

Seattle Sutton's Healthy Eating																	
4-Day Monday 1200 Calorie Plan Vegetarian Menu & Nutrition Averages																	
	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)	(%)	mcg
Menu A Week of: 7/20/2026																	
Open Faced Asparagus & Gruyere Omelet	300	6	2.5	10	540	41	5	15	2	21	2	15	20	15	410	6	0
Chocolate Hazelnut Crepe	320	15	1.5	40	260	38	3	13	5	11	0	4	8	2	170	6	0
Berry Colada Parfait	180	1.5	0.5	0	60	37	4	24	12	10	0	25	4	10	210	0	0
Egg & Cheddar Biscuit Sandwich	410	19	8	140	880	46	6	15	0	16	6	35	20	25	520	6	0
Mushroom & Polenta Ragout	320	10	5	25	480	44	9	13	6	12	4	15	20	15	790	15	4
Quesabirria Shiitake	390	17	8	30	570	46	9	9	0	15	20	25	10	20	620	15	8
Fresh Fruit and Cottage Cheese Plate	280	9	4	30	620	31	5	13	0	20	0	25	8	25	470	8	2
Egg Salad on Croissant	330	19	7	250	360	31	4	14	1	10	6	6	15	4	190	0	0
Cauliflower Tikka Masala	430	13	2	10	560	64	7	7	0	15	2	90	35	15	980	10	0
Sweet Potato Chili	420	20	7	45	480	49	5	14	11	12	10	15	15	25	440	4	0
Nonna Sutton's Lasagna	360	20	6	45	520	28	5	10	0	17	4	6	15	25	730	15	0
Kung Pao Tofu	390	20	6.5	25	300	42	5.5	8	1	11	2	50	20	6	580	15	2
Average	344	14	5	54	469	41	5.6	13	3	14.2	5	26	16	16	509	8	1
Daily Average	1033	42	15	163	1408	124	16.9	39	10	42.5	14	78	48	47	1528	25	4
Menu A: 4 Day Average W 16 oz skim milk	1193	42	15	183	1608	148	16.9	63	10	60.5	214	78	48	97	2328	95	204
Menu C Week of: 7/27/2026																	
Peach & Ricotta Toast	280	13	3.5	25	170	30	5	15	4	11	2	20	8	10	4600	10	0
Cheesy Baked Egg Casserole	300	8	3.5	20	480	37	7	13	2	21	0	30	15	15	560	8	2
Strawberry Chia Oatmeal	300	11	2	0	35	44	6.5	21	6	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	140	0	0
Chili Tempeh Salad	380	17	1.5	0	660	41	3	6	1	16	4	60	20	6	530	15	0
Korean Street Sliders	400	14.5	5.5	35	550	49	3.5	10	7	15	0	20	15	15	480	4	0
Pecan Cranberry Salad	420	32	4.5	15	150	25	5	13	10	9	4	8	10	20	220	8	0
Portobello Burger	380	10.5	1	5	620	65	8	22	3	10	2	10	15	10	770	10	2
Vegetarian Vodka Meatballs	370	11	4	15	600	45	14	6	0	27	2	30	25	15	970	8	2
Genoa Minestrone	270	5	2	10	500	46	4	7	0	10	4	30	25	6	500	6	0
Primavera Alfredo	270	8	4	25	370	40	6.5	10	0	12	2	0	6	20	540	6	10
Homestyle Macaroni & Cheese	540	16	7	45	690	80	7	18	7	23	4	80	20	35	940	30	10
Average	349	13	4	27	447	45	6.2	12	3	14.8	2	32	16	15	889	10	3
Daily Average	1048	39	11	81	1341	134	18.6	37	10	44.3	7	95	47	44	2668	29	9
Menu C: 4 Day Average W 16 oz skim milk	1208	39	11	101	1541	158	18.6	61	10	62.3	207	95	47	94	3468	99	209

