



# Duke Raleigh Hospital

**WEEK 1**

**January 7, 2019**

**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> |
|---------------------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| CHICKEN W/LEMON ARTICHOKE SAUCE | 208.5          | 11               | 23                 | 7.6            | 1                  | 446                | 2                | 0.7              |
| ANCHO LIME FLANK STEAK          | 199            | 1.6              | 21                 | 11             | 3.5                | 133                | <1               | <1               |
| <b>SIDES</b>                    |                |                  |                    |                |                    |                    |                  |                  |
| GREEN BEANS AMANDINE            | 84             | 10               | 3                  | 4              | 0.4                | 3                  | 4                | 4                |
| ZUCCHINI & TOMATOES             | 39             | 4                | 1                  | 3              | 0.3                | 51.5               | 1                | 2                |
| SOUTHWESTERN SUCCOTASH          | 109            | 17               | 4                  | 3.5            | 0.4                | 71                 | 3                | 3                |
| BLACK BEANS                     | 116            | 20               | 7                  | 1              | 0.2                | 230                | 7                | 0.6              |
| LEMON-CAPER COUSCOUS            | 113            | 22               | 4                  | 2              | 0.3                | 208                | 1                | <1               |
| <b>SOUP</b>                     |                |                  |                    |                |                    |                    |                  |                  |
| CHICKEN TORTILLA                |                |                  |                    |                |                    |                    |                  |                  |
| 8OZ                             | 280            | 30               | 16                 | 10             | 5                  | 3360               | 2                | 10               |
| 12OZ                            | 420            | 45               | 24                 | 15             | 7.5                | 5040               | 3                | 15               |
| 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 1**

**January 8, 2019**

**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> |
|---------------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| HERB ROASTED PORK LOIN    | 148            | 0.5              | 25                 | 4              | 1                  | 253                | 0.2              | 0.04             |
| GARLIC GRILLED SALMON     | 162            | 0.3              | 23                 | 8              | 1                  | 194                | 0.03             | 0.01             |
| <b>SIDES</b>              |                |                  |                    |                |                    |                    |                  |                  |
| BABY BOK CHOY             | 12.5           | 2                | 2                  | 0.2            | 0.02               | 35                 | 1                | 0.9              |
| STIR FRY VEGETABLES       | 46             | 5                | 1.5                | 2              | 0.3                | 9.5                | 1.5              | 2.5              |
| SUGAR SNAP PEAS           | 27             | 5                | 2                  | 0.2            | 0.03               | 3                  | 2                | 3                |
| HOMESTYLE MASHED POTATOES | 122            | 21               | 2                  | 3              | 2                  | 82                 | 2                | 2                |
| CURRIED JASMINE RICE      | 105            | 19.5             | 2                  | 2              | 1                  | 109                | 1.5              | 3                |
| <b>SOUP</b>               |                |                  |                    |                |                    |                    |                  |                  |
| TOMATO BASIL              |                |                  |                    |                |                    |                    |                  |                  |
| 8OZ                       | 280            | 20               | 4                  | 20             | 6                  | 850                | 3                | 16               |
| 12OZ                      | 420            | 30               | 6                  | 30             | 9                  | 1275               | 4.5              | 24               |
| 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 1**

**January 9, 2019**

**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> |
|---------------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| COUNTRY STYLE MEAT LOAF   | 272            | 21               | 19                 | 12             | 4.5                | 477                | 1                | 8                |
| FRIED CHICKEN             | 526            | 19               | 41                 | 31             | 8                  | 304                | 1                | <1               |
| <b>SIDES</b>              |                |                  |                    |                |                    |                    |                  |                  |
| ROASTED BRUSSELS SPROUTS  | 37             | 5                | 2                  | 1.5            | 0.2                | 62                 | 2                | 1                |
| SQUASH & KALE STIR FRY    | 9              | 2                | 0.4                | 0.1            | 0.02               | 7                  | <1               | <1               |
| CONFETTIE BROWN RICE      | 120            | 21               | 2                  | 3              | 0.5                | 43                 | 1                | 1                |
| GARLIC MASHED POTATOES    | 59             | 8                | 2                  | 3              | 0.3                | 4.7                | 2                | 3.5              |
| CORN PUDDING              | 354            | 25               | 5.6                | 27             | 17                 | 329                | 1                | 13               |
| <b>SOUP</b>               |                |                  |                    |                |                    |                    |                  |                  |
| CHICKEN LEMON ORZO        |                |                  |                    |                |                    |                    |                  |                  |
| 8OZ                       | 80             | 13               | 5                  | 1              | 0                  | 410                | 1                | 1                |
| 12OZ                      | 120            | 19.5             | 7.5                | 1.5            | 0                  | 615                | 1.5              | 1.5              |
| 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 1**

