



# Duke Raleigh Hospital

**WEEK 2**

**March 30, 2020**

## 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       |
| <b>SIDES</b>                |         |           |             |         |             |             |           |           |
| 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         |
| <b>SOUP</b>                 |         |           |             |         |             |             |           |           |
| 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**

**March 31, 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> |
|--------------------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| BEEF & BROCCOLI STIR FRY       | 220            | 16               | 16                 | 10             | 1.5                | 820                | 3                | 7                |
| CHICKEN SHAWARMA               | 150            | 3                | 24                 | 5              | 1                  | 490                | <1               | <1               |
| <b>SIDES</b>                   |                |                  |                    |                |                    |                    |                  |                  |
| 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                |
| <b>SOUP</b>                    |                |                  |                    |                |                    |                    |                  |                  |
| 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**

**April 1, 2020**

## WEDNESDAY

### ENTRÉE

|               |     |    |    |    |   |     |     |     |
|---------------|-----|----|----|----|---|-----|-----|-----|
| POT ROAST     | 200 | 0  | 15 | 16 | 7 | 387 | --- | --- |
| 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 |



# Duke Raleigh Hospital

**WEEK 2**

**April 2, 2020**

## 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         |
| <b>SIDE</b>                  |         |           |             |         |             |             |           |           |
| 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        |
| <b>SOUP</b>                  |         |           |             |         |             |             |           |           |
| 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**

**April 3, 2020**

**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        |
| <b>SIDE</b>                 |         |           |             |         |             |             |           |           |
| 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         |
| HUSHPUPPIES (3 EACH)        | 220     | 42        | 7           | 3       | 1           | 240         | 2         | 4         |
| <b>SOUP</b>                 |         |           |             |         |             |             |           |           |
| 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**

**April 4, 2020**

## **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> |
|-----------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| GARLIC GRILLED SALMON | 160            | 0                | 23                 | 8              | 1                  | 190                | 0                | 0                |
| TURKEY MOLE           | 230            | 15               | 24                 | 9              | 2.5                | 540                | 0                | 0                |
| <b>SIDE</b>           |                |                  |                    |                |                    |                    |                  |                  |
| 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**

**April 5, 2020**

## **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> |
|---------------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| CITRUS BRAISED PORK       | 380            | 7                | 34                 | 24             | 9                  | 310                | <1               | 3                |
| BBQ CHICKEN               | 440            | 13               | 45                 | 22             | 6                  | 740                | <1               | 10               |
| <b>SIDE</b>               |                |                  |                    |                |                    |                    |                  |                  |
| 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***

|                               | <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> |
|-------------------------------|----------------|------------------|--------------------|----------------|--------------------|--------------------|------------------|------------------|
| 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                |
| <b><i>ADD ONS:</i></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              |