Seattle Sutton's Healthy Eating																	
4-Day Monday 1200 Calorie Plan Vegetarian Menu & Nutrition Averages																	
	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)	(%)	mcg
Menu E Week of: 8/3/2026																	
Strawberry Poppyseed Bread	380	6	0	0	290	69	5.5	35	21	13	0	40	25	10	360	10	0
Swiss Cheese Egg Bake	200	5	3	20	420	18	2.5	4	0	20	0	6	10	20	370	0	0
Morning Protein Plate	430	22	6	200	360	45	6	20	3	18	4	30	20	15	440	10	10
Pretzel Gouda Sliders	300	11	4.5	25	510	32	5.5	11	2	17	0	35	40	20	460	2	0
Falafel Bowl	390	11	1	0	520	57	8	6	0	15	2	25	30	15	410	6	0
Asian Potstickers	300	15	1.5	0	480	32	7	16	6	11	2	100	20	15	860	15	0
Pumpkin Sweet Potato Bisque & Salad	400	16	5	30	140	59	8	22	14	10	10	20	20	15	640	8	2
Chipotle Black Bean Burger	470	25	3.5	5	500	51	11	16	8	16	2	10	20	10	740	2	0
Cajun Vegetarian Etouffee	350	14	5	30	290	50	8	10	1	10	4	50	20	8	780	20	2
Tortelloni Pomodoro	260	9	2	50	330	33	5	10	3	12	2	15	15	20	350	4	0
BBQ Loaded Potato	420	16	6.5	40	560	60	6	19	14	12	0	20	20	15	970	6	0
Lentil Stew	360	3.5	1	0	610	70	10	14	5	13	10	30	30	15	580	10	0
Average	355	13	3	33	418	48	6.9	15	6	13.9	3	32	23	15	580	8	1
Daily Average	1065	38	10	100	1253	144	20.6	46	19	41.8	9	95	68	45	1740	23	4
Menu E: 4 Day Average W 16 oz skim milk	1225	38	10	120	1453	168	20.6	70	19	59.8	209	95	68	95	2540	93	204
Menu G Week of: 8/10/2026																	
Wheat Croissant and Brie	360	13	6	40	340	57	6	37	3	8	2	8	10	2	640	4	0
Superfood Brioche French Toast	230	11	3.5	30	200	33	3	18	6	8	2	2	30	6	190	4	2
Four Cheese Egg Tart	330	14	6	235	460	26	2.5	15	6	23	2	6	15	20	440	6	0
Potato & Onion Pancakes	280	15	5	100	650	32	5	12	1	8	2	6	0	6	600	4	0
Broccoli Cheddar Fritter	340	14	4.5	20	340	46	8.5	22	4	13	2	35	15	15	560	10	2
Poppyseed Sweet Potato Salad	420	16	2	0	240	60	7	25	9	9	20	25	20	8	670	15	0
Sweet Potato Taco	410	22	10.5	90	580	41	5	16	8	13	8	30	8	15	360	10	6
Loaded Nacho Bowl	420	15	7	35	460	51	7	5	0	20	4	6	15	25	810	25	2
Southwestern Couscous Pilaf	460	19	6	40	650	60	7	16	10	16	2	15	15	20	340	15	2
Truffled Mac 'n Cheese	450	20	7	70	530	55	5.5	10	0	17	4	20	20	20	800	25	15
Pierogi in Mushroom & Tomato Gravy	270	6	3	20	300	46	3	7	4	9	2	35	15	4	370	2	0
Goat Cheese and Eggplant Stack	310	15	5	20	540	32	10	9	0	13	4	20	20	10	520	10	2
Average	357	15	5	58	441	45	5.8	16	4	13.1	5	17	15	13	525	11	3
Daily Average	1070	45	16	175	1323	135	17.4	48	13	39.3	14	52	46	38	1575	33	8
Menu G: 4 Day Average W 16 oz skim milk	1230	45	16	195	1523	159	17.4	72	13	57.3	214	52	46	88	2375	103	208

