

Seattle Sutton's Healthy Eating

2000 Calorie Plan 4-Day MONDAY Menu & Meal Plan Nutrition Averages

Menu A 10/13/2025

Meal Name Unit of Measure	Calories (Kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Added Sugar (g)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Open-Faced Asparagus & Gruyere Ome	450	8	2.5	10	750	64	7	17	26	4	2	15	25	15	470	6	0
Chocolate Crepe & Strawberry Salsa	650	30	3.5	80	510	74	5	21	22	7	0	4	10	4	290	10	0
Berry Colada Parfait	320	2.5	1	5	80	62	10	43	12	19	0	6	8	15	390	2	0
Biscuits & Sausage Gravy	630	32	10.5	300	830	62	6	28	22	4	2	10	25	35	760	2	4
Moroccan Chicken Skewers	710	18	3	120	340	76	12.5	18	59	7	0	15	40	10	930	45	2
Baja Tinga Wrap	470	14	4.5	60	620	57	10	5	30	0	2	15	15	15	820	8	4
Fresh Fruit and Cottage Cheese Plate	540	17	7	50	990	54	9	21	34	0	2	35	15	45	730	15	2
Chicken Salad on Croissant	570	30	7.5	105	410	50	6	26	24	7	6	6	10	6	420	8	0
Crab-Stuffed Flounder	440	14	4	65	810	52	6	7	27	1	6	25	15	15	1180	15	4
Roast Turkey in Dijon Cream Sauce	590	10	4	145	570	66	10	24	55	10	4	30	25	20	1330	40	6
Nona Sutton's Lasagna	590	24	7.5	45	580	67	11.5	13	28	0	4	6	35	30	700	10	0
Sweet & Sour Chicken	700	23	5.5	55	590	99	10	17	22	6	2	130	45	10	420	4	2
Average	555.0	18.5	5.0	86.7	590.0	65.3	8.6	20.0	30.1	5.4	2.5	24.8	22.3	18.3	703.3	13.8	2.0
Daily Average	1665	55.625	15.125	260	1770	195.75	25.75	60	90.25	16.25	7.5	74.25	67	55	2110	41.25	6
W 24 oz low-fat milk	1983	62.525	19.325	290	2070	231.75	25.75	96	114.85	16.25	37.5	86.25	67	145	3010	791.25	306

Menu C 10/20/2025

Meal Name Unit of Measure	Calories (Kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Added Sugar (g)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Peach Berry Blintz	460	18	5.5	105	410	53	3	26	21	15	6	6	6	6	260	2	0
Cheesy Baked Egg Casserole	580	15	7	40	1000	64	10	18	42	4	2	35	25	35	860	15	2
Strawberry Chia Oatmeal	470	16	3	5	50	69	10.5	35	13	10	2	50	20	15	660	15	15
Ciabatta Egg Sandwich	550	19	9	260	840	65	6	15	27	0	0	60	30	30	150	0	0
Honey Shrimp Salad	360	16	1.5	40	420	40	7	13	15	1	6	100	20	8	570	20	0
Curry Chicken Salad	640	30	4	60	510	65	9.5	31	28	5	0	8	15	15	600	10	0
Tuscan Bean Soup & Crostata	530	23	6	25	1000	61	12.5	10	20	3	4	20	20	25	1860	6	0
Lou's Bleu Burger	550	18	4.5	125	890	70	5.5	25	26	9	0	15	25	15	750	4	0
Tamale Bowl	520	25	11	25	630	58	13	29	13	0	2	20	25	20	470	10	2
Penne "Vodka" Meatballs	600	20	5.5	70	480	72	14	9	33	1	2	35	30	15	1170	25	6
Chicken Linguini Alfredo	600	19	7	130	990	58	6.5	14	50	0	2	120	15	25	1280	0	15
Honey Peach BBQ Chicken	680	21	10.5	175	520	71	5	19	57	8	6	4	20	30	1170	30	10
Average	545.0	20.0	6.2	88.3	645.0	62.2	8.5	20.3	28.8	4.7	2.7	39.4	20.9	19.9	816.7	11.4	4.2
Daily Average	1635	60	18.625	265	1935	186.5	25.625	61	86.25	14	8	118.25	62.75	59.75	2450	34.25	12.5
W 24 oz low-fat milk	1953	66.9	22.825	295	2235	222.5	25.625	97	110.85	14	38	130.25	62.75	149.75	3350	784.25	312.5

