



Duke Raleigh Hospital

WEEK 1

July 19, 2021

MONDAY

| ENTRÉE | CALORIE | CARBS (g) | PROTEIN (g) | FAT (g) | SAT FAT (g) | SODIUM (mg) | FIBER (g) | SUGAR (g) |
|------------------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| BBQ ROAST TURKEY BREAST | 140 | <1 | 23 | 5 | 2 | 610 | 0 | <1 |
| APPLE CRANBERRY PORK | 210 | 11 | 24 | 6 | 2 | 110 | <1 | 9 |
| SIDES | | | | | | | | |
| 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

July 20, 2021

TUESDAY

| ENTRÉE | CALORIE | CARBS (g) | PROTEIN (g) | FAT (g) | SAT FAT (g) | SODIUM (mg) | FIBER (g) | SUGAR (g) |
|-------------------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| JAMAICAN JERK CHICKEN | 150 | 0 | 24 | 5 | 1.5 | 140 | 0 | 0 |
| MAPLE DIJON SALMON | 200 | 14 | 24 | 5 | 1 | 260 | 0 | 11 |
| SIDES | | | | | | | | |
| 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

July 21, 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 |
| 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

July 22, 2021

THURSDAY

| ENTRÉE | CALORIE | CARBS (g) | PROTEIN (g) | FAT (g) | SAT FAT (g) | SODIUM (mg) | FIBER (g) | SUGAR (g) |
|-----------------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| CHICKEN PARMESAN | 490 | 23 | 23 | 34 | 8 | 900 | 2 | 3 |
| CHANNA MASALA | 100 | 14 | 3 | 3.5 | 0 | 210 | 3 | 4 |
| SIDE | | | | | | | | |
| 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

July 23, 2021

FRIDAY

| ENTRÉE | CALORIE | CARBS (g) | PROTEIN (g) | FAT (g) | SAT FAT (g) | SODIUM (mg) | FIBER (g) | SUGAR (g) |
|----------------------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| 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 |
| SIDE | | | | | | | | |
| 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

July 24, 2021

SATURDAY

| ENTRÉE | CALORIE | CARBS (g) | PROTEIN (g) | FAT (g) | SAT FAT (g) | SODIUM (mg) | FIBER (g) | SUGAR (g) |
|---------------------|---------|-----------|-------------|---------|-------------|-------------|-----------|-----------|
| SESANE CHICKEN | 680 | 54 | 30 | 38 | 10 | 1020 | <1 | 40 |
| BAKED PIT HAM | 130 | 3 | 17 | 5 | 2 | 1240 | 0 | 3 |
| SIDE | | | | | | | | |
| 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

July 25, 2021

SUNDAY

| ENTRÉE | CALORIE | CARBS (g) | PROTEIN (g) | FAT (g) | SAT FAT (g) | SODIUM (mg) | FIBER (g) | SUGAR (g) |
|---------------------------|---------|-----------|-------------|---------|-------------|-------------|-----------|-----------|
| LEMON GARLIC CHICKEN | 130 | <1 | 21 | 5 | 1 | 230 | 0 | 0 |
| HONEY MUSTARD COD | 210 | 13 | 21 | 9 | 1.5 | 380 | 0 | 12 |
| SIDE | | | | | | | | |
| 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 |
| 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 |