Seattle Sutton's Healthy Eating																	
4-Day Monday 1200 Calorie Plan Vegetarian Menu & Nutrition Averages																	
	<u>Calories</u>	<u>Fat</u>	<u>Sat Fat</u>	<u>Cholesterol</u>	<u>Sodium</u>	<u>Carbs</u>	<u>Fiber</u>	<u>Sugar</u>	<u>Added Sugars</u>	<u>Protein</u>	<u>Vitamin A</u>	<u>Vitamin C</u>	<u>Iron</u>	<u>Calcium</u>	<u>Potassium</u>	<u>Phosphorus</u>	<u>Vitamin D</u>
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	mcg
Menu I		Week of: 8/17/2026															
Egg & Feta Tart	250	12	6.5	105	270	27	4	14	0	8	2	6	6	10	250	6	0
Chocolate Chia Bowl	370	18	4.5	0	70	48	8	32	13	11	0	20	15	15	570	20	4
Orange Berry Waffle	350	13	4	65	540	46	3	22	6	10	0	4	4	10	55	0	0
Carrot Banana Loaf	390	9	0.5	5	350	66	4.5	38	18	12	2	10	15	10	510	10	4
Tex Mex Black Bean Taco	310	14	6	35	460	34	5	4	0	13	2	4	8	20	440	10	2
Beet & Goat Cheese Flatbread	310	19.5	4	10	300	28	4	15	2	7	4	30	10	10	460	10	0
Protein Pasta Carbonara	410	22	12	70	500	40	8	5	0	13	4	10	10	10	340	8	0
Loaded Potato Soup	380	15	8	45	460	44	4	7	1	15	4	20	15	25	530	20	10
Italian Sausage Flatbread Pizza	460	20	4.5	20	950	51	7	4	1	23	0	2	15	20	590	0	0
Chimichurri Bowl	320	11	1.5	0	570	45	16	7	0	16	2	70	35	10	690	15	0
Spaghetti Lentil Bolognese	300	8	1.5	0	260	45	8	6	0	13	2	30	20	6	790	10	0
Southwest Stuffed Pepper	420	23	6	25	490	39	8	8	0	14	2	8	20	20	830	20	0
Average	356	15	5	32	435	43	6.6	14	3	12.9	2	18	14	14	505	11	2
Daily Average	1068	46	15	95	1305	128	19.9	41	10	38.8	6	54	43	42	1514	32	5
Menu I: 4 Day Average W 16 oz skim milk	1228	46	15	115	1505	152	19.9	65	10	56.8	206	54	43	92	2314	102	205

Seattle Sutton's Healthy Eating

4-Day Monday 1200 Calorie Plan Vegetarian Menu & Nutrition Averages

	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)	(%)	(mcg)
Menu A: 4 Day Average W 16 oz skim milk	1193	42	15	183	1608	148	16.9	63	10	60.5	214	78	48	97	2328	95	204
Menu C: 4 Day Average W 16 oz skim milk	1208	39	11	101	1541	158	18.6	61	10	62.3	207	95	47	94	3468	99	209
Menu E: 4 Day Average W 16 oz skim milk	1225	38	10	120	1453	168	20.6	70	19	59.8	209	95	68	95	2540	93	204
Menu G: 4 Day Average W 16 oz skim milk	1230	45	16	195	1523	159	17.4	72	13	57.3	214	52	46	88	2375	103	208
Menu I: 4 Day Average W 16 oz skim milk	1228	46	15	115	1505	152	19.9	65	10	56.8	206	54	43	92	2314	102	205

1200 Calorie Plan Monday 4-Day Plan Including 2 servings of Non-Fat Milk/Day	
Calories	1217 kcal
Total Fat	42.2 g
Saturated Fat	13.2 g
Trans Fat	0 g
Cholesterol	142.8 mg
Sodium	1526 mg
Total Carbohydrates	157.1 g
Dietary Fiber	18.7 g
Total Sugars	66.1 g
Added Sugars	12.4 g
Protein	59.3 g
Vitamin D	205.8 mcg
Calcium (%)	92.95 %
Iron (%)	50.25 %
Potassium	2604.8 mcg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	52%
Protein	19%

1200 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1056.5 kcal
Total Fat	42.2 g
Saturated Fat	13.2 g
Trans Fat	0.0 g
Cholesterol	122.8 mg
Sodium	1325.8 mg
Total Carbohydrates	133.1 g
Dietary Fiber	18.7 g
Total Sugars	42.1 g
Includes Added S	12.4 g
Protein	41.3 g
Vitamin D	5.8 mcg
Calcium (%)	43.0 %
Iron (%)	50.3 %
Potassium	1804.8 mcg
Macronutrient Breakdown	
Fats	36%
Carbohydrates	50%
Protein	16%

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	100mg	200 mg
Total Carbohydrate:	12 g	24 g
Dietary Fiber	0 g	0 g
Total Sugars	12 g	24 g
Includes Added !	0 g	0 g
Protein	9 g	18 g
Phosphorus	35	70 %
Vitamin D	100 mcg	200 mcg
Calcium (%)	25%	50 %
Iron (%)	0%	0 %
Potassium	400 mcg	800 mcg



For questions regarding this nutritional analysis, please contact thet dietitians at Seattle Sutton's Healthy Eating

1-815-780-2060

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