

## 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 A <span style="float: right;">Week of: 3/2/2026</span>																	
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
Biscuits & Vegetarian Gravy	350	16	6.5	150	470	38	4	19	2	13	2	8	15	20	450	2	2
Moroccan Kofta Bowl	440	19	4	0	380	51	6.5	13	7	18	0	10	30	4	530	8	0
Baja Garbanzo Tinga Wrap	300	10	4	20	460	40	7.5	4	0	14	2	10	10	15	620	8	4
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
Sweet & Sour Tofu	530	21	5.5	20	530	73	5	18	4	13	2	6	20	15	370	4	2
<b>Average</b>	<b>353</b>	<b>14</b>	<b>4</b>	<b>52</b>	<b>437</b>	<b>43</b>	<b>5</b>	<b>14</b>	<b>4</b>	<b>15</b>	<b>3</b>	<b>18</b>	<b>16</b>	<b>15</b>	<b>464</b>	<b>6</b>	<b>1</b>
<b>Daily Average</b>	<b>1060</b>	<b>42</b>	<b>13</b>	<b>155</b>	<b>1310</b>	<b>130</b>	<b>15</b>	<b>41</b>	<b>11</b>	<b>44</b>	<b>8</b>	<b>55</b>	<b>49</b>	<b>44</b>	<b>1393</b>	<b>18</b>	<b>3</b>
<b>Menu A: 4 Day Average W 16 oz skim milk</b>	<b>1220</b>	<b>42</b>	<b>13</b>	<b>175</b>	<b>1510</b>	<b>154</b>	<b>15</b>	<b>65</b>	<b>11</b>	<b>62</b>	<b>208</b>	<b>55</b>	<b>49</b>	<b>94</b>	<b>2193</b>	<b>88</b>	<b>203</b>
Menu C <span style="float: right;">Week of: 3/9/2026</span>																	
Vegetarian Peach Berry Blintz	290	12	3	35	280	32	3	14	8	16	0	4	8	6	310	2	0
Cheesy Baked Egg Casserole	300	8	3.5	20	530	37	7	13	2	21	0	30	15	15	560	8	2
Strawberry Chia Oatmeal	300	11	2	0	35	44	6.5	21	7	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	270	0	0
Chili Tempeh Salad	380	17	2	0	750	41	3	6	1	16	4	60	20	6	530	15	0
Curry Chickpea Salad	460	22	3	10	400	54	7	20	3	13	0	4	15	10	420	6	0
Tuscan Bean Soup & Crostata	300	13	3	10	700	35	9	5	1	13	2	10	15	15	1170	4	0
Lou's Bleu Veggie Burger	580	24	6	10	750	66	7	19	3	28	0	8	35	10	650	2	0
Vegetarian Vodka Meatballs	370	11	4	15	600	45	14	6	0	27	2	30	25	15	970	8	2
Garden Tamale Bowl	420	20	10	20	440	47	11.5	27	0	10	2	15	20	15	340	8	2
Primavera Alfredo	270	8	4	25	370	40	6.5	10	0	12	2	0	6	20	540	6	10
Homestyle Macaroni & Cheese	500	15	7	45	710	73	6	18	6	20	4	80	15	30	920	25	10
<b>Average</b>	<b>371</b>	<b>14</b>	<b>4</b>	<b>27</b>	<b>509</b>	<b>46</b>	<b>7</b>	<b>14</b>	<b>3</b>	<b>17</b>	<b>2</b>	<b>28</b>	<b>17</b>	<b>14</b>	<b>592</b>	<b>8</b>	<b>3</b>
<b>Daily Average</b>	<b>1113</b>	<b>43</b>	<b>13</b>	<b>80</b>	<b>1526</b>	<b>137</b>	<b>21</b>	<b>42</b>	<b>8</b>	<b>50</b>	<b>5</b>	<b>83</b>	<b>51</b>	<b>42</b>	<b>1775</b>	<b>24</b>	<b>9</b>
<b>Menu C: 4 Day Average W 16 oz skim milk</b>	<b>1273</b>	<b>43</b>	<b>13</b>	<b>100</b>	<b>1726</b>	<b>161</b>	<b>21</b>	<b>66</b>	<b>8</b>	<b>68</b>	<b>205</b>	<b>83</b>	<b>51</b>	<b>92</b>	<b>2575</b>	<b>94</b>	<b>209</b>

