | 1 | 80 | 2 | <1 |
| CORN PUDDING | 350 | 25 | 6 | 27 | 17 | 330 | 1 | 13 |



Duke Raleigh Hospital

WEEK 2

January 21, 2020

THURSDAY

| ENTRÉE | CALORIE | CARBS (g) | PROTEIN (g) | FAT (g) | SAT FAT (g) | SODIUM (mg) | FIBER (g) | SUGAR (g) |
|---------------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| ARROZ CON POLLO | 250 | 23 | 28 | 4.5 | 1 | 320 | 1 | 1 |
| CREOLE SHRIMP & ANDOUILLE | | | | | | | | |
| SAUSAGE | 180 | 9 | 9 | 12 | 4.5 | 560 | 1 | 3 |
| SIDE | | | | | | | | |
| CALABACITAS | 50 | 9 | 2 | 1.5 | 0 | 50 | 2 | 3 |
| BUTTERED CORN ON THE COB | 45 | 6 | <1 | 2.5 | 1 | 0 | <1 | 1 |
| COLLARD GREENS | 50 | 8 | 3 | 1.5 | 0 | 140 | 3 | 1 |
| WHITE RICE | 120 | 26 | 3 | 0 | 0 | 0 | 0 | 0 |
| MASHED SWEET POTATOES | 100 | 18 | 2 | 3 | 2 | 100 | 3 | 6 |



Duke Raleigh Hospital

WEEK 2

January 22, 2021

FRIDAY

| ENTRÉE | CALORIE | CARBS (g) | PROTEIN (g) | FAT (g) | SAT FAT (g) | SODIUM (mg) | FIBER (g) | SUGAR (g) |
|---------------------------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| BAKED BBQ CHICKEN | 500 | 2 | 39 | 36 | 8 | 790 | 0 | 1 |
| RED CURRY COCONUT CRUSTED POLLOCK | 320 | 11 | 22 | 22 | 17 | 900 | <1 | 3 |
| SIDE | | | | | | | | |
| VEGETABLE MEDLEY | 45 | 5 | 1 | 2.5 | 1 | 50 | 2 | 2 |
| SAUTEED MUSHROOM & BRUSSEL SPROUTS | 70 | 5 | 2 | 5 | 0.5 | 150 | 2 | 1 |
| PAPRIKA ROASTED VEGETABLES | 70 | 12 | 1 | 2.5 | 0 | 100 | 3 | 5 |
| SMOKEY CHIPOTLE MAC 'N CHEESE | 230 | 20 | 8 | 13 | 7 | 280 | <1 | 3 |
| RED QUINOA & BROWN RICE BLEND | 210 | 38 | 7 | 3 | 0 | 5 | 3 | 0 |



Duke Raleigh Hospital

WEEK 2

January 23, 2021

SATURDAY

| ENTRÉE | CALORIE | CARBS (g) | PROTEIN (g) | FAT (g) | SAT FAT (g) | SODIUM (mg) | FIBER (g) | SUGAR (g) |
|---------------------------|---------|-----------|-------------|---------|-------------|-------------|-----------|-----------|
| CHICKEN BIRYANI | 460 | 35 | 24 | 25 | 9 | 620 | 2 | 4 |
| CUBAN PICADILLO | 390 | 24 | 23 | 22 | 6 | 970 | 4 | 9 |
| SIDE | | | | | | | | |
| SAAG ALOO | 120 | 15 | 3 | 6 | 1 | 360 | 3 | <1 |
| ROASTED ASPARAGUS | 45 | 3 | 2 | 3.5 | 0 | 70 | 1 | 1 |
| LEMON-GINGER BASMATI RICE | 170 | 32 | 4 | 3 | 0 | 160 | <1 | <1 |

WEEK 2

January 24, 2021

SUNDAY

| ENTRÉE | CALORIE | CARBS (g) | PROTEIN (g) | FAT (g) | SAT FAT (g) | SODIUM (mg) | FIBER (g) | SUGAR (g) |
|---------------------------------|---------|-----------|-------------|---------|-------------|-------------|-----------|-----------|
| PLUM CHUTNEY PORK CHOP | 330 | 42 | 26 | 7 | 2 | 280 | 2 | 38 |
| FRESH SALMON W/ CHERMOULA SAUCE | 120 | 0 | 15 | 6 | 1 | 50 | 0 | 0 |
| SIDE | | | | | | | | |
| LEMON BROCCOLI | 20 | 4 | 1 | 0 | 0 | 55 | 2 | <1 |
| GARLIC ROASTED VEGETABLES | 60 | 8 | 2 | 2.5 | 0 | 0 | 2 | 3 |
| PARSLIED RED POTATOES | 100 | 18 | 2 | 2.5 | 0 | 105 | 2 | <1 |



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 |