

Seattle Sutton's Healthy Eating
4-Day Monday 2000 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)	(%)	(%)
Menu A																	
Week of: 3/2/2026																	
Open Faced Asparagus & Gruyere Omelet	450	8	2.5	10	750	64	7	17	4	26	2	15	25	15	470	6	0
Chocolate Hazelnut Crepe	650	30	3.5	80	510	74	5	24	10	22	0	4	15	4	340	10	2
Berry Colada Parfait	320	2.5	1	5	80	62	10	43	19	12	0	6	8	15	390	2	0
Biscuits & Vegetarian Gravy	670	33	11	300	940	67	7	30	4	25	2	10	25	35	790	4	4
Moroccan Kofta Bowl	620	30	6	0	620	56	14	13	7	31	0	15	45	6	780	8	0
Baja Garbanzo Tinga Wrap	540	17	6.5	30	700	71	11	8	0	25	2	15	20	25	1000	15	8
Fresh Fruit and Cottage Cheese Plate	540	17	7	50	990	54	9	21	0	34	2	35	15	45	730	15	2
Egg Salad on Croissant	570	34	9	400	540	49	6	26	7	19	6	6	25	10	360	8	0
Cauliflower Tikka Masala	540	19	3	15	810	73	10	12	0	21	2	140	45	20	1420	10	0
Sweet Potato Chili	490	21	7.5	45	580	63	7	17	12	14	15	25	20	25	700	4	0
Nonna Sutton's Lasagna	590	24	7.5	45	580	67	11.5	13	0	28	4	6	35	30	825	10	0
Sweet & Sour Tofu	650	23	5.5	20	610	96	6	21	6	16	2	6	25	15	460	6	2
Average	553	22	6	83	643	66	9	20	6	23	3	24	25	20	689	8	2
Daily Average	1658	65	18	250	1928	199	26	61	17	68	9	71	76	61	2066	25	5
Menu A: 4 Day Average W 16 oz skim milk	1988	72	22	280	2243	235	26	97	17	383	9	71	1276	136	3266	130	305
Menu C																	
Week of: 3/9/2026																	
Vegetarian Peach Berry Blintz	470	18	4.5	65	310	54	3.5	24	15	22	0	6	10	8	360	2	0
Cheesy Baked Egg Casserole	580	15	7	40	1000	64	10	18	4	42	2	35	25	35	860	15	2
Strawberry Chia Oatmeal	470	16	3	5	50	69	10.5	35	10	13	2	50	20	15	660	15	15
Ciabatta Egg Sandwich	560	19	9	260	840	69	6	15	0	27	0	80	30	30	180	0	0
Chili Tempeh Salad	550	22	2.5	0	1180	63	5	9	1	26	6	90	35	10	830	20	0
Curry Chickpea Salad	640	31	3.5	15	500	73	11.5	33	5	17	0	8	15	15	640	10	0
Tuscan Bean Soup & Crostata	530	23	6	25	1000	61	12.5	10	3	20	4	20	20	25	1860	6	0
Lou's Bleu Veggie Burger	630	25	7	15	870	72	8	23	4	29	0	8	35	15	730	2	0
Vegetarian Vodka Meatballs	640	16	5.5	20	1110	75	21	9	1	55	2	40	50	20	1740	15	4
Garden Tamale Bowl	520	25	11	25	630	58	13	29	0	13	2	20	25	20	470	10	2
Primavera Alfredo	570	15	7	45	720	85	8.5	18	0	24	2	2	8	35	900	15	20
Homestyle Macaroni & Cheese	600	18	9	55	870	86	6.5	19	8	25	4	80	20	40	1000	30	15
Average	563	20	6	48	757	69	10	20	4	26	2	37	24	22	853	12	5
Daily Average	1690	61	19	143	2270	207	29	61	13	78	6	110	73	67	2558	35	15
Menu C: 4 Day Average W 16 oz skim milk	2020	68	23	173	2585	243	29	97	13	393	6	110	73	142	3758	140	315

