



Duke Raleigh Hospital

WEEK 3

January 21, 2019

MONDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
LEMON HERB PANGASIUS	186	1	6	12	2	361	<1	<1
TURKEY CUTLET BRUSCHETTA	160	3	23	7	2	500	<1	1
SIDES								
CUMIN SPICED GRILLED CARROTS	53	12	1	0.3	0.05	204	4	5
SEASONED SPINACH	69	5.5	5	4	2	180	4	1
STEAMED FRESH BROCCOLI	19	4	1	0.2	0.04	22	2	1
ROASTED RED POTATOES	118	20	2	3	2	59.5	2	1.5
CILANTRO LIME BARLEY	132	27	2.5	2	0.25	84	3.5	1
SOUP								
CREAMY GARDEN VEGETABLE								
8OZ	280	26	8	16	6	1720	4	12
12OZ	420	39	12	24	9	2580	6	18
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 3

January 22, 2019

TUESDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
GRILLED LATIN SPICED CHICKEN	138	2	22	5	1	187	1	0.25
CRISPY BREADED PORK CUTLET	345	22	27	16	3	487	1	1
SIDES								
CALABACITAS	49	9	2	2	0.2	49	2	3
SOUTHWEST CORN	68	14	2	1	0.4	50	2	3
GREEN BEANS & TOMATOES	48	8	2	2	0.2	128.5	3	3.5
CILANTRO LIME BROWN RICE	142	29	3	1	0.3	51	1	0.4
BLACK BEANS	116	20	7	1	0.2	230	7	1
SOUP								
BROCCOLI CHEESE								
8OZ	280	20	6	20	7	1300	2	4
12OZ	420	30	9	30	10.5	1950	3	6
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 3

January 23, 2019

WEDNESDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
CHILI RUBBED SPARERIBS	469	2	27	40	12	1188	0.3	1
FRIED CHICKEN	625	51	36	30	7	650	3	0.4
SIDES								
GARLIC ROASTED VEGETABLES	59	8	2	3	0.3	5	2	3.5
COLLARD GREENS	40	4	2	2.5	0	55	2	1
GREEN PEAS	87	15	6	0.5	1	122	5	6
MASHED POTATOES	122	21	2	3	2	81	2	2
CORN PUDDING	354	25	6	27	17	329	1	13
SOUP								
THAI CHICKEN								
8OZ	240	13	7	18	7	990	1	4
12OZ	360	19.5	10.5	27	10.5	1485	1.5	6
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 3

January 24, 2019

THURSDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
CHICKEN & TOMATO BALTI	239	8	20	14	4	497	1	1
SPAGHETTI W/ SAUCE	219	32	5	8	1	157	3	5
MEATBALLS (4 EACH)	348	7	30	22	9	515	1	0.5
SIDE								
GREEN PEAS & MUSHROOMS	76	11	4	2	1	54	4	3
FRESH ASPARAGUS	45	3	2	3.5	0.4	71	1.5	1
SQUASH & KALE STIR FRY	9	2	0.4	0.1	0.02	7	1	1
JASMINE RICE	128	29	3	0	0	4	1	0
MASHED PLANTAINS	290	43	4	13	3	360	3	19
SOUP								
JAMBALAYA								
8OZ	200	17	13	9	4	970	1	5
12OZ	300	25.5	19.5	13.5	6	1455	1.5	7.5
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 3

January 25, 2019

FRIDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
ENGLISH BATTERED FISH	244	31	17	6	1	224	1	0.5
ANCHO LIME GRILLED CHICKEN	122	1	21	4	1	192	0.06	0.2
SIDE								
VEGETABLE MEDLEY	165	9	2	14	2	214	2	4
ZUCCHINI & TOMATOES	39	4	1	3	0.3	51.5	1	2
GREEN BEAN CASSEROLE	99	11	2	5	2	244	3	3
PESTO COUSCOUS	175	21	5	8	1	110	1	1
MAC N CHEESE	210	21	9	10	6	304	1	4
SOUP								
ROASTED RED PEPPER & GOUDA								
8OZ	310	21	4	24	12	840	1	13
12OZ	465	31.5	6	36	18	1260	1.5	19.5
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 3

January 26, 2019

SATURDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
KUNG PAO CHICKEN	262	16	14	16	3	713	2	8
CORNED BEEF & CABBAGE W/ POTATOES	498	31	28	29	11	1854	6	6
SIDE								
KIMCHI STYLE CABBAGE	56	6	1	3.5	0.4	238	1.5	3
VEGETABLE FRIED RICE	132	19	4	5	1	247	1	1
GARLIC ROASTED BROCCOLI	52	4	2	4	0.4	67	2	1

WEEK 3

January 27, 2019

SUNDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
GARLIC GRILLED SALMON	140	0.5	23	5.5	1	171	0.06	0.2
LEMON DIJON GRILLED CHICKEN	117	0.5	21	3	1	192	0.01	0.04
SIDE								
GRILLED ZUCCHINI SQUASH	21	4	2	0.5	0.1	4	1	2
CUMIN SPICED GRILLED CARROTS	53	13	1	0.3	0.05	204	4	5
ROASTED RED POTATOES	103	20	2	1	0.2	106	2	1.5



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