## 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: 3/16/2026																	
Strawberry Poppseed 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
Vegetarian Bacon & Egg Bagel Sandwich	350	13	3	135	790	42	6	12	0	23	2	80	20	6	610	4	0
Falafel Bowl	390	11	1	0	520	57	8	6	0	15	2	25	30	15	410	6	0
Asian Chopped Salad	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	11	2	15	15	20	350	4	0
BBQ Veggie Meatloaf & Cheddar Mash	420	24	5.5	10	650	41	5	17	9	20	2	10	25	10	780	10	4
Lentil Matzo Ball Soup	410	15	4	15	730	57	8	18	10	11	2	8	35	6	480	15	2
<b>Average</b>	<b>363</b>	<b>15</b>	<b>3</b>	<b>41</b>	<b>458</b>	<b>46</b>	<b>7</b>	<b>16</b>	<b>6</b>	<b>15</b>	<b>3</b>	<b>33</b>	<b>22</b>	<b>13</b>	<b>568</b>	<b>9</b>	<b>2</b>
<b>Daily Average</b>	<b>1090</b>	<b>44</b>	<b>10</b>	<b>124</b>	<b>1375</b>	<b>139</b>	<b>20</b>	<b>47</b>	<b>19</b>	<b>45</b>	<b>8</b>	<b>99</b>	<b>65</b>	<b>38</b>	<b>1705</b>	<b>26</b>	<b>5</b>
<b>Menu E: 4 Day Average W 16 oz skim milk</b>	<b>1250</b>	<b>44</b>	<b>10</b>	<b>144</b>	<b>1575</b>	<b>163</b>	<b>20</b>	<b>71</b>	<b>19</b>	<b>63</b>	<b>208</b>	<b>99</b>	<b>65</b>	<b>88</b>	<b>2505</b>	<b>96</b>	<b>205</b>
Menu G Week of: 3/23/2026																	
Wheat Croissant and Brie	390	13	6	40	340	67	9	42	3	9	0	8	10	8	530	4	0
Superfood Brioche French Toast	230	11	3.5	30	200	33	3	18	6	8	2	2	30	6	190	4	2
Brioche Vegetarian Breakfast Sandwich	480	25	8	135	640	44	7	19	6	28	6	70	30	20	750	2	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
Poppseed Sweet Potato Salad	420	16	2	0	240	60	7	25	9	9	20	25	20	8	670	15	0
Veggie Quesadilla & Tortilla Soup	380	22	8	45	900	38	4.5	5	0	17	2	15	8	30	360	20	2
Vegetarian Mediterranean Lunch Box	400	23	3	5	950	25	5.5	4	0	25	0	4	15	10	220	2	0
Southwestern Couscous Pilaf	460	19	6	40	650	60	7	16	10	16	2	15	15	20	340	15	2
Capri Style Roasted Eggplant	440	25	7	40	930	34	10	11	0	24	4	150	15	45	710	30	2
Pierogi in Mushroom & Tomato Gravy	270	6	3	20	300	46	3	7	4	9	2	35	15	4	370	2	0
Butternut & Zucchini Bake	310	12	4	25	210	43	4.5	12	3	8	2	10	10	4	550	6	2
<b>Average</b>	<b>367</b>	<b>17</b>	<b>5</b>	<b>42</b>	<b>529</b>	<b>44</b>	<b>6</b>	<b>16</b>	<b>4</b>	<b>15</b>	<b>4</b>	<b>31</b>	<b>15</b>	<b>15</b>	<b>488</b>	<b>10</b>	<b>1</b>
<b>Daily Average</b>	<b>1100</b>	<b>50</b>	<b>15</b>	<b>125</b>	<b>1588</b>	<b>132</b>	<b>19</b>	<b>48</b>	<b>12</b>	<b>44</b>	<b>11</b>	<b>94</b>	<b>46</b>	<b>44</b>	<b>1463</b>	<b>29</b>	<b>3</b>
<b>Menu G: 4 Day Average W 16 oz skim milk</b>	<b>1260</b>	<b>50</b>	<b>15</b>	<b>145</b>	<b>1788</b>	<b>156</b>	<b>19</b>	<b>72</b>	<b>12</b>	<b>62</b>	<b>211</b>	<b>94</b>	<b>46</b>	<b>94</b>	<b>2263</b>	<b>99</b>	<b>203</b>

