

# Seattle Sutton's Healthy Eating

## 4-Day Monday 2000 Calorie Plan Signature Menu & Nutrition Averages

Menu A

Week of: 11/17/2025

| 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      | 450      | 8    | 2.5     | 10          | 750    | 64    | 7     | 17    | 4            | 26      | 2         | 15        | 25   | 15      | 470       | 6          | 0         |
| Moroccan Chicken Skewers                   | 710      | 18   | 3       | 120         | 340    | 76    | 12.5  | 18    | 7            | 59      | 0         | 15        | 40   | 10      | 930       | 45         | 2         |
| Crab Stuffed Flounder                      | 440      | 14   | 4       | 65          | 810    | 52    | 6     | 7     | 1            | 27      | 6         | 25        | 15   | 15      | 1180      | 15         | 4         |
| Chocolate Hazelnut Crepe                   | 650      | 30   | 3.5     | 80          | 510    | 74    | 5     | 21    | 7            | 22      | 0         | 4         | 10   | 4       | 290       | 10         | 0         |
| Baja Chicken Tinga Wrap                    | 470      | 14   | 4.5     | 60          | 620    | 57    | 10    | 5     | 0            | 30      | 2         | 15        | 15   | 15      | 820       | 8          | 4         |
| Roast Turkey in Dijon Cream Sauce          | 590      | 10   | 4       | 145         | 570    | 66    | 10    | 24    | 10           | 55      | 4         | 30        | 25   | 20      | 1330      | 40         | 6         |
| Berry Colada Parfait                       | 320      | 2.5  | 1       | 5           | 80     | 62    | 10    | 43    | 19           | 12      | 0         | 6         | 8    | 15      | 390       | 2          | 0         |
| Fresh Fruit and Cottage Cheese Plate       | 440      | 23   | 7       | 105         | 410    | 34    | 5     | 14    | 1            | 21      | 2         | 35        | 8    | 2       | 310       | 2          | 2         |
| Nonna Sutton's Lasagna                     | 590      | 24   | 7.5     | 45          | 580    | 67    | 11.5  | 13    | 0            | 28      | 4         | 6         | 35   | 30      | 700       | 10         | 0         |
| Average Per Meal                           | 517.8    | 15.9 | 4.1     | 70.6        | 518.9  | 61.3  | 8.6   | 18.0  | 5.4          | 31.1    | 2.2       | 16.8      | 20.1 | 14.0    | 713.3     | 15.3       | 2.0       |
| Daily Average                              | 1553     | 47.8 | 12.3    | 211.7       | 1556.7 | 184.0 | 25.7  | 54.0  | 16.3         | 93.3    | 6.7       | 50.3      | 60.3 | 42.0    | 2140.0    | 46.0       | 6.0       |
| Menu A: 3 Day Average w/ 24 oz lowfat milk | 1883.3   | 54.7 | 16.5    | 241.7       | 1856.7 | 223.0 | 25.7  | 90.0  | 16.3         | 117.9   | 36.7      | 62.3      | 60.3 | 132.0   | 3040.0    | 796.0      | 306.0     |