Seattle Sutton's Healthy Eating
4-Day Monday 2000 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)	(%)	(%)
Menu E																	
Week of: 3/16/2026																	
Strawberry Poppseed Bread	460	7	0	5	300	82	5.5	50	31	17	0	60	25	15	470	10	0
Swiss Cheese Egg Bake	440	10	6.5	35	820	35	3.5	5	0	37	0	15	15	40	530	0	0
Morning Protein Plate	680	39	11	400	590	55	7	27	4	25	6	60	20	25	730	15	10
Vegetarian Bacon & Egg Bagel Sandwich	410	16	3	135	1050	42	6	12	0	30	2	80	25	8	760	4	0
Falafel Bowl	700	20	1.5	0	940	106	16	9	0	26	4	50	60	20	630	10	0
Asian Chopped Salad	420	20	2	0	670	45	11	23	7	17	2	170	30	20	1380	25	0
Pumpkin Sweet Potato Bisque & Salad	590	20	7	40	180	95	14	33	22	13	10	20	30	15	740	8	2
Chipotle Black Bean Burger	580	31	4	10	550	63	13	25	15	18	2	15	20	15	890	4	0
Cajun Vegetarian Etouffee	630	22	7	40	460	98	12	17	1	17	6	70	20	10	1330	25	2
Tortelloni Pomodoro	490	17	5.5	80	1000	62	10	20	3	21	4	35	30	35	700	8	0
BBQ Veggie Meatloaf & Cheddar Mash	740	40	9	15	1220	66	7	24	13	37	2	15	40	20	1340	20	8
Lentil Matzo Ball Soup	540	20	4.5	15	950	74	10	22	10	14	2	10	40	6	600	15	2
Average	557	22	5	65	728	69	10	22	9	23	3	50	30	19	842	12	2
Daily Average	1670	66	15	194	2183	206	29	67	27	68	10	150	89	57	2525	36	6
Menu E: 4 Day Average W 16 oz skim milk	2000	72	19	224	2498	242	29	103	27	383	10	150	89	132	3725	141	306
Menu G																	
Week of: 3/23/2026																	
Wheat Croissant and 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	12	15	4	2	60	15	350	8	4
Brioche Vegetarian Breakfast Sandwich	600	30	9	250	850	49	9	24	6	33	8	100	35	20	960	2	0
Potato & Onion Pancakes	440	22	8	150	990	48	7	17	2	12	2	10	2	8	900	6	0
Broccoli Cheddar Fritter	550	22	8	40	660	64	10	26	4	21	2	60	20	25	780	20	2
Poppseed Sweet Potato Salad	630	24	3	0	300	89	11	36	14	14	30	40	30	10	1020	25	0
Veggie Quesadilla & Tortilla Soup	520	27	11.5	55	950	46	6	6	0	22	2	20	10	35	430	25	4
Vegetarian Mediterranean Lunch Box	530	29	4.5	10	1050	35	6.5	6	0	32	0	4	20	15	280	4	0
Southwestern Couscous Pilaf	730	28	10.5	65	850	89	10.5	18	11	29	4	30	20	40	670	30	4
Capri Style Roasted Eggplant	600	33	8	40	1050	51	15	15	0	30	4	200	20	45	1030	30	2
Pierogi in Mushroom & Tomato Gravy	600	13	4	40	750	99	6	16	6	21	2	60	30	10	950	8	2
Butternut & Zucchini Bake	420	15	4.5	30	280	59	7	14	3	11	2	15	15	6	840	8	2
Average	557	24	7	67	718	65	9	22	5	21	5	46	23	20	738	14	2
Daily Average	1670	71	22	200	2155	194	27	65	16	63	15	139	69	60	2213	43	5
Menu G: 4 Day Average W 16 oz skim milk	2000	78	26	230	2470	230	27	101	16	378	15	139	69	135	3413	148	305