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: 3/30/2026															
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
Veggie Sausage & Egg Breakfast Sandwich	390	18	5.5	140	720	34	5	7	1	24	6	15	20	25	520	0	0
Tex Mex Black Bean Taco	310	14	6	35	460	34	5	4	0	13	2	4	8	20	440	10	2
Smoky Chick'n Salad Pita	350	12	2	15	570	48	10	11	0	19	2	20	20	15	720	4	0
Genoa Minestrone	290	6	2	10	440	48	4	6	1	10	2	10	20	4	270	2	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
Vegetarian Thai Coconut Curry	400	12	5.5	0	400	64	4	11	3	10	2	15	30	8	460	4	0
Spaghetti Lentil Bolognese	300	8	1.5	0	260	45	8	6	0	13	2	30	20	6	790	10	0
Peppered Lentil Salisbury Steak	390	11	4	10	520	50	13	8	1	22	2	15	30	6	930	20	4
<b>Average</b>	<b>353</b>	<b>13</b>	<b>5</b>	<b>37</b>	<b>472</b>	<b>45</b>	<b>6</b>	<b>11</b>	<b>2</b>	<b>15</b>	<b>2</b>	<b>13</b>	<b>17</b>	<b>14</b>	<b>510</b>	<b>8</b>	<b>2</b>
<b>Daily Average</b>	<b>1060</b>	<b>40</b>	<b>14</b>	<b>111</b>	<b>1415</b>	<b>135</b>	<b>19</b>	<b>33</b>	<b>7</b>	<b>45</b>	<b>6</b>	<b>40</b>	<b>51</b>	<b>41</b>	<b>1531</b>	<b>24</b>	<b>5</b>
<b>Menu I: 4 Day Average W 16 oz skim milk</b>	<b>1220</b>	<b>40</b>	<b>14</b>	<b>131</b>	<b>1615</b>	<b>159</b>	<b>19</b>	<b>57</b>	<b>7</b>	<b>63</b>	<b>206</b>	<b>40</b>	<b>51</b>	<b>91</b>	<b>2331</b>	<b>94</b>	<b>205</b>

**Seattle Sutton's Healthy Eating**  
**4-Day Monday 1200 Calorie Plan Vegetarian Menu & Nutrition Averages**

Unit of Measure	Calories (kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Menu A: 4 Day Average W 16 oz skim milk	1220	42	13	175	1510	154	15	65	11	62	208	55	49	94	2193	88	203
Menu C: 4 Day Average W 16 oz skim milk	1273	43	13	100	1726	161	21	66	8	68	205	83	51	92	2575	94	209
Menu E: 4 Day Average W 16 oz skim milk	1250	44	10	144	1575	163	20	71	19	63	208	99	65	88	2505	96	205
Menu G: 4 Day Average W 16 oz skim milk	1260	50	15	145	1788	156	19	72	12	62	211	94	46	94	2263	99	203
Menu I: 4 Day Average W 16 oz skim milk	1220	40	14	131	1615	159	19	57	7	63	206	40	51	91	2331	94	205



1200 Calorie Plan Thursday 4-Day Plan Including 2 servings of Non-Fat Milk/Day	
Calories	1245 kcal
Total Fat	43.8 g
Saturated Fat	13 g
Trans Fat	0 g
Cholesterol	139.0 mg
Sodium	1643 mg
Total Carbohydrates	158.5 g
Dietary Fiber	18.8 g
Total Sugars	66.1 g
Added Sugars	11.2 g
Protein	63.2 g
Vitamin D	204.8 mcg
Calcium (%)	91.60 %
Iron (%)	52.25 %
Potassium	2373.3 mcg
Macronutrient Breakdown	
Fats	14%
Carbohydrates	51%
Protein	20%

1200 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1084.5 kcal
Total Fat	43.8 g
Saturated Fat	12.8 g
Trans Fat	0.0 g
Cholesterol	119.0 mg
Sodium	1442.8 mg
Total Carbohydrates	134.5 g
Dietary Fiber	18.8 g
Total Sugars	42.1 g
Includes Added S	11.2 g
Protein	45.2 g
Vitamin D	4.8 mcg
Calcium (%)	41.6 %
Iron (%)	52.3 %
Potassium	1573.3 mcg
Macronutrient Breakdown	
Fats	16%
Carbohydrates	50%
Protein	17%

*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

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