

Seattle Sutton's Healthy Eating

1200 Calorie Plan 4-Day MONDAY Menu & Meal Plan Nutrition Averages

Menu A 10/13/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Open-Faced Asparagus & Gruyere Omelet	300	6	2.5	10	540	41	5	15	2	21	2	15	20	15	410	6	0
Chocolate Crepe & Strawberry Salsa	320	15	1.5	40	260	38	3	11	4	11	0	4	6	2	150	4	0
Berry Colada Parfait	180	1.5	0.5	0	60	37	4	24	14	10	0	2	4	10	230	0	0
Biscuits & Sausage Gravy	350	18	6.5	160	460	38	4	19	2	12	2	8	10	20	450	2	2
Moroccan Chicken Skewers	380	6	1.5	80	240	44	6	13	7	36	0	10	20	4	500	25	2
Baja Tinga Wrap	310	11	3.5	45	420	36	7	4	0	20	2	10	10	15	600	8	4
Fresh Fruit and Cottage Cheese Plate	280	9	4	30	620	31	5	13	0	20	0	25	8	25	470	8	2
Chicken Salad on Croissant	330	17	6	80	300	27	4	10	1	16	6	4	6	2	240	0	0
Crab-Stuffed Flounder	280	9	2.5	60	490	27	4	4	0	23	4	15	10	10	670	6	2
Roast Turkey in Dijon Cream Sauce	460	7	3	120	460	53	8	22	10	48	2	20	20	15	1040	35	4
Nona Sutton's Lasagna	360	20	6	45	520	28	5	10	0	17	4	6	15	25	730	15	0
Sweet & Sour Chicken	490	19	4.5	45	420	65	7	12	4	16	2	70	35	6	290	2	2
Average	336.7	11.5	3.5	59.6	399.2	38.8	5.2	13.1	3.7	20.8	2.0	15.8	13.7	12.4	481.7	9.3	1.5
Daily Average	1010	34.6	10.5	178.8	1197.5	116.3	15.5	39.3	11.0	62.5	6.0	47.3	41.0	37.3	1445.0	27.8	4.5
W 16 oz skim milk	1170	34.625	10.5	188.75	1397.5	140.3	15.5	63.3	11	80.5	36	47.25	41	87.25	2245	97.75	204.5

Menu C 10/20/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Peach Berry Blintz	240	9	3	55	210	29	2	15	8	11	2	4	4	8	160	2	0
Cheesy Baked Egg Casserole	300	8	3.5	20	530	37	7	13	2	21	0	30	15	15	560	8	2
Strawberry Chia Oatmeal	300	11	2	0	35	45	6.5	21	7	9	2	30	15	10	420	10	8
Ciabatta Egg Sandwich	280	10	4.5	130	540	34	5	8	0	14	0	60	15	15	270	0	0
Honey Shrimp Salad	260	14	1.5	25	320	28	5	8	1	10	4	60	15	4	390	15	0
Curry Chicken Salad	470	22	2.5	45	400	48	6	19	3	21	0	6	15	10	390	6	0
Tuscan Bean Soup & Crostata	300	13	3	10	700	35	9	5	1	13	2	10	15	15	1190	4	0
Lou's Bleu Burger	490	17	4.5	120	750	61	5	19	7	25	0	10	25	15	640	2	0
Tamale Bowl	420	20	10	20	440	47	11.5	27	0	10	2	15	20	15	340	8	2
Penne "Vodka" Meatballs	410	14	4.5	55	350	49	9	7	1	24	2	30	20	10	890	20	4
Chicken Linguini Alfredo	350	11	4.5	60	560	39	5	10	0	25	2	110	8	20	720	0	0
Honey Peach BBQ Chicken	430	14	5	120	400	39	3	10	5	39	2	4	10	15	820	15	2
Average	354.2	13.6	4.0	55.0	436.3	40.9	6.2	13.5	2.9	18.5	1.5	30.8	14.8	12.7	565.8	7.5	1.5
Daily Average	1063	40.8	12.1	165.0	1308.8	122.8	18.5	40.5	8.8	55.5	4.5	92.3	44.3	38.0	1697.5	22.5	4.5
W 16 oz skim milk	1223	40.75	12.125	175	1508.8	146.8	18.5	64.5	8.75	73.5	34.5	92.25	44.25	88	2497.5	92.5	204.5

