

Seattle Sutton's Healthy Eating

4-Day Thursday 1200 Calorie Plan Vegetarian Menu & Nutrition Averages

Menu B

Week of: 11/20/2025

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 Fonduta	300	8	3	20	620	37	6.5	16	3	21	0	6	15	20	490	4	0
Broccoli Cheddar Soup & Salad	450	17	7	55	750	56	6.5	15	5	18	6	35	20	30	520	20	10
Raspberry Goat Cheese Salad	400	24	6	15	170	35	7	24	9	14	6	10	15	10	630	20	2
Wild Blackberry Parfait	340	11	1	5	40	50	6.5	29	14	13	0	2	70	10	330	10	0
Vegetables & Dumplings	280	5	2.5	20	480	52	7	16	10	10	10	20	15	6	500	8	2
Rustic Zucchini Cavatappi	360	13	4	50	570	50	5.5	9	3	12	2	15	20	6	470	6	0
Strawberry Cheesecake French Toast	300	11	4	35	370	40	3	17	8	9	2	2	35	8	170	8	2
Vegetarian El Pastor Bowl	320	13	2	10	220	38	8.5	5	0	12	4	15	15	15	690	6	4
Black Bean Enchilada Bake	370	17	7	45	620	40	8.5	8	0	15	2	30	10	25	450	20	2
Biscuits & Vegetarian Gravy	350	16	6	150	470	38	4	19	2	13	2	8	15	20	450	2	2
Egg Salad on Croissant	340	19	7	250	360	31	4	14	1	10	6	6	15	4	190	0	0
Sweet & Sour Tofu	530	21	5.5	20	540	73	5	18	6	13	2	6	20	15	370	4	2
Average	361.7	14.6	4.6	56.3	434.2	45.0	6.0	15.8	5.1	13.3	3.5	12.9	22.1	14.1	438.3	9.0	2.2
Daily Average	1085	43.8	13.8	168.8	1302.5	135.0	18.0	47.5	15.3	40.0	10.5	38.8	66.3	42.3	1315.0	27.0	6.5
Menu B: 4 Day Average W 16 oz skim milk	1245.0	43.8	13.8	178.8	1502.5	159.0	18.0	71.5	15.3	58.0	40.5	38.8	66.3	92.3	2115.0	97.0	206.5

Menu D

Week of: 11/27/2025

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)	(%)	(%)
Vegetarian Blueberry Almond Torta	360	13	2.5	50	370	49	7	35	10	13	0	60	10	8	370	4	2
Gemelli Pasta Salad	400	29	9.5	90	350	34	4	18	8	7	0	4	8	6	90	6	0
Greek Chickpea Feta Fritter	270	4	1.5	5	320	48	8	19	8	11	2	80	15	8	670	8	0
Hashbrown Casserole	180	6	3	20	250	20	4	12	0	13	0	2	10	15	490	8	0
Margherita Flatbread Pizza	350	17	6	35	650	29	6	6	0	18	2	30	15	30	520	25	2
Marry Me Pasta	450	9	4	85	400	80	9	18	6	15	4	70	15	20	720	15	15
Cheddar & Sausage Breakfast Casserole	480	26	4.5	20	480	42	7	13	0	24	2	8	20	25	740	20	2
Three Bean Chili	430	25	4.5	5	490	42	9	8	0	10	2	20	25	15	1190	4	0
Sofrito Tofu	340	10	1.5	0	450	47	8	5	0	18	4	20	30	20	720	10	0
Ciabatta Egg Sandwich	300	10	4.5	130	540	40	5	12	0	14	0	60	15	15	140	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	386.7	15.7	4.5	41.3	480.0	47.5	6.7	15.3	3.4	15.9	1.7	36.8	17.8	16.8	601.7	10.6	2.6
Daily Average	1160	47.0	13.6	123.8	1440.0	142.5	20.0	45.8	10.3	47.8	5.0	110.5	53.3	50.5	1805.0	31.8	7.8
Menu D: 4 Day Average W 16 oz skim milk	1320.0	47.0	13.6	133.8	1640.0	166.5	20.0	69.8	10.3	65.8	35.0	110.5	53.3	100.5	2605.0	101.8	207.8

