



Duke Raleigh Hospital

WEEK 2

October 5, 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

October 6, 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

October 7, 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

October 8, 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

October 9, 2020

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

October 10, 2020

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

October 11, 2020

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