

Seattle Sutton's Healthy Eating

4-Day Monday 1200 Calorie Plan Vegetarian 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	300	6	2.5	10	540	41	5	15	2	21	2	15	20	15	410	6	0
Moroccan Kofta Bowl	440	19	4	0	380	51	6.5	13	7	18	0	10	30	4	530	8	0
Cauliflower Tikka Masala	350	8	1.5	5	540	57	4	5	0	10	2	90	35	15	980	10	0
Chocolate Hazelnut Crepe	320	15	1.5	40	260	38	2.5	11	4	11	0	4	6	2	150	4	0
Baja Garbanzo Tinga Wrap	300	10	4	20	460	40	7.5	4	0	14	2	10	10	15	620	8	4
Stuffed Acorn Squash	560	16	2	40	550	90	18	17	13	15	6	30	30	15	1490	30	2
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 & Vegetarian Gravy	350	16	6.5	150	470	38	4	19	2	13	2	8	15	20	450	2	2
Egg Salad on Croissant	340	17	7	250	360	31	4	14	1	10	6	6	15	4	190	0	0
Sweet & Sour Tofu	530	21	5.5	20	530	73	5	18	6	13	2	6	20	15	370	4	2
Average	360.0	13.2	3.8	50.8	440.8	46.3	5.9	13.6	3.9	14.3	2.2	19.6	17.3	13.8	550.0	7.9	1.0
Daily Average	1080	39.6	11.3	152.5	1322.5	138.8	17.6	40.8	11.8	43.0	6.5	58.8	52.0	41.3	1650.0	23.8	3.0
Menu A: 4 Day Average W 16 oz skim milk	1240.0	39.6	11.3	162.5	1522.5	162.8	17.6	64.8	11.8	61.0	36.5	58.8	52.0	91.3	2450.0	93.8	203.0
Average Per Meal	344.4	11.6	2.9	21.1	436.7	45.9	6.4	12.4	4.2	15.1	1.8	23.9	17.6	14.0	621.1	9.9	0.9
Daily Average	1033	34.8	8.7	63.3	1310.0	137.7	19.2	37.3	12.7	45.3	5.3	71.7	52.7	42.0	1863.3	29.7	2.7
Menu A: 3 Day Average W 16 oz skim milk	1193.3	34.8	8.7	73.3	1510.0	161.7	19.2	61.3	12.7	63.3	35.3	71.7	52.7	92.0	2663.3	99.7	202.7

