

Seattle Sutton's Healthy Eating

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

Menu A

Week of: 11/17/2025

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
Moroccan Chicken Skewers	380	6	1.5	80	240	44	6	13	7	36	0	10	20	4	500	25	2
Crab Stuffed Flounder	280	9	2.5	60	490	27	4	4	0	23	4	15	10	10	670	6	2
Chocolate Hazelnut Crepe	320	15	1.5	40	260	38	3	11	4	11	0	4	6	2	150	4	0
Chicken Salad on Croissant	330	17	6	80	300	31	4	13	1	16	6	6	6	2	240	0	0
Roast Turkey in Dijon Cream Sauce	460	7	3	120	460	53	8	22	10	48	2	20	20	15	1040	35	4
Berry Colada Parfait	180	1.5	0.5	0	60	37	4	24	12	10	0	25	4	10	210	0	0
Fresh Fruit and Cottage Cheese Plate	290	9	4	30	620	31	5	13	0	20	0	25	8	25	470	8	2
Nonna Sutton's Lasagna	360	20	6	45	520	28	5	10	0	17	4	6	15	25	730	15	0
Biscuits & Sausage Gravy	350	18	6.5	160	460	38	4	19	2	12	2	8	10	20	450	2	2
Baja Chicken Tinga Wrap	310	11	3.5	45	420	36	7	4	0	20	2	10	10	15	600	8	4
Sweet & Sour Chicken	490	19	4.5	45	420	65	7	12	4	16	2	4	35	6	290	2	2
Average	337.5	11.5	3.5	59.6	399.2	39.1	5.2	13.3	3.5	20.8	2.0	12.3	13.7	12.4	480.0	9.3	1.5
Daily Average	1013	34.6	10.5	178.8	1197.5	117.3	15.5	40.0	10.5	62.5	6.0	37.0	41.0	37.3	1440.0	27.8	4.5
Menu A: 4 Day Average W 16 oz skim milk	1172.5	34.6	10.5	188.8	1397.5	141.3	15.5	64.0	10.5	80.5	36.0	37.0	41.0	87.3	2240.0	97.8	204.5
Average Per Meal	322.2	10.1	3.1	51.7	387.8	36.7	4.9	13.9	4.0	22.4	2.0	14.0	12.1	12.0	491.1	11.0	1.1
Daily Average	967	30.2	9.2	155.0	1163.3	110.0	14.7	41.7	12.0	67.3	6.0	42.0	36.3	36.0	1473.3	33.0	3.3
Menu A: 3 Day Average W 16 oz skim milk	1126.7	30.2	9.2	165.0	1363.3	134.0	14.7	65.7	12.0	85.3	36.0	42.0	36.3	86.0	2273.3	103.0	203.3

