

Seattle Sutton's Healthy Eating

4-Day Thursday 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
Biscuits & Sausage Gravy	630	32	10.5	300	830	62	6	28	4	22	2	10	25	30	720	2	2
Chicken Salad on Croissant	570	18	8	105	410	54	9	21	7	34	2	35	15	6	730	8	0
Sweet & Sour Chicken	700	23	5.5	55	590	99	10	17	6	22	2	6	45	10	420	4	2
Average	546.7	18.0	5.1	91.3	541.7	63.9	8.5	19.0	5.5	29.8	2.2	16.8	22.2	14.3	690.8	12.7	1.8
Daily Average	1640	54.1	15.3	273.8	1625.0	191.8	25.5	57.0	16.5	89.5	6.5	50.5	66.5	43.0	2072.5	38.0	5.5
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
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 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	410	10	4.5	30	710	49	9	21	2	29	0	8	20	30	710	4	0
Broccoli Cheddar Soup & Salad	710	30	12	80	840	82	10	22	6	28	10	60	25	50	820	30	20
Raspberry Salmon Salad	460	24	5.5	95	270	28	4.5	16	9	32	6	8	15	6	790	10	0
Wild Blackberry Parfait	480	13	1	10	70	70	10	43	19	21	0	2	80	20	490	15	0
Chicken & Dumplings	540	18	6	125	1000	58	7	18	12	41	10	15	20	8	970	6	2
Rustic Zucchini Cavatappi	610	17	4.5	100	790	93	9	8	3	21	2	20	30	8	710	8	0
Strawberry Cheesecake French Toast	520	20	6.5	95	860	60	4	24	11	23	2	2	50	10	390	10	2
El Pastor Bowl	490	21	3.5	100	600	45	12	4	0	29	4	40	20	15	940	6	4
Chicken Enchilada Bake	600	24	10	125	820	44	7	8	0	41	2	40	15	35	620	40	4
Biscuits & Sausage Gravy	630	32	10.5	300	800	62	6	28	4	22	2	10	25	30	720	2	2
Chicken Salad on Croissant	430	23	7	105	410	34	4	14	1	21	6	6	8	6	310	2	0
Sweet & Sour Chicken	700	23	5.5	55	590	99	10	17	6	22	2	6	45	10	420	4	2
Average	548.3	21.3	6.4	101.7	646.7	60.3	7.7	18.6	6.1	27.5	3.8	18.1	29.4	19.0	657.5	11.4	3.0
Daily Average	1645	63.8	19.1	305.0	1940.0	181.0	23.1	55.8	18.3	82.5	11.5	54.3	88.3	57.0	1972.5	34.3	9.0
Menu B: 4 Day Average w/ 24 oz lowfat milk	1975.0	70.7	23.3	335.0	2240.0	220.0	23.1	91.8	18.3	107.1	41.5	66.3	88.3	147.0	2872.5	784.3	309.0

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)	(%)	(%)
Blueberry Almond Torta	520	19	4	90	640	71	10	52	10	19	2	160	15	10	670	4	2
Lou's Bleu Burger	550	18	4.5	125	730	71	5.5	25	9	26	0	8	25	15	770	4	0
Cider Salmon	400	7	2	95	500	49	10.5	26	11	32	2	110	20	10	1230	15	4
Hashbrown Casserole	320	9	4.5	25	470	41	6.5	20	0	21	2	4	15	20	660	10	2
Margherita Flatbread Pizza	620	34	9	50	940	53	10	19	8	26	4	40	20	45	740	35	2
Marry Me Chicken	680	17	7	160	1000	85	11	25	6	43	2	8	25	30	1500	15	20
Cheddar & Sausage Breakfast Casserole	560	29	6	30	630	44	8	14	0	32	2	8	25	30	870	25	2
Chili Con Carne	660	36	6	50	670	61	11	13	0	27	4	25	35	20	1580	15	2
Chicken Carnitas	450	9	2.5	160	660	48	7	3	0	43	4	10	30	6	540	6	0
Ciabatta Egg Sandwich	550	19	9	260	840	65	6	15	0	27	0	60	30	30	150	0	0
Gemelli Pasta Salad	620	39	9	95	470	55	7	27	8	10	0	6	10	8	160	10	0
Honey Peach BBQ Chicken	610	17	7	165	860	58	3	19	8	52	2	4	20	30	1120	20	8
Average	545.0	21.1	5.9	108.8	700.8	58.4	8.0	21.5	5.0	29.8	2.0	36.9	22.5	21.2	832.5	13.3	3.5
Daily Average	1635	63.3	17.6	326.3	2102.5	175.3	23.9	64.5	15.0	89.5	6.0	110.8	67.5	63.5	2497.5	39.8	10.5
Menu D: 4 Day Average w/ 24 oz lowfat milk	1965.0	70.2	21.8	356.3	2402.5	214.3	23.9	100.5	15.0	114.1	36.0	122.8	67.5	153.5	3397.5	789.8	310.5

