

Seattle Sutton's Healthy Eating

4-Day Thursday 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 B Week of: 3/5/2026																	
Egg Fonduta	300	8	3	20	620	37	6.5	16	2	21	0	6	15	20	490	4	0
Wild Blackberry Parfait	340	11	1	5	40	50	6.5	29	14	13	0	2	70	10	330	10	0
Strawberry Cheesecake French Toast	300	11	4	35	370	40	3	17	8	9	2	2	35	8	170	8	2
Biscuits & Vegetarian Gravy	350	16	6	150	470	38	4	19	2	13	2	8	15	20	450	2	2
Broccoli Cheddar Soup & Salad	450	17	7	55	750	56	6.5	15	5	18	6	35	20	30	520	20	10
Vegetables & Dumplings	280	5	2.5	20	480	52	7	16	10	10	10	20	15	6	500	8	2
Mushroom Swiss Veggie Burger	240	10	4	25	270	25	4	8	1	13	4	6	10	20	450	2	0
Egg Salad on Croissant	340	19	7	250	360	31	4	14	1	10	6	6	15	4	190	0	0
Raspberry Goat Cheese Salad	430	27	6	15	200	37	7	23	9	14	8	25	25	10	840	20	2
Rustic Zucchini Cavatappi	360	13	4	50	570	50	5.5	9	3	12	2	15	20	6	470	6	0
Black Bean Enchilada Bake	370	17	7	45	620	40	8.5	8	0	15	2	30	10	25	450	20	2
Sweet & Sour Tofu	530	21	5.5	20	530	73	5	18	6	13	2	6	20	15	370	4	2
Average	358	15	5	58	440	44	6	16	5	13	4	13	23	15	436	9	2
Daily Average	1073	44	14	173	1320	132	17	48	15	40	11	40	68	44	1308	26	6
Menu B: 4 Day Average W 16 oz skim milk	1233	44	14	193	1520	156	17	72	15	58	211	40	68	94	2108	96	206
Menu D Week of: 3/12/2026																	
Vegetarian Blueberry Almond Torta	380	12	2	10	350	56	7	38	10	16	0	80	15	10	490	4	2
Hashbrown Casserole	180	6	3	20	250	20	4	12	0	13	0	2	10	15	490	8	0
Cheddar & Sausage Breakfast Casserole	480	26	4.5	20	480	42	8	18	1	24	2	8	20	25	640	20	2
Ciabatta Egg Sandwich	300	10	4.5	130	540	40	5	8	0	14	0	60	15	15	140	0	0
Gemelli Pasta Salad	400	29	10	90	350	34	4	18	8	7	0	4	8	6	90	6	0
Margherita Flatbread Pizza	350	17	6	35	650	29	6	6	0	18	2	30	15	30	520	25	2
Three Bean Chili	430	25	4.5	5	490	42	9	8	0	10	2	20	25	15	1190	4	0
Lou's Bleu Veggie Burger	580	24	6	10	750	66	7	19	3	28	0	8	35	10	650	2	0
Greek Chickpea Feta Fritter	280	4	1.5	5	320	49	8	19	7	11	2	80	15	8	670	8	0
Marry Me Pasta	450	9	4	85	400	80	9	18	6	15	4	70	15	20	720	15	15
Sofrito Tofu	340	10	1.5	0	450	47	8	5	0	17	4	20	30	20	720	10	0
Homestyle Macaroni & Cheese	500	15	7	45	710	73	6	18	6	20	4	80	15	30	920	25	10
Average	389	16	5	38	478	48	7	16	3	16	2	39	18	17	603	11	3
Daily Average	1168	47	14	114	1435	145	20	47	10	48	5	116	55	51	1810	32	8
Menu D: 4 Day Average W 16 oz skim milk	1328	47	14	134	1635	169	20	71	10	66	205	116	55	101	2610	102	208

