

Seattle Sutton's Healthy Eating

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

Menu A

Week of: 12/22/2025

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	480	6	2.5	10	480	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	340	17	6	80	300	31	4	13	1	16	6	6	6	2	240	0	0
Herbed Cornish Hen	550	30	7	205	530	43	6	16	13	30	4	10	15	6	820	4	0
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	410	9	4	30	900	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	370.8	13.5	3.8	66.7	423.3	38.3	5.0	12.8	3.8	19.3	2.2	11.5	13.3	11.7	461.7	6.7	1.2
Daily Average	1113	40.4	11.5	200.0	1270.0	114.8	15.0	38.5	11.3	58.0	6.5	34.5	39.8	35.0	1385.0	20.0	3.5
Menu A: 4 Day Average W 16 oz skim milk	1272.5	40.4	11.5	210.0	1470.0	138.8	15.0	62.5	11.3	76.0	36.5	34.5	39.8	85.0	2185.0	90.0	203.5
Average Per Meal	366.7	12.6	3.5	61.1	420.0	35.6	4.7	13.2	4.3	20.4	2.2	12.9	11.6	11.0	466.7	7.6	0.7
Daily Average	1100	37.8	10.5	183.3	1260.0	106.7	14.0	39.7	13.0	61.3	6.7	38.7	34.7	33.0	1400.0	22.7	2.0
Menu A: 3 Day Average W 16 oz skim milk	1260.0	37.8	10.5	193.3	1460.0	130.7	14.0	63.7	13.0	79.3	36.7	38.7	34.7	83.0	2200.0	92.7	202.0

Menu C

Week of: 12/29/2025

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	280	10	4.5	130	540	34	5	8	0	14	0	60	15	15	270	0	0
Curry Chicken Salad	470	22	2.5	45	400	48	6	19	3	21	0	6	15	10	390	6	0
Chicken Wellington	440	20	11	90	540	41	6.5	8	0	24	0	6	20	10	900	15	4
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	20	10	20	440	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	13	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	500	15	6.5	130	700	51	3	13	6	42	2	4	10	20	910	15	6
Average	362.5	14.2	4.7	59.2	472.9	41.2	6.0	13.8	2.9	18.8	1.3	28.8	14.8	12.6	573.3	7.8	2.7
Daily Average	1088	42.5	14.1	177.5	1418.8	123.5	17.9	41.5	8.8	56.3	4.0	86.3	44.3	37.8	1720.0	23.3	8.0
Menu C: 4 Day Average W 16 oz skim milk	1247.5	42.5	14.1	187.5	1618.8	147.5	17.9	65.5	8.8	74.3	34.0	86.3	44.3	87.8	2520.0	93.3	208.0
Average Per Meal	346.7	14.3	4.7	45.0	451.7	39.2	6.8	13.2	1.6	16.3	1.3	36.3	15.3	12.7	573.3	8.0	2.9
Daily Average	1040	43.0	14.2	135.0	1355.0	117.7	20.5	39.7	4.7	49.0	4.0	109.0	46.0	38.0	1720.0	24.0	8.7
Menu C: 3 Day Average W 16 oz skim milk	1200.0	43.0	14.2	145.0	1555.0	141.7	20.5	63.7	4.7	67.0	34.0	109.0	46.0	88.0	2520.0	94.0	208.7

Menu E

Week of: 1/5/2026

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	290	69	5.5	35	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	20	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
Tortelloni 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	380	6	3	70	990	55	5	22	8	24	2	8	15	6	450	15	2
BBQ Meatloaf & Cheddar Mash	380	18	3.5	50	420	36	4.5	16	9	20	2	10	15	10	700	20	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	370.8	14.8	3.2	72.1	449.2	41.3	5.5	14.0	5.8	19.8	2.0	21.8	16.3	11.6	485.0	7.6	1.7
Daily Average	1113	44.5	9.5	216.3	1347.5	123.8	16.5	42.0	17.5	59.3	6.0	65.3	48.8	34.8	1455.0	22.8	5.0
Menu E: 4 Day Average W 16 oz skim milk	1272.5	44.5	9.5	226.3	1547.5	147.8	16.5	66.0	17.5	77.3	36.0	65.3	48.8	84.8	2255.0	92.8	205.0
Average Per Meal	356.7	13.9	3.1	67.8	443.3	40.2	5.0	14.3	6.1	18.7	2.0	18.6	15.6	13.2	423.3	9.0	2.2
Daily Average	1070	41.7	9.3	203.3	1330.0	120.7	15.0	43.0	18.3	56.0	6.0	55.7	46.7	39.7	1270.0	27.0	6.7
Menu E: 3 Day Average W 16 oz skim milk	1230.0	41.7	9.3	213.3	1530.0	144.7	15.0	67.0	18.3	74.0	36.0	55.7	46.7	89.7	2070.0	97.0	206.7