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)	(%)	(%)
Cranberry Oat Bar	560	14.5	1	10	95	85	8.5	45	29	23	0	20	100	20	550	20	0
Bonsai Salmon Bowl	700	21	4	120	800	89	5	33	17	38	2	35	25	6	1190	35	0
Swedish Meatballs	500	16	6	85	630	59	8.5	12	0	31	10	45	25	20	1410	30	10
Sunrise Pizza	490	20	8	165	890	51	5	6	1	25	2	60	35	35	1000	20	2
Caesar Salad with Roasted Tomatoes	520	28	5.5	20	540	44	5	23	20	15	2	10	25	20	410	10	2
Butternut Squash Ravioli	600	28	10	90	700	66	11	15	4	22	15	40	25	30	700	20	6
Cheesy Egg Strata	450	14	7	40	750	53	6.5	29	0	27	6	220	15	30	790	15	4
Croque Monsieur	710	37	10.5	80	1050	75	4.5	23	8	27	4	2	15	40	720	20	6
Chicken Matzo Ball Soup	650	25	5.5	110	570	63	5	19	11	40	4	6	35	4	970	8	2
Bacon & Egg Bagel Sandwich	390	15	4	190	700	43	6	12	0	28	2	80	20	8	620	4	0
Chipotle Black Bean Burger	580	31	4	10	550	63	13	25	15	18	2	15	20	15	890	4	0
Pasta Verde with Durango Turkey	440	14	6	90	570	51	6	7	0	29	4	90	15	10	500	6	4
Average	549.2	22.0	6.0	84.2	653.8	61.8	7.0	20.8	8.8	26.9	4.4	51.9	29.6	19.8	812.5	16.0	3.0
Daily Average	1648	65.9	17.9	252.5	1961.3	185.5	21.0	62.3	26.3	80.8	13.3	155.8	88.8	59.5	2437.5	48.0	9.0
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 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	350	6	3	10	620	50	4	9	0	21	6	160	60	25	1640	25	0
Tuna Melt	570	14	4.5	65	600	59	9.5	9	1	44	8	30	30	25	1150	25	0
Chicken Cacciatore	540	18	8	125	620	44	14	31	1	46	2	60	25	10	1190	6	0
Bacon & Cheddar Clafoutis	500	24	6	50	660	42	4	6	0	24	15	60	30	25	1520	20	4
Spinach Artichoke Flatbread Pizza	660	32	15	75	760	73	9	38	10	16	4	6	25	45	530	10	4
Picadillo Cubano	600	9	2.5	55	600	99	12	7	1	29	2	10	40	10	1080	10	0
Blueberry Smoothie Bowl	540	11	2.5	10	95	91	10	62	28	18	2	50	50	20	760	20	0
Acapulco Taco Pie	530	20	6	70	440	56	8	9	2	29	2	35	20	30	690	15	4
Pesto Cream Penne	620	22	5.5	30	940	76	16	18	0	28	6	40	30	35	860	30	20
Potato & Onion Pancakes	440	22	8	150	990	48	7.5	17	2	12	2	10	2	8	900	6	0
Pecan & Poppyseed Chicken Salad	590	31	3.5	90	460	40	5	16	0	34	4	6	15	10	460	6	0
Herbed Turkey Bake	460	19	6.5	85	460	42	4.5	12	3	29	2	8	15	10	580	10	4
Average	533.3	19.0	5.9	67.9	603.8	60.0	8.6	19.5	4.0	27.5	4.6	39.6	28.5	21.1	946.7	15.3	3.0
Daily Average	1600	57.0	17.8	203.8	1811.3	180.0	25.9	58.5	12.0	82.5	13.8	118.8	85.5	63.3	2840.0	45.8	9.0
Menu H: 4 Day Average w/ 24 oz lowfat milk	1930.0	63.9	22.0	233.8	2111.3	219.0	25.9	94.5	12.0	107.1	43.8	130.8	85.5	153.3	3740.0	795.8	309.0