## Menu C

Week of: 11/24/2025

| 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)      | (%)        | (%)       |
| Peach Berry Blintz                         | 460      | 18   | 5.5     | 105         | 410    | 53    | 3     | 26    | 15           | 21      | 6         | 6         | 6    | 6       | 260       | 2          | 0         |
| Honey Shrimp Salad                         | 360      | 16   | 1.5     | 40          | 420    | 40    | 7     | 13    | 1            | 15      | 6         | 100       | 20   | 8       | 570       | 20         | 0         |
| Thanksgiving Turkey Dinner                 | 640      | 19   | 7       | 135         | 610    | 74    | 9     | 30    | 16           | 42      | 2         | 10        | 25   | 8       | 670       | 2          | 0         |
| Cheesy Baked Egg Casserole                 | 580      | 15   | 7       | 40          | 1000   | 64    | 10    | 18    | 4            | 42      | 2         | 35        | 25   | 35      | 860       | 15         | 2         |
| Curry Chicken Salad                        | 640      | 30   | 4       | 60          | 510    | 65    | 9.5   | 31    | 5            | 28      | 0         | 8         | 15   | 15      | 600       | 10         | 0         |
| Garden Tamale Bowl                         | 520      | 25   | 11      | 25          | 630    | 58    | 13    | 29    | 0            | 13      | 2         | 20        | 25   | 20      | 470       | 10         | 2         |
| Strawberry Chia Oatmeal                    | 470      | 16   | 3       | 5           | 50     | 69    | 10.5  | 35    | 10           | 13      | 2         | 50        | 20   | 15      | 660       | 15         | 15        |
| Tuscan Bean Soup & Crostata                | 530      | 23   | 6       | 25          | 1000   | 61    | 12.5  | 10    | 3            | 20      | 4         | 20        | 20   | 25      | 1860      | 6          | 0         |
| Chicken Linguini Alfredo                   | 600      | 19   | 7       | 130         | 990    | 58    | 6.5   | 14    | 0            | 50      | 2         | 120       | 15   | 25      | 1280      | 10         | 15        |
| Ciabatta Egg Sandwich                      | 560      | 19   | 9       | 260         | 840    | 69    | 6     | 15    | 0            | 27      | 0         | 80        | 30   | 30      | 180       | 0          | 0         |
| Lou's Bleu Burger                          | 550      | 18   | 4.5     | 125         | 730    | 70    | 5.5   | 25    | 9            | 26      | 0         | 8         | 25   | 15      | 770       | 4          | 0         |
| Honey Peach BBQ Chicken                    | 610      | 17   | 7       | 165         | 860    | 66    | 3.5   | 19    | 8            | 52      | 2         | 4         | 20   | 30      | 1120      | 20         | 8         |
| Average Per Meal                           | 533.3    | 20.1 | 5.8     | 62.8        | 624.4  | 60.2  | 9.0   | 22.9  | 6.0          | 27.1    | 2.9       | 41.0      | 19.0 | 17.4    | 803.3     | 10.0       | 3.8       |
| Daily Average                              | 1600     | 60.3 | 17.3    | 188.3       | 1873.3 | 180.7 | 27.0  | 68.7  | 18.0         | 81.3    | 8.7       | 123.0     | 57.0 | 52.3    | 2410.0    | 30.0       | 11.3      |
| Menu C: 3 Day Average w/ 24 oz lowfat milk | 1930.0   | 67.2 | 21.5    | 218.3       | 2173.3 | 219.7 | 27.0  | 104.7 | 18.0         | 105.9   | 38.7      | 135.0     | 57.0 | 142.3   | 3310.0    | 780.0      | 311.3     |

