

Seattle Sutton's Healthy Eating

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

Menu A

Week of: 12/22/2025

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
Herbed Cornish Hen	690	38	8	210	600	67	11	23	17	33	10	15	25	10	1110	8	0
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	35	720	2	4
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	555.0	20.4	5.4	96.7	544.2	64.0	8.6	18.9	6.1	28.0	2.7	15.6	22.2	13.9	672.5	10.0	1.5
Daily Average	1665	61.1	16.3	290.0	1632.5	192.0	25.8	56.8	18.3	84.0	8.0	46.8	66.5	41.8	2017.5	30.0	4.5
Menu A: 4 Day Average w/ 24 oz lowfat milk	1995.0	68.0	20.5	320.0	1932.5	231.0	25.8	92.8	18.3	108.6	38.0	58.8	66.5	131.8	2917.5	780.0	304.5
Average Per Meal	528.9	19.1	4.6	77.8	522.2	61.4	8.7	17.9	6.2	28.7	2.9	15.1	20.1	12.9	688.9	11.8	1.3
Daily Average	1587	57.2	13.7	233.3	1566.7	184.3	26.0	53.7	18.7	86.0	8.7	45.3	60.3	38.7	2066.7	35.3	4.0
Menu A: 3 Day Average w/ 24 oz lowfat milk	1916.7	64.1	17.9	263.3	1866.7	223.3	26.0	89.7	18.7	110.6	38.7	57.3	60.3	128.7	2966.7	785.3	304.0

Menu C

Week of: 12/29/2025

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
Chicken Wellington	510	21	11	90	660	51	7.5	9	0	26	0	8	25	15	1140	20	4
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	532.5	19.8	6.4	89.2	675.0	60.3	7.9	20.3	4.6	27.8	2.2	38.3	20.5	19.9	814.2	11.0	3.8
Daily Average	1598	59.3	19.1	267.5	2025.0	181.0	23.6	61.0	13.8	83.3	6.5	114.8	61.5	59.8	2442.5	33.0	11.5
Menu C: 4 Day Average w/ 24 oz lowfat milk	1927.5	66.2	23.3	297.5	2325.0	220.0	23.6	97.0	13.8	107.9	36.5	126.8	61.5	149.8	3342.5	783.0	311.5
Average Per Meal	518.9	20.3	6.2	57.8	630.0	57.7	8.8	20.6	4.2	25.3	2.7	40.8	19.0	18.2	855.6	12.0	4.2
Daily Average	1557	61.0	18.7	173.3	1890.0	173.0	26.5	61.7	12.7	76.0	8.0	122.3	57.0	54.7	2566.7	36.0	12.7
Menu C: 3 Day Average w/ 24 oz lowfat milk	1886.7	67.9	22.9	203.3	2190.0	212.0	26.5	97.7	12.7	100.6	38.0	134.3	57.0	144.7	3466.7	786.0	312.7

Menu E

Week of: 1/5/2026

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	620	29	6	100	760	55	7	23	12	38	2	15	25	20	1190	35	10
Bacon & Egg Bagel Sandwich	400	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
Chicken Matzo Ball Soup	650	25	5.5	110	570	63	5	19	11	40	4	6	35	6	970	8	2
Average	565.8	22.3	5.4	116.3	635.8	59.8	7.0	20.1	8.3	30.6	3.2	31.8	23.3	19.5	710.0	11.7	2.3
Daily Average	1698	67.0	16.1	348.8	1907.5	179.5	21.1	60.3	25.0	91.8	9.5	95.5	70.0	58.5	2130.0	35.0	7.0
Menu E: 4 Day Average w/ 24 oz lowfat milk	2027.5	73.9	20.3	378.8	2207.5	218.5	21.1	96.3	25.0	116.4	39.5	107.5	70.0	148.5	3030.0	785.0	307.0
Average Per Meal	573.3	21.9	5.7	120.6	645.6	61.0	6.7	20.6	8.2	31.2	3.3	31.2	22.8	22.8	671.1	13.8	2.9
Daily Average	1720	65.7	17.0	361.7	1936.7	183.0	20.2	61.7	24.7	93.7	10.0	93.7	68.3	68.3	2013.3	41.3	8.7
Menu E: 3 Day Average w/ 24 oz lowfat milk	2050.0	72.6	21.2	391.7	2236.7	222.0	20.2	97.7	24.7	118.3	40.0	105.7	68.3	158.3	2913.3	791.3	308.7