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4-Day Thursday 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 F		Week of: 3/19/2026															
Sunrise Pizza	310	13	5	110	600	32	3	4	0	17	2	40	20	25	620	15	2
Cranberry Oat Bar	310	7	0.5	5	60	49	5	30	20	14	0	10	50	15	320	10	0
Cheesy Egg Strata	240	10	5.5	30	500	20	3	11	0	18	4	100	10	20	420	10	2
Vegetarian Bacon & Egg Bagel Sandwich	350	13	3	135	790	42	6	12	0	23	2	80	20	6	610	4	0
Bonsai Tofu Bowl	410	13	2.5	20	600	60	6	22	10	17	0	20	30	25	550	6	0
Caesar Salad with Roasted Tomatoes	380	25	4	20	480	28	3	12	10	13	2	8	15	20	290	10	0
Mushroom Croque Monsieur	340	17	4.5	25	490	38	2.5	10	1	9	2	2	6	20	510	10	4
Chipotle Black Bean Burger	470	25	3.5	5	500	51	11	16	8	16	2	10	20	10	740	2	0
Vegetarian Swedish Meatballs	320	6	3.5	15	550	38	9	9	0	28	8	35	25	15	1140	10	6
Pasta Verde with Guajillo Garbanzos	420	16	7	40	190	58	8	10	0	14	4	80	15	8	830	6	4
Butternut Squash Ravioli	450	20	7	70	450	51	9	11	3	17	10	35	20	25	560	15	6
Lentil Matzo Ball Soup	410	15	4	15	730	57	8	18	10	11	2	8	35	6	480	15	2
Average	368	15	4	41	495	44	6	14	5	16	3	36	22	16	589	9	2
Daily Average	1103	45	13	123	1485	131	18	41	16	49	10	107	67	49	1768	28	7
Menu F: 4 Day Average W 16 oz skim milk	1263	45	13	143	1685	155	18	65	16	67	210	107	67	99	2568	98	207
Menu H		Week of: 3/26/2026															
Spinach & Goat Cheese Frittata	220	5	3	10	400	25	3	6	0	17	4	80	30	15	820	15	0
Vegetarian Bacon & Cheddar Clafoutis	390	19	4.5	25	660	34	3	5	0	20	10	50	25	20	1260	15	4
Blueberry Smoothie Bowl	360	8	1.5	0	60	60	7	38	11	12	0	30	35	15	460	15	0
Potato & Onion Pancakes	280	15	5	100	660	32	5	12	1	8	2	6	0	6	600	4	0
Veggie Melt	320	8	3	15	420	44	8	7	0	18	4	20	20	15	750	8	0
Spinach Artichoke Flatbread Pizza	510	23	11	60	730	60	7	30	9	15	4	6	20	35	460	6	2
Vegetarian Acapulco Taco Pie	330	11	3.5	15	380	46	6	7	1	12	2	25	15	20	560	10	4
Vegetarian Mediterranean Lunch Box	400	23	4	5	950	25	4	4	0	25	0	4	15	10	230	2	0
Eggplant Parmesan	230	11	2.5	5	400	33	6	8	0	9	0	10	8	10	560	6	0
Vegetarian Picadillo Cubano	400	3	1	0	390	85	10	5	0	10	0	6	30	8	790	6	0
Pesto Cream Penne	380	14	4	20	640	47	10	11	0	18	4	25	20	20	550	20	15
Butternut & Zucchini Bake	310	12	4	25	210	43	4.5	12	3	8	2	10	10	4	550	6	2
Average	344	13	4	23	492	45	6	12	2	14	3	23	19	15	633	9	2
Daily Average	1033	38	12	70	1475	134	18	36	6	43	8	68	57	45	1898	28	7
Menu H: 4 Day Average W 16 oz skim milk	1193	38	12	90	1675	158	18	60	6	61	208	68	57	95	2698	98	207