Menu F

Week of: 12/4/2025

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)	(%)	(%)
Sunrise Pizza	310	13	5	110	600	32	3	4	0	17	2	40	20	25	620	15	2
Bonsai Tofu Bowl	410	13	2.5	20	600	60	6	22	11	17	0	20	30	25	550	6	0
Vegetarian Swedish Meatballs	320	6	3.5	15	550	38	9	9	0	28	8	35	25	15	1140	10	6
Cranberry Oat Bar	310	7	0.5	5	60	49	5	20	11	14	0	10	50	15	320	10	0
Caesar Salad with Roasted Tomatoes	380	21	4	20	480	28	3	12	10	13	2	8	15	20	290	10	0
Pasta Verde with Guajillo Garbanzos	420	16	7	40	190	58	8	10	0	14	4	80	15	8	830	6	4
Cheesy Egg Strata	240	10	5.5	30	500	20	3	11	0	18	4	100	10	20	420	10	2
Mushroom Croque Monsieur	340	17	4.5	25	490	38	2.5	10	1	9	2	2	6	20	510	10	4
Butternut Squash Ravioli	450	20	7	70	450	51	9	11	3	17	10	35	20	25	560	15	6
Bagel Breakfast 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	361.7	14.4	4.0	40.4	496.7	42.7	6.1	12.3	4.3	16.3	3.0	35.5	21.3	16.1	580.8	9.0	2.0
Daily Average	1085	43.3	12.1	121.3	1490.0	128.0	18.4	37.0	12.8	49.0	9.0	106.5	64.0	48.3	1742.5	27.0	6.0
Menu F: 4 Day Average W 16 oz skim milk	1245.0	43.3	12.1	131.3	1690.0	152.0	18.4	61.0	12.8	67.0	39.0	106.5	64.0	98.3	2542.5	97.0	206.0

Menu H

Week of: 12/11/2025

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)	(%)	(%)
Spinach & Goat Cheese Frittata	220	5	3	10	400	25	3	8	0	17	4	80	30	15	820	15	0
Veggie Melt	320	8	3	15	420	44	8	7	0	18	4	20	20	15	750	8	0
Eggplant Parmesan	230	11	2.5	5	400	33	6	8	0	9	0	10	8	10	560	6	0
Vegetarian Bacon & Cheddar Clafoutis	460	22	5.5	25	570	39	3	8	0	23	15	60	30	25	1560	20	10
Spinach Artichoke Flatbread Pizza	510	23	11	60	730	60	7	27	6	15	4	6	20	35	460	6	2
Vegetarian Picadillo Cubano	400	3	1	0	390	85	10	5	1	10	0	6	30	8	790	6	0
Blueberry Smoothie Bowl	360	8	1.5	0	60	60	7	38	18	12	0	30	35	15	460	15	0
Vegetarian Acapulco Taco Pie	330	11	3.5	15	380	46	6	7	1	12	2	25	15	20	560	10	4
Pesto Cream Penne	380	14	4	20	640	47	10	11	0	18	4	25	20	20	0	20	15
Potato & Onion Pancakes	280	15	5	100	660	32	5	12	1	8	2	6	0	6	600	4	0
Poppyseed Sweet Potato Salad	420	17	2	0	240	60	6	25	9	9	20	25	20	8	670	15	0
Butternut & Zucchini Bake	380	13	4.5	30	280	56	4	11	4	11	2	15	15	6	610	8	2
Average	357.5	12.5	3.9	23.3	430.8	48.9	6.3	13.9	3.3	13.5	4.8	25.7	20.3	15.3	653.3	11.1	2.8
Daily Average	1073	37.5	11.6	70.0	1292.5	146.8	18.8	41.8	10.0	40.5	14.3	77.0	60.8	45.8	1960.0	33.3	8.3
Menu H: 4 Day Average W 16 oz skim milk	1232.5	37.5	11.6	80.0	1492.5	170.8	18.8	65.8	10.0	58.5	44.3	77.0	60.8	95.8	2760.0	103.3	208.3