Menu E 10/27/2025

Meal Name Unit of Measure	Calories (Kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Added Sugar (g)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Strawberry Poppyseed Bread	460	7	0	5	300	82	5.5	50	17	32	0	60	25	15	470	10	0
Swiss Cheese Egg Bake	440	11	6.5	40	860	35	3	6	39	0	0	15	20	45	560	0	0
Morning Protein Plate	680	39	11	400	590	55	7	27	25	3	6	60	20	25	730	15	10
Bacon & Egg Bagel Sandwich	400	15	4	190	720	43	6	12	28	0	2	80	20	8	620	4	0
Chicken Gyro Bowl	530	15	1	110	800	46	8	3	45	0	0	10	30	15	260	2	0
Pecan-Cranberry Mixed Green Salad	650	46	7	25	320	43	9	17	16	11	4	8	15	35	260	8	0
Homestyle Roasted Turkey Sandwich	570	11	6	140	430	74	6	31	44	12	6	8	20	10	780	25	4
Chipotle Black Bean Burger	580	31	4	10	560	63	13	25	15	18	2	15	20	15	890	4	0
BBQ Meatloaf & Cheddar Mash	670	31	7	115	840	58	7	20	43	9	2	15	30	20	1280	40	10
Tortelloni Pomodoro	490	17	5.5	80	900	62	10	18	21	3	4	35	30	35	710	8	0
Cajun Shrimp Etouffee	520	16	6.5	185	730	62	7.5	9	32	1	4	30	15	10	880	15	2
Chicken Matzo Ball Soup	650	25	5.5	110	570	63	5	19	40	11	4	6	35	6	970	8	2
Average	553.3	22.0	5.3	117.5	635.0	57.2	7.3	19.8	30.4	8.3	2.8	28.5	23.3	19.9	700.8	11.6	2.3
Daily Average	1660	66	16	352.5	1905	171.5	21.75	59.25	91.25	25	8.5	85.5	70	59.75	2102.5	34.75	7
W 24 oz low-fat milk	1978	72.9	20.2	382.5	2205	207.5	21.75	95.25	115.85	25	38.5	97.5	70	149.75	3002.5	784.75	307

Menu G 11/03/2025

Meal Name Unit of Measure	Calories (Kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Added Sugar (g)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Wheat Croissant with Brie	590	19	9	55	450	92	13	53	7	12	0	15	15	10	640	6	0
Superfood Brioche French Toast	470	22	7	65	440	54	5	29	15	13	4	2	60	15	350	8	4
Brioche Breakfast Sandwich	510	22	7	270	500	45	8	24	25	6	8	100	20	20	790	6	0
Potato Pancakes with Smoked Veggie C	440	22	8	150	990	48	7	17	12	2	2	10	2	8	900	6	0
Broccoli Cheddar Fritters	550	22	8	40	550	64	10	26	21	7	2	60	20	25	780	20	2
Mediterranean Lunch Box	570	28	5.5	125	800	29	6.5	6	51	2	0	4	20	10	620	30	2
Loaded Quesadilla & Tortilla Soup	550	25	10	70	1170	45	6	5	27	0	2	10	15	35	320	20	2
Pecan and Poppyseed Chicken Salad	590	31	3	90	440	40	6	16	34	0	4	6	15	10	460	6	0
Capri Chicken with Quinoa Pilaf	520	19	4.5	145	850	33	7.5	7	53	0	4	50	20	25	1160	15	2
Pierogi in Mushroom & Tomato Gravy	600	13	4	40	750	99	6	16	21	7	2	60	30	10	950	8	2
Salmon with Creamy Dill Sauce	520	17	5	70	500	56	7	9	36	0	2	70	15	10	1140	15	4
Herbed Turkey Bake	460	19	6.5	85	450	42	4.5	12	29	3	2	8	15	10	580	10	4
Average	530.8	21.6	6.5	100.4	657.5	53.9	7.2	18.3	27.6	4.3	2.7	32.9	20.6	15.7	724.2	12.5	1.8
Daily Average	1592.5	64.75	19.375	301.25	1972.5	161.75	21.625	55	82.75	13	8	98.75	61.75	47	2172.5	37.5	5.5
W 24 oz low-fat milk	1910.5	71.65	23.575	331.25	2272.5	197.75	21.625	91	107.35	13	38	110.75	61.75	137	3072.5	787.5	305.5