Seattle Sutton's Healthy Eating

4-Day Thursday 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 J		Week of: 4/2/2026															
Chocolate Pistachio Pancake	330	15	5	20	135	45	3.5	22	13	7	0	2	15	8	300	10	2
Bircher Muesli and Pears	420	20	5.5	30	15	57	6.5	31	16	9	2	2	50	8	330	15	4
Avocado Toast	350	18	3	130	290	35	10	10	0	13	2	50	15	4	480	8	0
Veggie Sausage & Egg Sandwich	390	18	5.5	140	720	34	5	7	1	24	6	15	20	25	520	0	0
Landry Bay Zucchini Cakes	400	25	7	50	640	35	5	7	1	8	2	35	15	6	570	6	2
Vegetarian Verde Taco	390	17	7	35	600	42	8	6	0	20	2	25	15	20	490	15	8
Vegetarian BBQ Pizza	330	11	5.5	30	370	40	9	12	2	17	2	6	10	25	540	10	0
Loaded Potato Soup	380	15	7	45	450	46	4	6	1	15	4	25	15	25	540	20	10
Spring Vegetable Fricassee	430	14	4	20	260	76	11	20	13	11	20	30	25	8	850	10	2
Vegetarian Cottage Pie	370	10	4	0	570	56	17	23	1	14	2	50	20	6	890	15	2
Honey Garlic Chickpea Bowl	350	13	5.5	25	210	49	8	13	0	9	4	6	15	8	470	8	2
Peppered Lentil Salisbury Steak	390	11	4	10	520	50	13.5	8	0	22	2	15	30	6	930	20	4
Average	378	16	5	45	398	47	8	14	4	14	4	22	20	12	576	11	3
Daily Average	1133	47	16	134	1195	141	25	41	12	42	12	65	61	37	1728	34	9
Menu J: 4 Day Average W 16 oz skim milk	1293	47	16	154	1395	165	25	65	12	60	212	65	61	87	2528	104	209

Seattle Sutton's Healthy Eating

4-Day Thursday 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 B: 4 Day Average W 16 oz skim milk	1233	44	14	193	1520	156	17	72	15	58	211	40	68	94	2108	96	206
Menu D: 4 Day Average W 16 oz skim milk	1328	47	14	134	1635	169	20	71	10	66	205	116	55	101	2610	102	208
Menu F: 4 Day Average W 16 oz skim milk	1263	45	13	143	1685	155	18	65	16	67	210	107	67	99	2568	98	207
Menu H: 4 Day Average W 16 oz skim milk	1193	38	12	90	1675	158	18	60	6	61	208	68	57	95	2698	98	207
Menu J: 4 Day Average W 16 oz skim milk	1293	47	16	154	1395	165	25	65	12	60	212	65	61	87	2528	104	209



1200 Calorie Plan Thursday 4-Day Plan Including 2 servings of Non-Fat Milk/Day	
Calories	1262 kcal
Total Fat	44.1 g
Saturated Fat	14 g
Trans Fat	0 g
Cholesterol	142.5 mg
Sodium	1582 mg
Total Carbohydrates	160.5 g
Dietary Fiber	19.8 g
Total Sugars	66.7 g
Added Sugars	11.9 g
Protein	62.6 g
Vitamin D	207.1 mcg
Calcium (%)	95.00 %
Iron (%)	61.35 %
Potassium	2502.0 mcg
Macronutrient Breakdown	
Fats	14%
Carbohydrates	51%
Protein	20%

1200 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1101.5 kcal
Total Fat	44.1 g
Saturated Fat	13.6 g
Trans Fat	0.0 g
Cholesterol	122.5 mg
Sodium	1382.0 mg
Total Carbohydrates	136.5 g
Dietary Fiber	19.8 g
Total Sugars	42.7 g
Includes Added S	11.9 g
Protein	44.6 g
Vitamin D	7.1 mcg
Calcium (%)	45.0 %
Iron (%)	61.4 %
Potassium	1702.0 mcg
Macronutrient Breakdown	
Fats	16%
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 the dietitians at Seattle Sutton's Healthy Eating

1-815-780-2060

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