Menu J

Week of: 12/18/2025

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)	(%)	(%)
Chocolate Pistachio Pancake	330	15	5	20	135	45	3.5	23	9	7	0	2	15	8	300	10	2
Landry Bay Zucchini Cakes	400	25	7	50	640	35	5	7	1	8	2	35	15	6	570	6	2
Spring Vegetable Fricassee	430	14	4	20	260	76	11	20	13	11	20	30	25	8	850	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
Chickpea Cobb Salad	340	18	6	215	700	35	9	9	0	21	4	8	20	20	660	20	10
Vegetarian Cottage Pie	370	10	4	0	570	56	17	23	1	14	2	50	20	6	890	15	2
Avocado Toast	350	18	3	130	290	35	10	10	1	13	2	50	15	4	480	8	0
Vegetarian BBQ Pizza	330	11	5.5	30	370	40	9	12	2	17	2	6	10	25	540	10	0
Honey Garlic Chickpea Bowl	350	13	5.5	25	210	49	8	13	0	9	4	6	15	8	590	8	2
Veggie Muffin Breakfast Sandwich	390	18	5.5	140	720	34	5	6	1	24	8	15	20	25	540	0	0
Loaded Potato Soup	380	15	7	45	450	46	4	6	1	15	4	25	15	25	540	20	10
Peppered Lentil Salisbury Steak	390	11	4	10	520	50	13.5	8	1	22	2	15	30	6	930	20	4
Average	373.3	15.7	5.2	59.6	406.7	46.5	8.5	14.0	3.8	14.2	4.3	20.3	20.8	12.4	601.7	11.8	3.2
Daily Average	1120	47.0	15.5	178.8	1220.0	139.5	25.4	42.0	11.5	42.5	13.0	61.0	62.5	37.3	1805.0	35.5	9.5
Menu J: 4 Day Average W 16 oz skim milk	1280.0	47.0	15.5	188.8	1420.0	163.5	25.4	66.0	11.5	60.5	43.0	61.0	62.5	87.3	2605.0	105.5	209.5

Seattle Sutton's Healthy Eating

4-Day Thursday 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 B: 4 Day Average W 16 oz skim milk	1245.0	43.8	13.8	178.8	1502.5	159.0	18.0	71.5	15.3	58.0	40.5	38.8	66.3	92.3	2115.0	97.0	206.5
Menu D: 4 Day Average W 16 oz skim milk	1320.0	47.0	13.6	133.8	1640.0	166.5	20.0	69.8	10.3	65.8	35.0	110.5	53.3	100.5	2605.0	101.8	207.8
Menu F: 4 Day Average W 16 oz skim milk	1245.0	43.3	12.1	131.3	1690.0	152.0	18.4	61.0	12.8	67.0	39.0	106.5	64.0	98.3	2542.5	97.0	206.0
Menu H: 4 Day Average W 16 oz skim milk	1232.5	37.5	11.6	80.0	1492.5	170.8	18.8	65.8	10.0	58.5	44.3	77.0	60.8	95.8	2760.0	103.3	208.3
Menu J: 4 Day Average W 16 oz skim milk	1280.0	47.0	15.5	188.8	1420.0	163.5	25.4	66.0	11.5	60.5	43.0	61.0	62.5	87.3	2605.0	105.5	209.5



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	1265 kcal
Total Fat	43.7 g
Saturated Fat	13 g
Trans Fat	0 g
Cholesterol	142.5 mg
Sodium	1549 mg
Total Carbohydrates	162.4 g
Dietary Fiber	22.8 g
Total Sugars	66.8 g
Added Sugars	12.0 g
Protein	62.0 g
Vitamin D	207.6 mcg
Calcium (%)	94.80 %
Iron (%)	61.35 %
Potassium	2525.5 mcg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	51%
Protein	20%

1200 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1104.5 kcal
Total Fat	43.7 g
Saturated Fat	13 g
Trans Fat	0 g
Cholesterol	132.5 mg
Sodium	1349 mg
Total Carbohydrates	138.4 g
Dietary Fiber	22.8 g
Total Sugars	42.8 g
Includes Added Sug	12.0 g
Protein	44.0 g
Vitamin D	7.6 mcg
Calcium (%)	44.80 %
Iron (%)	61.35 %
Potassium	1725.5 mcg
Macronutrient Breakdown	
Fats	35%
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	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