Menu C

Week of: 11/24/2025

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)	(%)	(%)
Ciabatta Egg Sandwich	300	10	4.5	130	540	40	5	8	0	14	0	60	15	15	140	0	0
Curry Chicken Salad	470	22	2.5	45	400	48	6	19	3	21	0	6	15	10	390	6	0
Thanksgiving Turkey Dinner	410	13	6	115	400	43	5	17	10	32	2	6	20	6	460	2	0
Cheesy Baked Egg Casserole	300	8	3.5	20	530	37	7	13	2	21	0	30	15	15	560	8	2
Honey Shrimp Salad	260	14	1.5	25	320	28	5	8	1	10	4	60	15	4	390	15	0
Garden Tamale Bowl	420	21	10	20	450	47	11.5	27	0	10	2	15	20	15	340	8	2
Strawberry Chia Oatmeal	300	11	2	0	35	44	6.5	21	7	9	2	30	15	10	420	10	8
Tuscan Bean Soup & Crostata	300	13	3	10	700	35	9	5	1	12	2	10	15	15	1170	4	0
Chicken Linguini Alfredo	350	11	4.5	65	560	39	5	10	0	25	2	110	8	20	720	6	10
Peach Berry Blintz	240	9	3	55	210	29	2	15	8	11	2	4	4	2	160	2	0
Lou's Bleu Burger	490	17	4.5	120	700	61	5	19	7	25	0	10	25	15	650	4	0
Honey Peach BBQ Chicken	430	14	5	120	400	39	3	10	5	39	2	4	10	15	820	15	2
Average	355.8	13.6	4.2	60.4	437.1	40.8	5.8	14.3	3.7	19.1	1.5	28.8	14.8	11.8	518.3	6.7	2.0
Daily Average	1068	40.8	12.5	181.3	1311.3	122.5	17.5	43.0	11.0	57.3	4.5	86.3	44.3	35.5	1555.0	20.0	6.0
Menu C: 4 Day Average W 16 oz skim milk	1227.5	40.8	12.5	191.3	1511.3	146.5	17.5	67.0	11.0	75.3	34.5	86.3	44.3	85.5	2355.0	90.0	206.0
Average Per Meal	345.6	13.7	4.2	47.8	437.2	40.1	6.7	14.2	2.7	17.1	1.6	36.3	15.3	12.2	510.0	6.6	2.4
Daily Average	1037	41.0	12.5	143.3	1311.7	120.3	20.0	42.7	8.0	51.3	4.7	109.0	46.0	36.7	1530.0	19.7	7.3
Menu C: 3 Day Average W 16 oz skim milk	1196.7	41.0	12.5	153.3	1511.7	144.3	20.0	66.7	8.0	69.3	34.7	109.0	46.0	86.7	2330.0	89.7	207.3

Menu E

Week of: 12/1/2025

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 Poppyseed Bread	380	7	0	0	300	69	5.5	39	21	13	0	40	25	10	360	10	0
Chicken Gyro Bowl	420	13	1.5	65	480	42	6	2	0	30	2	25	20	10	310	4	0
Cajun Shrimp Etouffee	350	13	4.5	140	550	39	4.5	7	1	23	2	25	10	8	610	10	2
Swiss Cheese Egg Bake	200	5	3	20	420	18	2.5	4	0	19	0	6	10	20	370	0	0
Pecan Cranberry Mixed Green Salad	410	32	4.5	15	150	25	6	13	10	9	4	8	10	20	220	8	0
Tortellini Pomodoro	260	9	2	50	330	33	5	10	3	11	2	15	15	20	350	4	0
Morning Protein Plate	430	22	6	200	360	45	6	20	3	18	4	30	20	15	440	10	10
Homestyle Roasted Turkey Sandwich	360	6	3	70	340	55	5	22	8	24	2	8	15	6	450	15	2
BBQ Meatloaf & Cheddar Mash	380	19	4	60	460	38	4.5	17	9	23	2	10	15	10	740	25	6
Bacon & Egg Bagel Sandwich	330	12	3	160	500	42	6	12	0	21	2	80	15	6	540	4	0
Chipotle Black Bean Burger	470	25	3.5	5	500	51	11	16	9	16	2	10	20	10	740	2	0
Chicken Matzo Ball Soup	440	16	3.5	90	400	40	4	11	6	32	2	4	20	4	730	4	0
Average	369.2	14.9	3.2	72.9	399.2	41.4	5.5	14.4	5.8	19.9	2.0	21.8	16.3	11.6	488.3	8.0	1.7
Daily Average	1108	44.8	9.6	218.8	1197.5	124.3	16.5	43.3	17.5	59.8	6.0	65.3	48.8	34.8	1465.0	24.0	5.0
Menu E: 4 Day Average W 16 oz skim milk	1267.5	44.8	9.6	228.8	1397.5	148.3	16.5	67.3	17.5	77.8	36.0	65.3	48.8	84.8	2265.0	94.0	205.0
Average Per Meal	354.4	14.0	3.2	68.9	376.7	40.4	5.0	14.9	6.1	18.9	2.0	18.6	15.6	13.2	427.8	9.6	2.2
Daily Average	1063	42.0	9.5	206.7	1130.0	121.3	15.0	44.7	18.3	56.7	6.0	55.7	46.7	39.7	1283.3	28.7	6.7
Menu E: 3 Day Average W 16 oz skim milk	1223.3	42.0	9.5	216.7	1330.0	145.3	15.0	68.7	18.3	74.7	36.0	55.7	46.7	89.7	2083.3	98.7	206.7

