



Duke Raleigh Hospital

WEEK 2

January 14, 2019

MONDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
GRILLED MONTREAL CHICKEN	130	<1	21	5	1	250	0	0
ROAST PORK ADOBO	160	0	25	6	1.5	170	0	110
SIDES								
GRILLED ZUCCHINI SQUASH	20	4	2	0.5	0	0	1	2
GREEN BEANS & CARROTS	60	9	2	2.5	1	110	4	4
SEASONED SPINACH	70	5	5	4.5	1.5	180	4	<1
SPANISH RICE	110	21	1	1.5	0	70	<1	1
MAPLE MASHED SWEET POTATOES	110	21	1	3	2	105	3	8
SOUP								
MUSHROOM & BARLEY								
8OZ	130	25	5	1	0	410	5	6
12OZ	195	37.5	7.5	1.5	0	615	7.5	9
DUKE RALEGH FAMOUS CHILI								
8OZ	200	22	13	7	3	780	5	8
12OZ	300	33	19.5	10.5	4.5	1170	7.5	12



Duke Raleigh Hospital

WEEK 2

January 15, 2019

TUESDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
BEEF & BROCCOLI STIR FRY	220	16	16	10	1.5	820	3	7
CHICKEN SHAWARMA	150	3	24	5	1	490	<1	<1
SIDES								
BROCCOLI & RED PEPPER STIR FRY	35	5	<1	1.5	0	65	2	1
ALOO GOBI	90	11	2	4.5	0.5	170	3	2
SEASONED CORN	100	17	2	3.5	1.5	70	2	3
ITALIAN ROAST POTATOES	100	20	2	1.5	0	105	2	1
MUSHROOM BARLEY PILAF	110	20	2	2.5	0	440	3	1
SOUP								
ITALIAN WEDDING								
8OZ	220	26	10	7	3	1500	2	2
12OZ	330	39	15	10.5	4.5	2250	3	3
DUKE RALEIGH FAMOUS CHILI								
8OZ	200	22	13	7	3	780	5	8
12OZ	300	33	19.5	10.5	4.5	1170	7.5	12



Duke Raleigh Hospital

WEEK 2

January 16, 2019

WEDNESDAY

ENTRÉE									
HONEY BBQ TURKEY	180	4	31	6	2.5	650	0	4	
FRIED CHICKEN	530	19	41	31	8	300	1	<1	
SIDES									
SOUTHWESTERN SUCCOTASH	110	17	4	3.5	0	70	3	3	
GARLIC BROCCOLI	40	4	2	2.5	0	55	2	1	
INDIAN SPICED CAULIFLOWER	90	5	3	7	1	95	2	2	
RED BEANS & RICE MEDLEY	140	28	4	1	0	140	2	1	
CORN PUDDING	350	25	6	27	17	330	1	13	
SOUP									
CHICKEN NOODLE									
8OZ	160	24	12	3	0	1960	<2	<2	
12OZ	240	36	18	4.5	0	2940	<3	<3	
DUKE RALEIGH FAMOUS CHILI									
8OZ	200	22	13	7	3	780	5	8	
12OZ	300	33	19.5	10.5	4.5	1170	7.5	12	



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WEEK 2

January 17, 2019

THURSDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
MEAT LASAGNA	320	23	24	14	6	280	2	5
TURKEY MEATLOAF	190	9	18	9	3	250	2	1
SIDE								
RATATOUILLE	40	7	1	1.5	0	65	2	3
CUMIN SPICED GRILLED CARROTS	50	13	1	0	0	200	4	5
BRUSSELS SPROUTS & CARROTS	40	8	2	0	0	65	3	3
SOUTHWEST BLACK BEANS	110	18	7	1	0	290	7	<1
SCALLION COUSCOUS	120	21	4	2	0	30	1	<1
SOUP								
LOADED POTATO								
8OZ	220	30	6	8	4	1580	2	2
12OZ	330	45	9	12	6	2370	3	3
DUKE RALEIGH FAMOUS CHILI								
8OZ	200	22	13	7	3	780	5	8
12OZ	300	33	19.5	10.5	4.5	1170	7.5	12



Duke Raleigh Hospital

WEEK 2

January 18, 2019

FRIDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
CHICKEN TIKKA MASALA	300	8	35	15	6	300	1	3
CRISPY CATFISH	340	6	17	27	5	320	0	<1
SIDE								
VEGETABLE MEDLEY	45	5	1	2.5	1	50	2	2
ZUCCHINI PANCHMAEL	70	7	2	5	0.5	190	2	3
STEAMED SPINACH	15	3	2	0	0	50	2	0
SMOKY CHIPOTLE MAC & CHEESE	230	20	9	13	7	280	<1	3
HUSHPUPIES (3 EACH)	220	42	7	3	1	240	2	4
SOUP								
PASTA E FAGGIOLI								
8OZ	260	42	14	3	0	1880	6	12
12OZ	390	63	21	4.5	0	2820	9	18
DUKE RALEIGH FAMOUS CHILI								
8OZ	200	22	13	7	3	780	5	8
12OZ	300	33	19.5	10.5	4.5	1170	7.5	12



Duke Raleigh Hospital

WEEK 2

January 19, 2019

SATURDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
GARLIC GRILLED SALMON	160	0	23	8	1	190	0	0
TURKEY MOLE	230	15	24	9	2.5	540	0	0
SIDE								
SPICY CORN & TOMATOES	120	17	2	6	2	45	2	3
CHARRO BEANS	90	16	6	0.5	0	280	6	<1
PAPAS RANCHERAS	60	13	1	1	0	180	2	2

WEEK 2

January 20, 2019

SUNDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
CITRUS BRAISED PORK	380	7	34	24	9	310	<1	3
BBQ CHICKEN	440	13	45	22	6	740	<1	10
SIDE								
LEMON BROCCOLI	20	4	1	0	0	55	2	<1
GARLIC ROASTED VEGETABLES	60	8	2	2.5	0	740	<1	10
RED QUINOA & BROWN RICE	100	20	3	1.5	0	5	2	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
FRENCH FRIES	340	44	4	16	2	230	4	0
BIG SIRLOIN BURGER	440	0	28	23	9	100	0	0
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