## Menu E

Week of: 12/1/2025

| 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)      | (%)        | (%)       |
| Strawberry Poppyseed Bread                 | 460      | 7    | 0       | 5           | 300    | 82    | 5.5   | 50    | 32           | 17      | 0         | 60        | 25   | 15      | 470       | 10         | 0         |
| Chicken Gyro Bowl                          | 750      | 22   | 2.5     | 110         | 860    | 81    | 5.5   | 3     | 0            | 51      | 4         | 45        | 40   | 15      | 500       | 8          | 0         |
| Cajun Shrimp Etouffee                      | 520      | 16   | 6.5     | 190         | 730    | 62    | 7.5   | 9     | 1            | 32      | 4         | 35        | 15   | 10      | 880       | 15         | 2         |
| Morning Protein Plate                      | 680      | 39   | 11      | 400         | 590    | 55    | 7     | 27    | 3            | 25      | 6         | 60        | 20   | 25      | 730       | 15         | 10        |
| Pecan Cranberry Mixed Green Salad          | 650      | 46   | 7       | 25          | 320    | 43    | 9     | 17    | 11           | 16      | 4         | 8         | 15   | 35      | 260       | 8          | 0         |
| Tortelloni Pomodoro                        | 490      | 17   | 5.5     | 80          | 1000   | 62    | 9.5   | 20    | 3            | 21      | 4         | 35        | 30   | 35      | 700       | 8          | 0         |
| Swiss Cheese Egg Bake                      | 420      | 10   | 6.5     | 35          | 820    | 35    | 3.5   | 5     | 0            | 37      | 0         | 15        | 15   | 40      | 530       | 0          | 0         |
| Homestyle Roasted Turkey Sandwich          | 570      | 11   | 6       | 140         | 430    | 74    | 6     | 31    | 12           | 44      | 6         | 8         | 20   | 10      | 780       | 25         | 4         |
| BBQ Meatloaf & Cheddar Mash                | 670      | 31   | 7       | 115         | 840    | 58    | 7     | 20    | 9            | 43      | 2         | 15        | 30   | 20      | 1280      | 40         | 10        |
| Average Per Meal                           | 578.9    | 22.1 | 5.8     | 122.2       | 654.4  | 61.3  | 6.7   | 20.2  | 7.9          | 31.8    | 3.3       | 31.2      | 23.3 | 22.8    | 681.1     | 14.3       | 2.9       |
| Daily Average                              | 1737     | 66.3 | 17.3    | 366.7       | 1963.3 | 184.0 | 20.2  | 60.7  | 23.7         | 95.3    | 10.0      | 93.7      | 70.0 | 68.3    | 2043.3    | 43.0       | 8.7       |
| Menu E: 3 Day Average w/ 24 oz lowfat milk | 2066.7   | 73.2 | 21.5    | 396.7       | 2263.3 | 223.0 | 20.2  | 96.7  | 23.7         | 119.9   | 40.0      | 105.7     | 70.0 | 158.3   | 2943.3    | 793.0      | 308.7     |

## Menu G

Week of: 12/8/2025

| 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)      | (%)        | (%)       |
| Wheat Croissant and Brie                   | 590      | 19   | 9       | 55          | 450    | 92    | 13    | 53    | 7            | 12      | 0         | 15        | 15   | 10      | 640       | 6          | 0         |
| Broccoli Cheddar Fritter                   | 550      | 22   | 8       | 40          | 660    | 64    | 10    | 26    | 7            | 21      | 2         | 60        | 20   | 25      | 780       | 20         | 2         |
| Grilled Salmon with Creamy Dill Sauce      | 520      | 17   | 5       | 70          | 500    | 56    | 6     | 9     | 0            | 36      | 2         | 70        | 15   | 10      | 1140      | 15         | 4         |
| Superfood Brioche French Toast             | 470      | 22   | 7       | 65          | 440    | 54    | 5     | 29    | 13           | 15      | 4         | 2         | 60   | 15      | 350       | 8          | 4         |
| Mediterranean Lunch Box                    | 570      | 28   | 5.5     | 125         | 800    | 29    | 6.5   | 6     | 2            | 51      | 0         | 4         | 20   | 10      | 620       | 30         | 2         |
| Capri Chicken with Quinoa Pilaf            | 520      | 19   | 4.5     | 145         | 850    | 33    | 7.5   | 7     | 0            | 53      | 4         | 50        | 20   | 25      | 1160      | 15         | 2         |
| Brioche Breakfast Sandwich                 | 510      | 22   | 7       | 270         | 500    | 45    | 8     | 24    | 6            | 25      | 8         | 100       | 20   | 20      | 790       | 6          | 0         |
| Loaded Quesadilla & Tortilla Soup          | 550      | 25   | 10      | 70          | 1170   | 45    | 6     | 5     | 0            | 27      | 2         | 10        | 15   | 35      | 320       | 20         | 2         |
| Pierogi in Mushroom & Tomato Gravy         | 600      | 13   | 4       | 40          | 750    | 99    | 6     | 16    | 7            | 21      | 2         | 60        | 30   | 10      | 950       | 8          | 2         |
| Average Per Meal                           | 542.2    | 20.8 | 6.7     | 97.8        | 680.0  | 57.4  | 7.6   | 19.4  | 4.7          | 29.0    | 2.7       | 41.2      | 23.9 | 17.8    | 750.0     | 14.2       | 2.0       |
| Daily Average                              | 1627     | 62.3 | 20.0    | 293.3       | 2040.0 | 172.3 | 22.7  | 58.3  | 14.0         | 87.0    | 8.0       | 123.7     | 71.7 | 53.3    | 2250.0    | 42.7       | 6.0       |
| Menu G: 3 Day Average w/ 24 oz lowfat milk | 1956.7   | 69.2 | 24.2    | 323.3       | 2340.0 | 211.3 | 22.7  | 94.3  | 14.0         | 111.6   | 38.0      | 135.7     | 71.7 | 143.3   | 3150.0    | 792.7      | 306.0     |