Menu G

Week of: 12/8/2025

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)	(%)	(%)
Potato & Onion Pancakes	280	15	5	100	650	32	5	12	1	8	2	6	0	6	600	4	0
Pecan & Poppyseed Chicken Salad	360	20	2	60	290	26	3	10	0	23	2	4	10	6	300	4	0
Grilled Salmon with Creamy Dill Sauce	360	13	4.5	65	430	33	4	5	0	30	2	40	10	6	820	10	4
Superfood Brioche French Toast	230	11	3.5	30	200	33	3	18	6	8	2	2	30	6	190	4	2
Mediterranean Lunch Box	360	21	3.5	85	550	20	5.5	4	1	35	0	4	15	8	450	20	2
Capri Chicken with Quinoa Pilaf	430	18	4	115	740	24	5.5	6	0	44	4	45	10	25	940	15	2
Brioche Breakfast Sandwich	370	17	5.5	155	500	35	6	14	6	20	4	50	15	20	430	6	0
Loaded Quesadilla & Tortilla Soup	380	19	7	55	990	37	4.5	4	0	21	2	8	10	25	270	15	2
Herbed Turkey Bake	300	13	4	45	240	32	4	9	3	15	2	4	10	4	360	4	2
Wheat Croissant and Brie	390	13	6	40	340	67	9	42	3	9	0	8	10	8	530	4	0
Broccoli Cheddar Fritter	390	18	4.5	20	340	46	8.5	22	4	13	2	35	15	15	560	10	2
Pierogi in Mushroom & Tomato Gravy	270	6	3	20	300	46	3	7	4	9	2	35	15	4	370	2	0
Average	343.3	15.3	4.4	65.8	464.2	35.9	5.1	12.8	2.3	19.6	2.0	20.1	12.5	11.1	485.0	8.2	1.3
Daily Average	1030	46.0	13.1	197.5	1392.5	107.8	15.3	38.3	7.0	58.8	6.0	60.3	37.5	33.3	1455.0	24.5	4.0
Menu G: 4 Day Average W 16 oz skim milk	1190.0	46.0	13.1	207.5	1592.5	131.8	15.3	62.3	7.0	76.8	36.0	60.3	37.5	83.3	2255.0	94.5	204.0
Average Per Meal	341.1	16.3	4.3	78.9	510.0	30.2	4.5	9.1	1.9	22.7	2.2	18.1	12.2	11.8	484.4	9.1	1.6
Daily Average	1023	49.0	13.0	236.7	1530.0	90.7	13.5	27.3	5.7	68.0	6.7	54.3	36.7	35.3	1453.3	27.3	4.7
Menu G: 3 Day Average W 16 oz skim milk	1183.3	49.0	13.0	246.7	1730.0	114.7	13.5	51.3	5.7	86.0	36.7	54.3	36.7	85.3	2253.3	97.3	204.7