Menu I 11/10/2025

Meal Name Unit of Measure	Calories (Kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Added Sugar (g)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Egg & Feta Tart	580	28	13	245	790	57	8	28	23	0	2	15	15	20	510	10	0
Chocolate Chia Bowl	610	26	9	30	250	84	6	40	12	16	0	2	25	15	580	25	4
Orange Berry Waffle	420	15	5.5	75	600	56	3.5	29	13	9	0	4	4	15	85	0	0
Egg & Cheese Breakfast Sandwich	420	19	6	180	730	40	6	12	21	1	10	90	15	25	580	2	0
Tex-Mex Fish Taco	590	21	5	70	980	64	8	6	38	0	0	4	15	20	830	6	2
Smoky Chicken Salad Pita	460	13	2	70	640	55	11	10	32	2	4	20	25	20	830	10	0
Pear & Gorgonzola Salad	550	37	7	45	990	41	6.5	21	15	10	4	10	15	15	390	10	0
Loaded Potato Soup	470	16	8	45	540	64	5	8	17	1	4	15	20	30	660	25	15
Spaghetti Bolognese	670	21	5.5	20	460	85	14	10	31	1	6	15	35	30	1030	30	2
Thai Coconut Chicken	540	16	5.5	50	650	71	3	11	27	4	2	20	35	10	470	4	0
Sundried Tomato & Italian Sausage Flat	640	32	6	30	1150	55	10	5	34	3	4	45	20	35	920	4	0
Salisbury Steak	620	19	5.5	135	690	65	10	12	47	1	4	25	35	10	1510	45	10
Average	547.5	21.9	6.5	82.9	705.8	61.4	7.6	16.0	25.8	4.0	3.3	22.1	21.6	20.4	699.6	14.3	2.8
Daily Average	1642.5	65.75	19.5	248.75	2117.5	184.25	22.75	48	77.5	12	10	66.25	64.75	61.25	2098.75	42.75	8.25
W 24 oz low-fat milk	1960.5	72.65	23.7	278.75	2417.5	220.25	22.75	84	102.1	12	40	78.25	64.75	151.25	2998.75	792.75	308.25

Seattle Sutton's Healthy Eating

2000 Calorie Plan 4-Day MONDAY Menu & Meal Plan Nutrition Averages

Weekly Averages with Milk	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Added Sugar	Vit A	Vit C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(Kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(mcg)
Menu A 10/13/2025	1983.0	62.5	19.3	290.0	2070.0	231.8	25.8	96.0	114.9	16.3	37.5	86.3	67.0	145.0	3010.0	791.3	306.0
Menu C 10/20/2025	1953.0	66.9	22.8	295.0	2235.0	222.5	25.6	97.0	110.9	14.0	38.0	130.3	62.8	149.8	3350.0	784.3	312.5
Menu E 10/27/2025	1978.0	72.9	20.2	382.5	2205.0	207.5	21.8	95.3	115.9	25.0	38.5	97.5	70.0	149.8	3002.5	784.8	307.0
Menu G 11/03/2025	1910.5	71.7	23.6	331.3	2272.5	197.8	21.6	91.0	107.4	13.0	38.0	110.8	61.8	137.0	3072.5	787.5	305.5
Menu I 11/10/2025	1960.5	72.7	23.7	278.8	2417.5	220.3	22.8	84.0	102.1	12.0	40.0	78.3	64.8	151.3	2998.8	792.8	308.3



For questions regarding this
nutritional analysis, please contact
the dietitians at Seattle Sutton's
Healthy Eating

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2000 Calorie Plan Daily Average WITH Milk Servings	
Calories	1957.0 kcal
Total Fat	68.0 g
Saturated Fat	21.5 g
Trans Fat	0.0 g
Cholesterol	315.5 mg
Sodium	2240.0 mg
Total Carbohydrates	216.0 g
Dietary Fiber	26.1 g
Total Sugars	92.7 g
Added Sugars	16.1 g
Protein	110.2 g
Vitamin D	307.9 mcg
Calcium (%)	146.6 %
Iron (%)	65.3 %
Potassium	3086.8 mg
Macronutrient Breakdown	
Fats	29%
Carbohydrates	45%
Protein	24%

2000 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1639.0 kcal
Total Fat	61.1 g
Saturated Fat	17.3 g
Trans Fat	0 g
Cholesterol	285.5 mg
Sodium	1925.0 mg
Total Carbohydrates	177.0 g
Dietary Fiber	26.1 g
Total Sugars	56.7 g
Includes Added Sug	16.1 g
Protein	85.6 g
Vitamin D	7.9 mcg
Calcium (%)	56.6 %
Iron (%)	65.3 %
Potassium	2186.8 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	43%
Protein	21%

The 2000 calorie plan is recommended with 3 glasses of Low-Fat Milk

Low-Fat Milk Additions		
Amount	8 oz	24 oz
Calories	106 kcal	318
Total Fat	2.3 g	6.9 g
Saturated Fat	0 g	4.2 g
Trans Fat	0 g	0 g
Cholesterol	10 mg	30 mg
Sodium	105 mg	315 mg
Total Carbohydrates	13 g	39 g
Dietary Fiber	0 g	0 g
Total Sugars	12 g	36 g
Includes Added Sugar	0 g	0 g
Protein	8.2 g	24.6 g
Vitamin D	100 mcg	300 mcg
Calcium (%)	30%	90%
Iron (%)	0%	0%
Potassium	300 mcg	900 mcg