Seattle Sutton's Healthy Eating
4-Day Monday 2000 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)	(%)	(%)
Menu I		Week of: 3/30/2026															
Egg & Feta Tart	480	23	11.5	210	550	51	7	25	0	17	2	2	10	20	460	10	0
Chocolate Chia Bowl	700	35	9	0	140	87	14	55	27	21	2	25	35	35	1070	40	8
Orange Berry Waffle	420	15	5.5	75	600	56	3.5	29	9	13	0	4	4	15	85	0	0
Veggie Sausage & Egg Breakfast Sandwich	430	18	5.5	140	720	43	6	13	1	24	6	50	20	25	640	2	0
Tex Mex Black Bean Taco	500	22	9	50	740	60	8	7	0	19	2	6	10	30	690	10	2
Smoky Chick'n Salad Pita	480	17	3	20	750	57	13	14	1	24	2	25	25	15	880	6	0
Genoa Minestrone	520	10	3	20	820	86	6.5	10	2	19	4	20	35	8	420	6	0
Loaded Potato Soup	460	18	9	50	550	58	6	9	1	18	4	25	20	30	680	25	15
Italian Sausage Flatbread Pizza	790	34	8	40	1600	86	11	6	2	39	0	2	30	30	1000	2	0
Vegetarian Thai Coconut Curry	730	20	8	0	660	114	5	18	5	18	2	25	50	15	670	6	0
Spaghetti Lentil Bolognese	680	21	5.5	20	700	85	16	10	0	33	4	50	40	35	1440	35	2
Peppered Lentil Salisbury Steak	600	20	6	10	730	70	20	10	1	37	2	20	50	8	1360	30	4
Average	566	21	7	53	713	71	10	17	4	24	3	21	27	22	783	14	3
Daily Average	1698	63	21	159	2140	213	29	52	12	71	8	64	82	67	2349	43	8
Menu I: 4 Day Average W 16 oz skim milk	2028	70	25	189	2455	249	29	88	12	386	8	64	82	142	3549	148	308

Seattle Sutton's Healthy Eating
4-Day Monday 2000 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)	(%)	(%)
Menu A: 4 Day Average W 16 oz skim milk	1988	72	22	280	2243	235	26	97	17	383	9	71	1276	136	3266	130	305
Menu C: 4 Day Average W 16 oz skim milk	2020	68	23	173	2585	243	29	97	13	393	6	110	73	142	3758	140	315
Menu E: 4 Day Average W 16 oz skim milk	2000	72	19	224	2498	242	29	103	27	383	10	150	89	132	3725	141	306
Menu G: 4 Day Average W 16 oz skim milk	2000	78	26	230	2470	230	27	101	16	378	15	139	69	135	3413	148	305
Menu I: 4 Day Average W 16 oz skim milk	2028	70	25	189	2455	249	29	88	12	386	8	64	82	142	3549	148	308



2000 Calorie Plan Monday 4-Day Plan With Milk Servings	
Calories	2007 kcal
Total Fat	71.9 g
Saturated Fat	23 g
Trans Fat	0 g
Cholesterol	219.0 mg
Sodium	2450 mg
Total Carbohydrates	239.8 g
Dietary Fiber	31.6 g
Total Sugars	97.0 g
Added Sugars	17.0 g
Protein	384.6 g
Vitamin D	307.6 mcg
Calcium (%)	137.35 %
Iron (%)	317.85 %
Potassium	3542.0 mcg
Macronutrient Breakdown	
Fats	32%
Carbohydrates	48%
Protein	77%

2000 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1677.0 kcal
Total Fat	65.0 g
Saturated Fat	19 g
Trans Fat	0 g
Cholesterol	189.0 mg
Sodium	2135 mg
Total Carbohydrates	203.8 g
Dietary Fiber	31.6 g
Total Sugars	61.0 g
Includes Added S	17.0 g
Protein	357.6 g
Vitamin D	7.6 mcg
Calcium (%)	62.35 %
Iron (%)	317.85 %
Potassium	2342.0 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	49%
Protein	85%

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

Low-Fat Milk Additions		
Amount	8 oz	24 oz
Calories	110kcal	330 kcal
Total Fat	2.3g	6.9 g
Saturated Fat	1.4g	4.2 g
Trans Fat	0 g	0 g
Cholesterol	10 mg	30 mg
Sodium	105mg	315 mg
Total Carbohydrates	12 g	36 g
Dietary Fiber	0 g	0 g
Total Sugars	12 g	36 g
Added Sugars	0 g	0 g
Protein	9 g	27 g
Phosphorus	35%	105 %
Vitamin D	100 mcg	300 mcg
Calcium (%)	25%	75 %
Iron (%)	0%	0 %
Potassium	400 mcg	1200 mcg

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

1-815-780-2060

Dietitians@sshe.com