| Menu I Week of: 12/15/2025                 |          |      |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
|--------------------------------------------|----------|------|---------|-------------|--------|-------|-------|-------|--------------|---------|-----------|-----------|------|---------|-----------|------------|-----------|
| 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 & Feta Tart                            | 580      | 28   | 11.5    | 210         | 790    | 57    | 8     | 28    | 0            | 23      | 2         | 15        | 15   | 20      | 510       | 10         | 0         |
| Tex Mex Fish Taco                          | 590      | 21   | 5       | 70          | 980    | 64    | 8     | 6     | 0            | 34      | 0         | 4         | 15   | 20      | 830       | 6          | 2         |
| Italian Sausage Flatbread Pizza            | 640      | 32   | 6       | 30          | 1150   | 55    | 10    | 5     | 3            | 34      | 4         | 45        | 20   | 35      | 920       | 4          | 0         |
| Chocolate Chia Bowl                        | 600      | 25   | 7       | 0           | 135    | 82    | 12.5  | 55    | 23           | 16      | 0         | 2         | 30   | 30      | 850       | 30         | 8         |
| Smoky Chicken Salad Pita                   | 460      | 13   | 2       | 70          | 640    | 55    | 11    | 10    | 2            | 32      | 4         | 20        | 25   | 20      | 830       | 10         | 0         |
| Thai Coconut Chicken                       | 540      | 16   | 5.5     | 50          | 650    | 71    | 3     | 11    | 4            | 27      | 2         | 20        | 35   | 10      | 470       | 4          | 0         |
| Orange Berry Waffle                        | 420      | 15   | 5.5     | 75          | 600    | 56    | 3.5   | 29    | 9            | 13      | 0         | 4         | 4    | 15      | 85        | 0          | 0         |
| Pear & Gorgonzola Salad                    | 550      | 37   | 7       | 45          | 460    | 41    | 6.5   | 21    | 10           | 15      | 4         | 10        | 15   | 15      | 390       | 10         | 0         |
| Spaghetti Lentil Bolognese                 | 670      | 21   | 5.5     | 20          | 700    | 85    | 14    | 10    | 1            | 31      | 4         | 15        | 35   | 30      | 1000      | 30         | 2         |
| Average Per Meal                           | 561.1    | 23.1 | 6.1     | 63.3        | 678.3  | 62.9  | 8.5   | 19.4  | 5.8          | 25.0    | 2.2       | 15.0      | 21.6 | 21.7    | 653.9     | 11.6       | 1.3       |
| Daily Average                              | 1683     | 69.3 | 18.3    | 190.0       | 2035.0 | 188.7 | 25.5  | 58.3  | 17.3         | 75.0    | 6.7       | 45.0      | 64.7 | 65.0    | 1961.7    | 34.7       | 4.0       |
| Menu I: 3 Day Average w/ 24 oz lowfat milk | 2013.3   | 76.2 | 22.5    | 220.0       | 2335.0 | 227.7 | 25.5  | 94.3  | 17.3         | 99.6    | 36.7      | 57.0      | 64.7 | 155.0   | 2861.7    | 784.7      | 304.0     |