Menu E 10/27/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Strawberry Poppysseed Bread	380	6	0	0	290	69	5.5	35	21	13	0	40	25	10	360	10	0
Swiss Cheese Egg Bake	200	6	3	20	440	18	2	4	0	20	0	6	10	25	380	0	0
Morning Protein Plate	430	22	6	200	360	45	6	20	3	18	4	30	20	15	440	10	10
Bacon & Egg Bagel Sandwich	330	12	3	160	530	42	6	12	0	21	2	80	15	6	540	4	0
Chicken Gyro Bowl	420	13	1.5	65	480	42	6	2	0	30	2	25	20	10	310	4	0
Pecan-Cranberry Mixed Green Salad	410	32	4.5	15	150	25	6	13	10	9	4	8	10	20	220	8	0
Homestyle Roasted Turkey Sandwich	360	6	3	70	340	55	5	22	8	24	2	8	15	6	450	15	2
Chipotle Black Bean Burger	470	25	3.5	5	510	51	11	16	9	16	2	10	20	10	740	2	0

BBQ Meatloaf & Cheddar Mash	380	19	4	60	460	38	4.5	17	9	23	2	10	15	10	740	25	6
Tortellini Pomodoro	280	10	3.5	50	560	35	5	12	3	12	2	15	15	20	370	4	0
Cajun Shrimp Etoufee	350	13	4.5	140	550	39	4.5	7	1	23	2	25	10	8	610	10	2
Chicken Matzo Ball Soup	440	16	3.5	90	420	40	4	11	6	32	2	4	20	4	730	4	0
Average	370.8	15.0	3.3	72.9	424.2	41.6	5.5	14.3	5.8	20.1	2.0	21.8	16.3	12.0	490.8	8.0	1.7
Daily Average	1113	45.0	10.0	218.8	1272.5	124.8	16.4	42.8	17.5	60.3	6.0	65.3	48.8	36.0	1472.5	24.0	5.0
W 16 oz skim milk	1273	45	10	228.75	1472.5	148.8	16.375	66.8	17.5	78.25	36	65.25	48.75	86	2272.5	94	205

Menu G 11/03/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Wheat Croissant with Brie	390	13	6	40	340	67	9	42	3	9	0	8	10	8	530	4	0
Superfood Brioche French Toast	230	11	3.5	30	200	33	3	18	6	8	2	2	30	6	190	4	2
Brioche Breakfast Sandwich	370	17	5.5	155	500	35	6	14	6	20	4	50	15	20	430	6	0
Potato Pancakes with Smoked Veggie Cre	280	15	5	100	650	32	5	12	1	8	2	6	0	6	600	4	0
Broccoli Cheddar Fritter	340	14	4	20	270	44	8.5	22	4	13	2	35	15	15	560	10	2
Capri Chicken with Quinoa Pilaf	430	18	4	115	740	24	5.5	6	0	44	4	45	10	25	940	15	2
Loaded Quesadilla & Tortilla Soup	380	19	7	55	990	37	4.5	4	0	21	2	8	10	25	270	15	2
Pecan and Poppyseed Chicken Salad	360	20	2	60	290	26	3	10	0	23	2	4	10	6	300	4	0
Mediterranean Lunch Box	360	21	3.5	85	550	20	5.5	4	1	35	0	4	15	8	450	20	2
Pierogi in Mushroom & Tomato Gravy	270	6	3	20	300	46	3	7	4	9	2	35	15	4	370	2	0
Salmon with Creamy Dill Sauce	360	13	4.5	65	430	33	4	5	0	30	2	40	10	6	830	10	4
Herbed Turkey Bake	300	13	4	45	240	32	4	9	3	15	2	4	10	4	360	4	2
Average	339.2	15.0	4.3	65.8	458.3	35.8	5.1	12.8	2.3	19.6	2.0	20.1	12.5	11.1	485.8	8.2	1.3
Daily Average	1018	45.0	13.0	197.5	1375.0	107.3	15.3	38.3	7.0	58.8	6.0	60.3	37.5	33.3	1457.5	24.5	4.0
W 16 oz skim milk	1178	45	13	207.5	1575.0	131.3	15.25	62.3	7	76.75	36	60.25	37.5	83.25	2257.5	94.5	204