**January 10, 2019**

**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> |
|-----------------------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| BAKED PANKO CRUSTED RANCH CHICKEN | 236            | 17               | 24.5               | 8              | 2                  | 819.5              | <1               | 1                |
| VIETNAMESE PORK CHOP              | 135            | 2                | 22                 | 4              | 1                  | 217                | <1               | 2                |
| <b>SIDE</b>                       |                |                  |                    |                |                    |                    |                  |                  |
| SPICY COLLARD GREENS              | 58             | 5                | 3                  | 3              | <1                 | 391                | 2                | <1               |
| STEAMED MIXED VEGETABLES          | 18             | 3.5              | 1                  | 0.3            | 0.05               | 32                 | 1                | 2                |
| CALABACITAS                       | 49             | 9                | 2                  | 2              | 0.2                | 49                 | 2                | 3                |
| LINGUINE                          | 123            | 24               | 4                  | <1             | 0.1                | 9                  | 1                | 1                |
| SCALLION MASHED POTATOES          | 122            | 21               | 2                  | 3              | 2                  | 81.5               | 2                | 2                |
| <b>SOUP</b>                       |                |                  |                    |                |                    |                    |                  |                  |
| NEW ENGLAND CLAM CHOWDER          |                |                  |                    |                |                    |                    |                  |                  |
| 8OZ                               | 220            | 30               | 10                 | 7              | 1                  | 1600               | 4                | 4                |
| 12OZ                              | 330            | 45               | 15                 | 10.5           | 1.5                | 2400               | 6                | 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 1**

**January 11, 2019**

**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> |
|---------------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| BBQ CHICKEN               | 441            | 13               | 45                 | 22             | 6                  | 742.5              | 0.5              | 10               |
| HERBED BAKED TILAPIA      | 96             | 0.3              | 16                 | 4              | 1                  | 0.3                | 0.1              | <1               |
| <b>SIDE</b>               |                |                  |                    |                |                    |                    |                  |                  |
| ROASTED CARROTS           | 90             | 15               | 1                  | 3              | 0.5                | 190                | 5                | 6                |
| STEAMED FRESH BROCCOLI    | 19             | 4                | 1                  | 0.2            | 0.04               | 22                 | 2                | <1               |
| BUTTER BEANS              | 158            | 16               | 8                  | 7              | 3                  | 287                | 4                | 2                |
| SEASONED CORN             | 98             | 17               | 2                  | 3.5            | 1                  | 71                 | 2                | 3                |
| BAKED MAC N' CHEESE       | 255.5          | 27               | 11                 | 11             | 6                  | 319                | 1                | 4                |
| <b>SOUP</b>               |                |                  |                    |                |                    |                    |                  |                  |
| SEVEN BEAN MEDLEY         |                |                  |                    |                |                    |                    |                  |                  |
| 8OZ                       | 220            | 38               | 10                 | 3              | 0                  | 1960               | 10               | 6                |
| 12OZ                      | 330            | 57               | 15                 | 4.5            | 0                  | 2940               | 15               | 9                |
| 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 1**

**January 12, 2019**

## **SATURDAY**

| <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> |
|----------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| KOREAN BBQ PORK CHOP | 189            | 9                | 23                 | 6              | 1                  | 466                | 1                | 6.5              |
| CHICKEN TERIYAKI     | 283            | 23               | 16                 | 14             | 3                  | 789                | 2                | 14               |
| <b>SIDE</b>          |                |                  |                    |                |                    |                    |                  |                  |
| VEGETABLE STIR FRY   | 40             | 7                | 2                  | 1              | 0.1                | 224.5              | 2                | 2                |
| GINGER GREEN BEANS   | 73             | 7                | 2                  | 5              | <1                 | 24                 | 3                | 3                |
| BASMATI RICE         | 134            | 30               | 3                  | 0.4            | 0.07               | 4                  | 0.3              | 0.3              |

**WEEK 1**

**January 13, 2019**

## **SUNDAY**

| <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> |
|--------------------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| YANKEE POT ROAST               | 262            | 8                | 25                 | 14             | 6                  | 246                | 1                | 2                |
| GRILLED LEMON ROSEMARY CHICKEN | 159            | 0.4              | 26                 | 5              | 1                  | 108                | 0.1              | 0.02             |
| <b>SIDE</b>                    |                |                  |                    |                |                    |                    |                  |                  |
| FRESH ASPARAGUS                | 18             | 3                | 2                  | <1             | <1                 | 12                 | 2                | 1                |
| MASHED POTATOES                | 118            | 20               | 2                  | 3              | 2                  | 59.5               | 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 |