



# Duke Raleigh Hospital

**WEEK 3**

**September 21, 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>
ROASTED HERB TURKEY w/ GRAVY	230	5	32	10	5	830	0	1
SHRIMP ETOUFFEE	180	12	16	8	5	440	2	4
<b>SIDES</b>								
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**

**September 22, 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>
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
<b>SIDES</b>								
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**

**September 23, 2020**

## **WEDNESDAY**

<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>
ROTISSERIE STYLE CHICKEN	350	3	39	19	5	160	<1	1
COUNTRY STYLE MEATLOAF	280	21	19	13	4.5	480	1	8
<b>SIDES</b>								
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**

**September 24, 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>
CHILI RUBBED SPARERIBS	470	2	27	40	12	1190	0	1
MEAT LASAGNA	340	23	25	15	7	280	2	6
<b>SIDE</b>								
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**

**September 25, 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>
BUFFALO CHICKEN WINGS	440	4	21	37	9	1460	1	2
GRILLED LEMON & HERB TILAPIA	180	1	16	13	2	80	0	0
<b>SIDE</b>								
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**

**September 26, 2020**

## 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
<b>SIDE</b>								
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**

**September 27, 2020**

## 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
<b>SIDE</b>								
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
<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