Menu G

Week of: 1/12/2026

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	7	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
Potato & Onion Pancakes	440	22	8	150	990	48	7	17	2	12	2	10	2	8	900	6	0
Pecan & Poppyseed Chicken Salad	590	31	3	90	440	40	6	16	0	34	4	6	15	10	460	6	0
Herbed Turkey Bake	430	18	5.5	65	510	45	5	12	3	21	2	8	15	4	640	8	4
Average	528.3	21.5	6.4	98.8	671.7	54.2	7.3	18.3	3.9	27.3	2.7	32.9	20.6	15.2	729.2	12.3	1.8
Daily Average	1585	64.5	19.1	296.3	2015.0	162.5	21.8	55.0	11.8	82.0	8.0	98.8	61.8	45.5	2187.5	37.0	5.5
Menu G: 4 Day Average w/ 24 oz lowfat milk	1915.0	71.4	23.3	326.3	2315.0	201.5	21.8	91.0	11.8	106.6	38.0	110.8	61.8	135.5	3087.5	787.0	305.5
Average Per Meal	542.2	20.8	6.7	97.8	680.0	57.4	7.7	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	23.0	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	23.0	94.3	14.0	111.6	38.0	135.7	71.7	143.3	3150.0	792.7	306.0

Menu I

Week of: 1/19/2026

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	480	23	11.5	210	550	51	7	25	0	17	2	2	10	20	460	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	700	35	9	0	140	89	14	55	23	21	2	25	35	35	1070	40	8
Smoky Chicken Salad Pita	470	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	510	37	7	45	460	30	6	15	10	15	2	6	15	15	290	10	0
Spaghetti Lentil Bolognese	670	21	5.5	20	700	85	14	10	1	31	4	15	35	30	1000	30	2
English Muffin Breakfast Sandwich	400	18	5.5	140	670	36	6	9	1	24	6	40	20	25	540	2	0
Loaded Potato Soup	460	18	9	50	550	58	6	9	1	18	4	25	20	30	680	25	15
Salisbury Steak	610	19	5.5	135	870	61	10	12	1	47	4	25	30	10	1450	45	10
Average	540.8	22.3	6.4	74.6	663.3	59.3	8.2	16.3	4.6	26.1	2.8	19.3	22.0	22.1	718.8	15.5	3.1
Daily Average	1623	67.0	19.3	223.8	1990.0	177.8	24.6	49.0	13.8	78.3	8.5	57.8	66.0	66.3	2156.3	46.5	9.3
Menu I: 4 Day Average w/ 24 oz lowfat milk	1952.5	73.9	23.5	253.8	2290.0	216.8	24.6	85.0	13.8	102.9	38.5	69.8	66.0	156.3	3056.3	796.5	309.3
Average Per Meal	557.8	23.7	6.3	63.3	652.2	61.8	8.5	18.4	5.8	24.9	2.2	15.7	21.6	22.2	661.7	12.7	1.3
Daily Average	1673	71.0	19.0	190.0	1956.7	185.3	25.5	55.3	17.3	74.7	6.7	47.0	64.7	66.7	1985.0	38.0	4.0
Menu I: 3 Day Average w/ 24 oz lowfat milk	2003.3	77.9	23.2	220.0	2256.7	224.3	25.5	91.3	17.3	99.3	36.7	59.0	64.7	156.7	2885.0	788.0	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	1995.0	68.0	20.5	320.0	1932.5	231.0	25.8	92.8	18.3	108.6	38.0	58.8	66.5	131.8	2917.5	780.0	304.5
Menu C: 4 Day Average w/ 24 oz lowfat milk	1927.5	66.2	23.3	297.5	2325.0	220.0	23.6	97.0	13.8	107.9	36.5	126.8	61.5	149.8	3342.5	783.0	311.5
Menu E: 4 Day Average w/ 24 oz lowfat milk	2027.5	73.9	20.3	378.8	2207.5	218.5	21.1	96.3	25.0	116.4	39.5	107.5	70.0	148.5	3030.0	785.0	307.0
Menu F: 4 Day Average w/ 24 oz lowfat milk	1982.5	72.8	22.1	282.5	2262.5	224.5	21.0	98.3	26.3	105.4	43.3	167.8	88.8	150.0	3337.5	798.0	309.0
Menu G: 4 Day Average w/ 24 oz lowfat milk	1915.0	71.4	23.3	326.3	2315.0	201.5	21.8	91.0	11.8	106.6	38.0	110.8	61.8	135.5	3087.5	787.0	305.5



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	1970 kcal
Total Fat	70.5 g
Saturated Fat	22 g
Trans Fat	0 g
Cholesterol	321.0 mg
Sodium	2209 mg
Total Carbohydrates	219.1 g
Dietary Fiber	25.7 g
Total Sugars	95.1 g
Added Sugars	19.0 g
Protein	109.0 g
Vitamin D	307.5 mcg
Calcium (%)	143.10 %
Iron (%)	69.70 %
Potassium	3143.0 mcg
Macronutrient Breakdown	
Fats	32%
Carbohydrates	44%
Protein	22%

2000 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1639.5 kcal
Total Fat	63.6 g
Saturated Fat	18 g
Trans Fat	0 g
Cholesterol	291.0 mg
Sodium	1894 mg
Total Carbohydrates	180.1 g
Dietary Fiber	25.7 g
Total Sugars	59.1 g
Includes Added Sugar	19.0 g
Protein	84.0 g
Vitamin D	7.5 mcg
Calcium (%)	53.10 %
Iron (%)	69.70 %
Potassium	2243.0 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	44%
Protein	20%

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