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	620	26	9	30	250	84	6.5	40	16	12	0	2	25	15	580	25	4
Landry Bay Crab Cakes	530	26	7	145	990	40	7	8	1	35	4	50	20	10	1080	8	2
Chicken Fricassee	560	16	4.5	145	470	65	8	14	13	45	4	15	20	6	980	6	2
Bircher Muesli and Pears	600	27	9	55	30	78	7	41	24	10	4	2	50	10	360	20	6
Turkey Cobb Salad	400	16	5.5	260	1000	26	6.5	6	0	37	4	6	25	20	520	15	10
Traditional Cottage Pie	470	18	6	80	600	44	9	26	2	30	2	50	10	6	710	8	2
Avocado Toast	600	27	5	260	540	63	16	19	1	25	2	100	25	8	740	15	0
BBQ Chicken Pizza	480	16	8	90	520	54	9.5	20	6	30	2	6	8	35	740	20	2
Honey Garlic Chicken Bowl	640	16	2.5	40	1000	100	9	28	1	21	2	4	40	8	340	10	0
English Muffin Breakfast Sandwich	420	19	6	180	730	40	6	12	1	21	10	50	15	25	580	2	0
Loaded Potato Soup	490	17	8	50	550	64	5	9	1	19	4	30	20	30	760	25	15
Salisbury Steak	620	19	5.5	135	690	65	10	12	1	47	4	25	35	10	1510	45	10
Average	535.8	20.3	6.3	122.5	614.2	60.3	8.3	19.6	5.6	27.7	3.5	28.3	24.4	15.3	741.7	16.6	4.4
Daily Average	1608	60.8	19.0	367.5	1842.5	180.8	24.9	58.8	16.8	83.0	10.5	85.0	73.3	45.8	2225.0	49.8	13.3
Menu J: 4 Day Average w/ 24 oz lowfat milk	1937.5	67.7	23.2	397.5	2142.5	219.8	24.9	94.8	16.8	107.6	40.5	97.0	73.3	135.8	3125.0	799.8	313.3

Seattle Sutton's Healthy Eating

4-Day Thursday 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 B: 4 Day Average w/ 24 oz lowfat milk	1975.0	70.7	23.3	335.0	2240.0	220.0	23.1	91.8	18.3	107.1	41.5	66.3	88.3	147.0	2872.5	784.3	309.0
Menu D: 4 Day Average w/ 24 oz lowfat milk	1965.0	70.2	21.8	356.3	2402.5	214.3	23.9	100.5	15.0	114.1	36.0	122.8	67.5	153.5	3397.5	789.8	310.5
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 H: 4 Day Average w/ 24 oz lowfat milk	1930.0	63.9	22.0	233.8	2111.3	219.0	25.9	94.5	12.0	107.1	43.8	130.8	85.5	153.3	3740.0	795.8	309.0
Menu J: 4 Day Average w/ 24 oz lowfat milk	1937.5	67.7	23.2	397.5	2142.5	219.8	24.9	94.8	16.8	107.6	40.5	97.0	73.3	135.8	3125.0	799.8	313.3



For questions regarding this nutritional analysis, please contact the dietitians at
Seattle Sutton's Healthy Eating
1-815-780-2060
Dietitians@sshe.com

2000 Calorie Plan Monday 4-Day Plan Including 3 servings of Non-Fat Milk/Day	
Calories	1957 kcal
Total Fat	69.0 g
Saturated Fat	22 g
Trans Fat	0 g
Cholesterol	321.0 mg
Sodium	2232 mg
Total Carbohydrates	219.5 g
Dietary Fiber	27.0 g
Total Sugars	96.0 g
Added Sugars	17.7 g
Protein	108.3 g
Vitamin D	310.2 mcg
Calcium (%)	147.80 %
Iron (%)	80.65 %
Potassium	3294.5 mcg
Macronutrient Breakdown	
Fats	32%
Carbohydrates	45%
Protein	22%

2000 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1627.0 kcal
Total Fat	62.1 g
Saturated Fat	18 g
Trans Fat	0 g
Cholesterol	291.0 mg
Sodium	1917 mg
Total Carbohydrates	180.5 g
Dietary Fiber	27.0 g
Total Sugars	60.0 g
Includes Added Sugars	17.7 g
Protein	83.3 g
Vitamin D	10.2 mcg
Calcium (%)	57.80 %
Iron (%)	80.65 %
Potassium	2394.5 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	44%
Protein	20%

The 2000 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