Menu I 11/10/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Egg & Feta Tart	300	17	7	140	520	26	4	11	0	14	2	6	6	10	220	4	0
Chocolate Chia Bowl	330	15	5	20	135	45	3.5	23	9	7	0	2	15	8	300	10	2
Orange Berry Waffle	350	13	4	65	540	46	11	10	8	8	0	4	4	10	55	0	0
Open-Faced Breakfast Sandwich	300	18	6	180	580	19	2	5	0	18	10	15	10	20	380	0	0
Tex-Mex Fish Taco	340	13	3.5	40	550	37	5	4	0	22	0	4	10	15	520	6	2
Smoky Chicken Salad Pita	330	11	2	60	420	38	7	9	1	25	2	20	15	10	630	8	0
Pear & Gorgonzola Salad	390	26	4.5	30	270	34	6	17	11	9	4	8	15	10	320	10	0
Loaded Potato Soup	380	15	7	45	460	48	4	6	1	15	4	10	15	25	520	20	10
Spaghetti Bolognese	320	11	1.5	0	230	43	8	6	0	12	4	10	20	6	530	10	0
Thai Coconut Chicken	350	10	3.5	40	450	44	2	6	2	19	2	10	20	6	320	2	0
Sundried Tomato & Italian Sausage Flatb	420	23	4.5	20	860	37	7	4	2	22	4	35	15	25	630	4	0
Salisbury Steak	330	10	3	65	390	38	7	8	1	25	2	15	20	6	760	25	6
Average	345.0	15.2	4.3	58.8	450.4	37.9	5.5	9.1	2.9	16.3	2.8	11.6	13.8	12.6	432.1	8.3	1.7
Daily Average	1035	45.5	12.9	176.3	1351.3	113.8	16.6	27.3	8.8	49.0	8.5	34.8	41.3	37.8	1296.3	24.8	5.0
W 16 oz skim milk	1195	45.5	12.875	186.25	1551.3	137.8	16.625	51.3	8.75	67	38.5	34.75	41.25	87.75	2096.25	94.75	205

Seattle Sutton's Healthy Eating

1200 Calorie Plan 4-Day MONDAY Menu & Meal Plan Nutrition Averages

Weekly Averages with Milk	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Menu A 10/13/2025	1230.0	42.3	10.0	216.7	1410.0	146.0	14.8	68.0	18.3	75.3	36.0	55.7	46.7	91.3	2093.3	98.7	206.7
Menu C 10/20/2025	1176.7	40.7	11.5	106.7	1381.7	143.0	20.3	65.7	7.7	66.0	35.3	98.3	42.3	85.7	2486.7	94.3	205.3
Menu E 10/27/2025	1230.0	42.3	10.0	216.7	1410.0	146.0	14.8	68.0	18.3	75.3	36.0	55.7	46.7	91.3	2093.3	98.7	206.7
Menu G 11/03/2025	1203.3	44.0	13.7	205.0	1640.0	137.0	16.3	64.7	8.0	81.0	36.0	75.7	43.3	89.0	2323.3	98.7	204.7
Menu I 11/10/2025	1203.3	46.3	11.8	148.3	1525.0	140.7	17.8	54.0	11.0	64.0	36.0	33.0	40.0	83.3	1975.0	88.0	201.3



For questions regarding this nutritional analysis, please contact the dietitians at
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1200 Calorie Plan Monday 4-Day Plan Including 2 servings of Non-Fat Milk/Day	
Calories	1209 kcal
Total Fat	43.1 g
Saturated Fat	11 g
Trans Fat	0 g
Cholesterol	178.7 mg
Sodium	1473 mg
Total Carbohydrates	142.5 g
Dietary Fiber	19.1 g
Total Sugars	64.1 g
Added Sugars	12.7 g
Protein	72.3 g
Vitamin D	204.9 mcg
Calcium (%)	88.13 %
Iron (%)	43.80 %
Potassium	2194.3 mcg
Macronutrient Breakdown	
Fats	32%
Carbohydrates	47%
Protein	24%

1200 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1048.7 kcal
Total Fat	43.1 g
Saturated Fat	11 g
Trans Fat	0 g
Cholesterol	168.7 mg
Sodium	1273 mg
Total Carbohydrates	118.5 g
Dietary Fiber	19.1 g
Total Sugars	40.1 g
Includes Added !	12.7 g
Protein	54.3 g
Vitamin D	4.9 mcg
Calcium (%)	38.13 %
Iron (%)	43.80 %
Potassium	1394.3 mcg
Macronutrient Breakdown	
Fats	36%
Carbohydrates	45%
Protein	21%

The 1200 calorie plan is recommended with 2 glasses of Skim/Nonfat Milk

Skim Milk Additions		
Amount	8 oz	16 oz
Calories	80 kcal	160 kcal
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	10 mg	20 mg
Sodium	100	200
Total Carbohydrates	12 g	24 g
Dietary Fiber	0 g	0 g
Total Sugars	12 g	24 g
Includes Added Sugars	0 g	0 g
Protein	9 g	18 g
Vitamin D	100 mcg	200mcg
Calcium (%)	25%	50%
Iron (%)	0%	0%
Potassium	400 mcg	800 mcg