



Duke Raleigh Hospital

WEEK 1

March 23, 2020

MONDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
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
SIDES								
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
SOUP								
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



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March 24, 2020

TUESDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
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
SIDES								
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
SOUP								
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



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March 25, 2020

WEDNESDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
COUNTRY STYLE MEAT LOAF	272	21	19	12	4.5	477	1	8
FRIED CHICKEN	526	19	41	31	8	304	1	<1
SIDES								
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
SOUP								
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



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March 26, 2020

THURSDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
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
SIDE								
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
SOUP								
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



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WEEK 1

March 27, 2020

FRIDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
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
SIDE								
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
SOUP								
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



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WEEK 1

March 28, 2020

SATURDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
KOREAN BBQ PORK CHOP	189	9	23	6	1	466	1	6.5
CHICKEN TERIYAKI	283	23	16	14	3	789	2	14
SIDE								
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

March 29, 2020

SUNDAY

ENTRÉE	CALORIE	CARBS (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	SODIUM (mg)	FIBER (g)	SUGAR (g)
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
SIDE								
FRESH ASPARAGUS	18	3	2	<1	<1	12	2	1
MASHED POTATOES	118	20	2	3	2	59.5	2	1.5



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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