# Seattle Sutton's Healthy Eating

## 4-Day Monday 2000 Calorie Plan Signature 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/ 24 oz lowfat milk | 1970.0   | 61.0 | 19.5    | 303.8       | 1925.0 | 230.8 | 25.5  | 93.0  | 16.5         | 114.1   | 36.5      | 62.5      | 66.5 | 133.0   | 2972.5    | 788.0      | 305.5     |
| Menu C: 4 Day Average w/ 24 oz lowfat milk | 1960.0   | 65.7 | 22.3    | 308.8       | 2312.5 | 225.8 | 24.0  | 102.3 | 17.8         | 111.9   | 37.0      | 127.3     | 61.5 | 148.0   | 3225.0    | 778.5      | 310.5     |
| Menu E: 4 Day Average w/ 24 oz lowfat milk | 2040.0   | 74.4 | 20.6    | 382.5       | 2227.5 | 219.3 | 21.1  | 95.5  | 24.3         | 117.6   | 39.5      | 107.5     | 71.3 | 148.0   | 3052.5    | 786.3      | 307.0     |
| Menu F: 4 Day Average w/ 24 oz lowfat milk | 1977.5   | 72.8 | 22.1    | 282.5       | 2261.3 | 224.5 | 21.0  | 98.3  | 26.3         | 105.4   | 43.3      | 167.8     | 88.8 | 149.5   | 3337.5    | 798.0      | 309.0     |
| Menu G: 4 Day Average w/ 24 oz lowfat milk | 1922.5   | 71.7 | 23.6    | 331.3       | 2300.0 | 200.8 | 21.4  | 91.0  | 11.8         | 108.6   | 38.0      | 110.8     | 61.8 | 137.0   | 3072.5    | 787.5      | 305.5     |



For questions regarding this nutritional analysis, please contact the dietitians at  
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| 2000 Calorie Plan<br>Monday 4-Day Plan<br>Including 3 servings of Non-Fat Milk/Day |            |
|------------------------------------------------------------------------------------|------------|
| Calories                                                                           | 1974 kcal  |
| Total Fat                                                                          | 69.1 g     |
| Saturated Fat                                                                      | 22 g       |
| Trans Fat                                                                          | 0 g        |
| Cholesterol                                                                        | 321.8 mg   |
| Sodium                                                                             | 2205 mg    |
| Total Carbohydrates                                                                | 220.2 g    |
| Dietary Fiber                                                                      | 25.7 g     |
| Total Sugars                                                                       | 96.0 g     |
| Added Sugars                                                                       | 19.3 g     |
| Protein                                                                            | 111.5 g    |
| Vitamin D                                                                          | 307.5 mcg  |
| Calcium (%)                                                                        | 143.10 %   |
| Iron (%)                                                                           | 69.95 %    |
| Potassium                                                                          | 3132.0 mcg |
| Macronutrient Breakdown                                                            |            |
| Fats                                                                               | 32%        |
| Carbohydrates                                                                      | 45%        |
| Protein                                                                            | 23%        |

| 2000 Calorie Plan<br>Monday 4-Day Plan<br>WITHOUT MILK SERVINGS |             |
|-----------------------------------------------------------------|-------------|
| Calories                                                        | 1644.0 kcal |
| Total Fat                                                       | 62.2 g      |
| Saturated Fat                                                   | 17 g        |
| Trans Fat                                                       | 0 g         |
| Cholesterol                                                     | 291.8 mg    |
| Sodium                                                          | 1890 mg     |
| Total Carbohydrates                                             | 181.2 g     |
| Dietary Fiber                                                   | 25.7 g      |
| Total Sugars                                                    | 60.0 g      |
| Includes Added Sugar                                            | 19.3 g      |
| Protein                                                         | 86.5 g      |
| Vitamin D                                                       | 7.5 mcg     |
| Calcium (%)                                                     | 53.10 %     |
| Iron (%)                                                        | 69.95 %     |
| Potassium                                                       | 2232.0 mcg  |
| Macronutrient Breakdown                                         |             |
| Fats                                                            | 34%         |
| Carbohydrates                                                   | 44%         |
| Protein                                                         | 21%         |

*The 12000 calorie plan is recommended with 3 glasses of Skim/Nonfat Milk*

| Skim Milk Additions   |          |          |
|-----------------------|----------|----------|
| Amount                | 8 oz     | 24 oz    |
| Calories              | 110 kcal | 330 kcal |
| Total Fat             | 2.3 g    | 6.9 g    |
| Saturated Fat         | 1.4g     | 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 Sugars | 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  |