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
Chili Tempeh Salad	380	17	2	0	750	41	3	6	1	16	4	60	20	6	530	15	0
Lentil Wellington	440	22	11.5	60	540	49	9	9	0	12	0	8	25	10	1000	10	4
Cheesy Baked Egg Casserole	300	8	3.5	20	530	37	7	13	2	21	0	30	15	15	560	8	2
Curry Chickpea Salad	460	22	3	10	400	54	7	20	3	13	0	4	15	10	420	6	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
Primavera Alfredo	270	8	4	25	370	40	6.5	10	0	12	2	0	6	20	540	6	10
Ciabatta Egg Sandwich	280	10	4.5	130	540	34	5	8	0	14	0	60	15	15	270	0	0
Lou's Bleu Veggie Burger	580	24	6	10	750	66	7	19	3	28	0	8	35	10	650	2	0
Homestyle Macaroni & Cheese	500	15	7	45	710	73	6	18	6	20	4	80	15	30	920	25	10
Average	375.8	15.0	5.1	38.3	525.4	46.2	6.9	13.7	1.9	15.2	1.3	30.4	17.6	14.3	590.8	7.8	3.0
Daily Average	1128	45.0	15.3	115.0	1576.3	138.5	20.6	41.0	5.8	45.5	4.0	91.3	52.8	42.8	1772.5	23.5	9.0
Menu C: 4 Day Average W 16 oz skim milk	1287.5	45.0	15.3	125.0	1776.3	162.5	20.6	65.0	5.8	63.5	34.0	91.3	52.8	92.8	2572.5	93.5	209.0
Average Per Meal	350.0	14.6	4.8	30.6	478.3	42.3	7.2	13.2	1.6	13.3	1.3	24.1	16.2	12.9	583.3	7.4	2.9
Daily Average	1050	43.7	14.5	91.7	1435.0	127.0	21.5	39.7	4.7	40.0	4.0	72.3	48.7	38.7	1750.0	22.3	8.7
Menu C: 3 Day Average W 16 oz skim milk	1210.0	43.7	14.5	101.7	1635.0	151.0	21.5	63.7	4.7	58.0	34.0	72.3	48.7	88.7	2550.0	92.3	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
Falafel Bowl	390	11	1	0	520	57	8	6	0	15	2	25	30	15	410	6	0
Cajun Vegetarian Etouffee	350	14	5	30	290	50	8	10	1	10	4	50	20	8	780	20	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
Pumpkin Sweet Potato Bisque & Salad	400	16	5	30	140	59	8	22	14	10	10	20	20	15	640	8	2
BBQ Veggie Meatloaf & Cheddar Mash	420	24	5.5	10	650	41	5	17	9	20	2	10	25	10	780	10	4
Vegetarian Bacon & Egg Bagel Sandwich	350	13	3	135	790	42	6	12	0	23	2	80	20	6	610	4	0
Chipotle Black Bean Burger	470	25	3.5	5	500	51	11	16	9	16	2	10	20	10	740	2	0
Lentil Matzo Ball Soup	340	12	2.5	10	750	45	8	11	6	10	0	6	25	4	380	10	0
Average	366.7	15.8	3.4	42.1	432.5	44.6	6.6	14.7	6.3	14.6	2.7	25.0	20.0	12.8	506.7	7.7	1.5
Daily Average	1100	47.5	10.3	126.3	1297.5	133.8	19.8	44.0	19.0	43.8	8.0	75.0	60.0	38.3	1520.0	23.0	4.5
Menu E: 4 Day Average W 16 oz skim milk	1260.0	47.5	10.3	136.3	1497.5	157.8	19.8	68.0	19.0	61.8	38.0	75.0	60.0	88.3	2320.0	93.0	204.5
Average Per Meal	360.0	15.6	3.6	39.4	350.0	44.1	6.0	15.2	6.8	14.0	3.1	22.7	19.4	14.8	483.3	8.4	2.0
Daily Average	1080	46.7	10.7	118.3	1050.0	132.3	18.0	45.7	20.3	42.0	9.3	68.0	58.3	44.3	1450.0	25.3	6.0
Menu E: 3 Day Average W 16 oz skim milk	1240.0	46.7	10.7	128.3	1250.0	156.3	18.0	69.7	20.3	60.0	39.3	68.0	58.3	94.3	2250.0	95.3	206.0

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)	(%)	(%)
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
Southwestern Couscous Pilaf	460	19	6	40	650	60	7	16	11	16	2	15	15	20	340	15	2
Superfood Brioche French Toast	230	11	3.5	30	200	33	3	18	6	8	2	2	30	6	190	4	2
Vegetarian Mediterranean Lunch Box	400	23	3	5	950	25	5.5	4	1	25	0	4	15	10	220	2	0
Capri Style Roasted Eggplant	370	19	6	40	740	27	6.5	8	0	21	6	60	10	40	510	25	2
Brioche Vegetarian Breakfast Sandwich	480	25	8	135	640	44	7	19	7	28	6	70	30	20	750	2	0
Veggie Quesadilla & Tortilla Soup	380	22	8	45	900	38	4.5	5	0	17	2	15	8	30	360	20	2
Pierogi in Mushroom & Tomato Gravy	270	6	3	20	300	46	3	7	4	9	2	35	15	4	370	2	0
Potato & Onion Pancakes	280	15	5	100	650	32	5	12	1	8	2	6	0	6	600	4	0
Poppyseed Sweet Potato Salad	420	16	2	0	240	60	7	25	9	9	20	25	20	8	670	15	0
Butternut & Zucchini Bake	310	12	4	25	210	43	4.5	12	3	8	2	10	10	4	550	6	2
Average	360.8	16.3	4.9	41.7	513.3	43.4	5.9	15.8	4.1	14.3	3.8	23.8	14.8	14.3	470.8	9.1	1.0
Daily Average	1083	48.8	14.8	125.0	1540.0	130.3	17.6	47.5	12.3	42.8	11.5	71.3	44.5	42.8	1412.5	27.3	3.0
Menu G: 4 Day Average W 16 oz skim milk	1242.5	48.8	14.8	135.0	1740.0	154.3	17.6	71.5	12.3	60.8	41.5	71.3	44.5	92.8	2212.5	97.3	203.0
Average Per Meal	368.9	16.9	5.3	41.7	562.2	42.9	6.0	15.7	4.0	16.2	2.4	27.1	16.4	17.0	425.6	9.3	1.1
Daily Average	1107	50.7	16.0	125.0	1686.7	128.7	18.0	47.0	12.0	48.7	7.3	81.3	49.3	51.0	1276.7	28.0	3.3
Menu G: 3 Day Average W 16 oz skim milk	1266.7	50.7	16.0	135.0	1886.7	152.7	18.0	71.0	12.0	66.7	37.3	81.3	49.3	101.0	2076.7	98.0	203.3