Menu G

Week of: 1/12/2026

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	360	19	7	55	340	37	4.5	4	0	21	2	8	10	25	270	15	2
Herbed Turkey Bake	290	13	4	40	310	32	4	9	3	13	2	4	10	4	370	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	340	14	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	336.7	15.0	4.4	65.4	415.8	35.9	5.1	12.8	2.3	19.4	2.0	20.1	12.5	11.1	485.8	8.2	1.3
Daily Average	1010	45.0	13.1	196.3	1247.5	107.8	15.3	38.3	7.0	58.3	6.0	60.3	37.5	33.3	1457.5	24.5	4.0
Menu G: 4 Day Average W 16 oz skim milk	1170.0	45.0	13.1	206.3	1447.5	131.8	15.3	62.3	7.0	76.3	36.0	60.3	37.5	83.3	2257.5	94.5	204.0
Average Per Meal	337.8	16.3	4.3	78.3	445.6	30.2	4.5	9.1	1.9	22.4	2.2	18.1	12.2	11.8	485.6	9.1	1.6
Daily Average	1013	49.0	13.0	235.0	1336.7	90.7	13.5	27.3	5.7	67.3	6.7	54.3	36.7	35.3	1456.7	27.3	4.7
Menu G: 3 Day Average W 16 oz skim milk	1173.3	49.0	13.0	245.0	1536.7	114.7	13.5	51.3	5.7	85.3	36.7	54.3	36.7	85.3	2256.7	97.3	204.7

Menu I Week of: 1/19/2026																	
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	250	12	6.5	105	270	27	4	14	0	8	2	6	6	10	250	6	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	370	18	4.5	0	70	49	8	32	12	11	0	20	15	15	570	20	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	360	26	4.5	30	270	26	5	12	9	11	2	8	10	10	240	8	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	370	19	6	180	730	31	4	7	1	20	6	15	15	20	410	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	347.5	15.1	4.3	54.2	436.7	38.3	5.3	10.9	3.1	16.7	2.3	13.9	13.8	13.2	453.8	9.1	1.8
Daily Average	1043	45.3	12.9	162.5	1310.0	115.0	16.0	32.8	9.3	50.0	7.0	41.8	41.3	39.5	1361.3	27.3	5.5
Menu I: 4 Day Average W 16 oz skim milk	1202.5	45.3	12.9	172.5	1510.0	139.0	16.0	56.8	9.3	68.0	37.0	41.8	41.3	89.5	2161.3	97.3	205.5
Average Per Meal	343.3	15.2	3.8	40.0	406.7	38.6	5.4	12.1	3.8	15.6	1.8	13.0	12.8	11.9	416.1	7.1	0.7
Daily Average	1030	45.7	11.5	120.0	1220.0	115.7	16.3	36.3	11.3	46.7	5.3	39.0	38.3	35.7	1248.3	21.3	2.0
Menu I: 3 Day Average W 16 oz skim milk	1190.0	45.7	11.5	130.0	1420.0	139.7	16.3	60.3	11.3	64.7	35.3	39.0	38.3	85.7	2048.3	91.3	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	1272.5	40.4	11.5	210.0	1470.0	138.8	15.0	62.5	11.3	76.0	36.5	34.5	39.8	85.0	2185.0	90.0	203.5
Menu C: 4 Day Average W 16 oz skim milk	1247.5	42.5	14.1	187.5	1618.8	147.5	17.9	65.5	8.8	74.3	34.0	86.3	44.3	87.8	2520.0	93.3	208.0
Menu E: 4 Day Average W 16 oz skim milk	1272.5	44.5	9.5	226.3	1547.5	147.8	16.5	66.0	17.5	77.3	36.0	65.3	48.8	84.8	2255.0	92.8	205.0
Menu G: 4 Day Average W 16 oz skim milk	1170.0	45.0	13.1	206.3	1447.5	131.8	15.3	62.3	7.0	76.3	36.0	60.3	37.5	83.3	2257.5	94.5	204.0
Menu I: 4 Day Average W 16 oz skim milk	1202.5	45.3	12.9	172.5	1510.0	139.0	16.0	56.8	9.3	68.0	37.0	41.8	41.3	89.5	2161.3	97.3	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	1233 kcal
Total Fat	43.5 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	200.5 mg
Sodium	1519 mg
Total Carbohydrates	141.0 g
Dietary Fiber	18.3 g
Total Sugars	62.6 g
Added Sugars	10.8 g
Protein	74.4 g
Vitamin D	205.2 mcg
Calcium (%)	86.05 %
Iron (%)	42.30 %
Potassium	2275.8 mcg
Macronutrient Breakdown	
Fats	32%
Carbohydrates	46%
Protein	24%

1200 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1073.0 kcal
Total Fat	43.5 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	190.5 mg
Sodium	1319 mg
Total Carbohydrates	117.0 g
Dietary Fiber	18.3 g
Total Sugars	38.6 g
Includes Added Sug	10.8 g
Protein	56.4 g
Vitamin D	5.2 mcg
Calcium (%)	36.05 %
Iron (%)	42.30 %
Potassium	1475.8 mcg
Macronutrient Breakdown	
Fats	36%
Carbohydrates	44%
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