Menu I Week of: 12/15/2025																	
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
Tex Mex Fish Taco	340	13	3.5	40	550	37	5	4	0	22	0	4	10	15	520	6	2
Italian Sausage Flatbread Pizza	420	23	4.5	20	860	37	7	4	2	22	4	35	15	25	630	4	0
Chocolate Chia Bowl	310	13	3.5	0	70	46	7	31	12	8	0	2	15	15	460	15	4
Smoky Chicken Salad Pita	330	11	2	60	420	38	7	9	1	25	2	20	15	10	630	8	0
Thai Coconut Chicken	350	10	3.5	40	450	44	2	6	2	19	2	10	20	6	320	2	0
Orange Berry Waffle	350	13	4	65	540	46	3	22	8	10	0	4	4	10	55	0	0
Pear & Gorgonzola Salad	390	26	4.5	30	270	34	6	17	9	11	4	8	15	10	320	10	0
Spaghetti Lentil Bolognese	320	11	1.5	0	230	43	8	6	0	12	4	10	20	6	530	10	0
English Muffin Breakfast Sandwich	380	19	6	180	730	30	4	6	1	20	10	15	15	20	440	0	0
Loaded Potato Soup	380	15	8	45	460	44	4	7	1	15	4	20	15	25	530	20	10
Salisbury Steak	330	10	3	65	390	38	7	8	1	25	2	15	20	6	760	25	6
Average	350.0	15.1	4.3	57.1	457.5	38.6	5.3	10.9	3.1	16.9	2.8	12.4	14.2	13.2	451.3	8.7	1.8
Daily Average	1050	45.3	12.8	171.3	1372.5	115.8	16.0	32.8	9.3	50.8	8.5	37.3	42.5	39.5	1353.8	26.0	5.5
Menu I: 4 Day Average W 16 oz skim milk	1210.0	45.3	12.8	181.3	1572.5	139.8	16.0	56.8	9.3	68.8	38.5	37.3	42.5	89.5	2153.8	96.0	205.5
Average Per Meal	345.6	15.2	3.8	43.9	434.4	39.0	5.4	12.2	3.8	15.9	2.0	11.0	13.3	11.9	409.4	6.6	0.7
Daily Average	1037	45.7	11.3	131.7	1303.3	117.0	16.3	36.7	11.3	47.7	6.0	33.0	40.0	35.7	1228.3	19.7	2.0
Menu I: 3 Day Average W 16 oz skim milk	1196.7	45.7	11.3	141.7	1503.3	141.0	16.3	60.7	11.3	65.7	36.0	33.0	40.0	85.7	2028.3	89.7	202.0

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: 4 Day Average W 16 oz skim milk	1172.5	34.6	10.5	188.8	1397.5	141.3	15.5	64.0	10.5	80.5	36.0	37.0	41.0	87.3	2240.0	97.8	204.5
Menu C: 4 Day Average W 16 oz skim milk	1227.5	40.8	12.5	191.3	1511.3	146.5	17.5	67.0	11.0	75.3	34.5	86.3	44.3	85.5	2355.0	90.0	206.0
Menu E: 4 Day Average W 16 oz skim milk	1267.5	44.8	9.6	228.8	1397.5	148.3	16.5	67.3	17.5	77.8	36.0	65.3	48.8	84.8	2265.0	94.0	205.0
Menu G: 4 Day Average W 16 oz skim milk	1190.0	46.0	13.1	207.5	1592.5	131.8	15.3	62.3	7.0	76.8	36.0	60.3	37.5	83.3	2255.0	94.5	204.0
Menu I: 4 Day Average W 16 oz skim milk	1210.0	45.3	12.8	181.3	1572.5	139.8	16.0	56.8	9.3	68.8	38.5	37.3	42.5	89.5	2153.8	96.0	205.5



For questions regarding this nutritional analysis, please contact the dietitians at
Seattle Sutton's Healthy Eating
1-815-780-2060
Dietitians@sshe.com

1200 Calorie Plan Monday 4-Day Plan Including 2 servings of Non-Fat Milk/Day	
Calories	1214 kcal
Total Fat	42.3 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	199.5 mg
Sodium	1494 mg
Total Carbohydrates	141.5 g
Dietary Fiber	18.4 g
Total Sugars	63.5 g
Added Sugars	11.1 g
Protein	75.8 g
Vitamin D	205.0 mcg
Calcium (%)	86.05 %
Iron (%)	42.80 %
Potassium	2253.8 mcg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	47%
Protein	25%

1200 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1053.5 kcal
Total Fat	42.3 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	189.5 mg
Sodium	1294 mg
Total Carbohydrates	117.5 g
Dietary Fiber	18.4 g
Total Sugars	39.5 g
Includes Added Sug	11.1 g
Protein	57.8 g
Vitamin D	5.0 mcg
Calcium (%)	36.05 %
Iron (%)	42.80 %
Potassium	1453.8 mcg
Macronutrient Breakdown	
Fats	35%
Carbohydrates	45%
Protein	22%

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