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 Black Bean Taco	310	14	6	35	460	34	5	4	0	13	2	4	8	20	440	10	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 Chick'n Salad Pita	350	12	2	15	570	48	10	11	1	19	2	20	20	15	720	4	0
Vegetarian Thai Coconut Curry	400	12	5.5	0	400	64	4	11	3	10	2	15	30	8	460	4	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
Veggie Sausage & Egg Breakfast Sandwich	390	18	5.5	140	720	34	5	7	1	24	6	15	20	25	520	0	0
Loaded Potato Soup	380	15	8	45	460	44	4	7	1	15	4	20	15	25	530	20	10
Peppered Lentil Salisbury Steak	390	11	4	10	520	50	13	8	1	22	2	15	30	6	930	20	4
Average	357.5	15.4	4.7	38.8	447.5	41.8	6.3	11.5	3.2	14.8	2.5	14.3	16.1	14.6	489.6	8.8	1.7
Daily Average	1073	46.3	14.1	116.3	1342.5	125.5	19.0	34.5	9.5	44.3	7.5	43.0	48.3	43.8	1468.8	26.5	5.0
Menu I: 4 Day Average W 16 oz skim milk	1232.5	46.3	14.1	126.3	1542.5	149.5	19.0	58.5	9.5	62.3	37.5	43.0	48.3	93.8	2268.8	96.5	205.0
Average Per Meal	347.8	15.7	4.3	30.0	407.8	41.6	6.0	12.9	3.9	12.9	2.0	13.6	14.2	13.2	432.8	7.3	0.7
Daily Average	1043	47.0	13.0	90.0	1223.3	124.7	18.0	38.7	11.7	38.7	6.0	40.7	42.7	39.7	1298.3	22.0	2.0
Menu I: 3 Day Average W 16 oz skim milk	1203.3	47.0	13.0	100.0	1423.3	148.7	18.0	62.7	11.7	56.7	36.0	40.7	42.7	89.7	2098.3	92.0	202.0

Seattle Sutton's Healthy Eating

4-Day Monday 1200 Calorie Plan Vegetarian Menu & 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	1240.0	39.6	11.3	162.5	1522.5	162.8	17.6	64.8	11.8	61.0	36.5	58.8	52.0	91.3	2450.0	93.8	203.0
Menu C: 4 Day Average W 16 oz skim milk	1287.5	45.0	15.3	125.0	1776.3	162.5	20.6	65.0	5.8	63.5	34.0	91.3	52.8	92.8	2572.5	93.5	209.0
Menu E: 4 Day Average W 16 oz skim milk	1260.0	47.5	10.3	136.3	1497.5	157.8	19.8	68.0	19.0	61.8	38.0	75.0	60.0	88.3	2320.0	93.0	204.5
Menu G: 4 Day Average W 16 oz skim milk	1242.5	48.8	14.8	135.0	1740.0	154.3	17.6	71.5	12.3	60.8	41.5	71.3	44.5	92.8	2212.5	97.3	203.0
Menu I: 4 Day Average W 16 oz skim milk	1232.5	46.3	14.1	126.3	1542.5	149.5	19.0	58.5	9.5	62.3	37.5	43.0	48.3	93.8	2268.8	96.5	205.0



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	1253 kcal
Total Fat	45.4 g
Saturated Fat	13 g
Trans Fat	0 g
Cholesterol	137.0 mg
Sodium	1616 mg
Total Carbohydrates	157.4 g
Dietary Fiber	21.5 g
Total Sugars	65.6 g
Added Sugars	11.7 g
Protein	61.9 g
Vitamin D	204.9 mcg
Calcium (%)	91.75 %
Iron (%)	51.50 %
Potassium	2364.8 mcg
Macronutrient Breakdown	
Fats	33%
Carbohydrates	50%
Protein	20%

1200 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1092.5 kcal
Total Fat	45.4 g
Saturated Fat	13 g
Trans Fat	0 g
Cholesterol	127.0 mg
Sodium	1416 mg
Total Carbohydrates	133.4 g
Dietary Fiber	21.5 g
Total Sugars	41.6 g
Includes Added Sug	11.7 g
Protein	43.9 g
Vitamin D	4.9 mcg
Calcium (%)	41.75 %
Iron (%)	51.50 %
Potassium	1564.8 mcg
Macronutrient Breakdown	
Fats	37%
Carbohydrates	49%
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	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