

Seattle Sutton's Healthy Eating

4-Day Monday 2000 Calorie Plan Vegetarian 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 Kofta Bowl	620	30	6	0	620	56	14	13	7	31	0	15	45	6	780	8	0
Cauliflower Tikka Masala	540	19	3	15	810	73	10	12	0	21	2	140	45	20	1420	10	0
Chocolate Hazelnut Crepe	650	30	3.5	80	510	74	5	21	7	22	0	4	10	4	290	10	0
Baja GarbanzoTinga Wrap	520	17	6.5	30	820	71	11	8	0	25	2	15	20	25	1000	15	8
Stuffed Acorn Squash	430	7	1	40	440	83	11	10	6	12	10	30	20	8	690	6	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	540	18	8	50	990	54	9	21	0	34	2	35	15	45	730	15	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 & Vegetarian Gravy	660	33	12.5	300	940	67	7	30	4	25	2	10	25	35	790	4	4
Egg Salad on Croissant	430	34	9	400	540	33	4	15	7	19	6	6	25	10	250	8	0
Sweet & Sour Tofu	650	23	5.5	20	610	96	6	21	8	16	2	6	25	15	460	6	2
Average	533.3	20.5	5.5	82.9	640.8	66.7	8.8	18.7	5.2	22.6	2.7	24.0	24.8	19.0	664.2	8.3	1.3
Daily Average	1600	61.4	16.5	248.8	1922.5	200.0	26.4	56.0	15.5	67.8	8.0	72.0	74.5	57.0	1992.5	25.0	4.0
Menu A: 4 Day Average w/ 24 oz lowfat milk	1930.0	68.3	20.7	278.8	2222.5	239.0	26.4	92.0	15.5	92.4	38.0	84.0	74.5	147.0	2892.5	775.0	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)	(%)	(%)
Vegetarian Peach Berry Blintz	470	18	4.5	65	310	54	3.5	24	15	22	0	6	10	8	360	2	0
Chili Tempeh Salad	550	22	2.5	0	1180	63	5	9	1	26	6	90	35	10	830	20	0
Lentil Wellington	490	22	12.5	60	620	56	10	10	0	13	0	8	25	15	1140	15	4
Cheesy Baked Egg Casserole	580	15	7	40	1000	64	10	18	4	42	2	35	25	35	860	15	2
Curry Chickpea Salad	640	31	3.5	15	500	73	11.5	33	5	17	0	8	15	15	640	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
Primavera Alfredo	570	15	7	45	720	85	8.5	18	0	24	2	2	8	35	900	15	20
Ciabatta Egg Sandwich	560	19	9	260	840	69	6	15	0	27	0	80	30	30	180	0	0
Lou's Bleu Veggie Burger	630	25	7	15	870	72	8	23	4	29	0	8	35	15	730	2	0
Homestyle Macaroni & Cheese	600	18	9	55	880	86	6.5	20	6	25	4	80	20	40	1000	30	15
Average	550.8	20.8	6.8	50.8	716.7	67.5	8.8	20.3	4.0	22.6	1.8	33.9	22.3	21.9	802.5	11.7	4.8
Daily Average	1653	62.3	20.5	152.5	2150.0	202.5	26.3	61.0	12.0	67.8	5.5	101.8	67.0	65.8	2407.5	35.0	14.5
Menu C: 4 Day Average w/ 24 oz lowfat milk	1982.5	69.2	24.7	182.5	2450.0	241.5	26.3	97.0	12.0	92.4	35.5	113.8	67.0	155.8	3307.5	785.0	314.5

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
Falafel Bowl	700	20	1.5	0	940	106	16	9	0	26	4	50	60	20	630	10	0
Cajun Vegetarian Etouffee	630	22	7	40	460	98	12	17	1	17	6	70	20	10	1330	25	2
Swiss Cheese Egg Bake	420	10	6.5	35	820	35	3.5	5	0	37	0	15	15	40	530	0	0
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
Morning Protein Plate	680	39	11	400	590	55	7	27	3	25	6	60	20	25	730	15	10
Pumpkin Sweet Potato Bisque & Salad	590	20	7	40	180	95	14	33	23	13	10	20	30	15	740	8	2
BBQ Veggie Meatloaf & Cheddar Mash	740	40	9	15	1220	66	7	24	13	37	2	15	40	20	1340	20	8
Vegetarian Bacon & Egg Bagel Sandwich	410	16	3	135	1050	42	6	12	0	30	2	80	25	8	760	4	0
Chipotle Black Bean Burger	580	31	4	10	550	63	13	25	15	18	2	15	20	15	890	4	0
Lentil Matzo Ball Soup	540	20	4.5	15	950	74	10	22	12	14	2	10	40	6	600	15	2
Average	574.2	24.0	5.5	66.7	698.3	68.4	9.4	21.8	9.4	22.6	3.5	36.5	28.3	20.3	748.3	10.6	2.0
Daily Average	1723	72.0	16.5	200.0	2095.0	205.3	28.1	65.3	28.3	67.8	10.5	109.5	85.0	61.0	2245.0	31.8	6.0
Menu E: 4 Day Average w/ 24 oz lowfat milk	2052.5	78.9	20.7	230.0	2395.0	244.3	28.1	101.3	28.3	92.4	40.5	121.5	85.0	151.0	3145.0	781.8	306.0

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
Southwestern Couscous Pilaf	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
Vegetarian Mediterranean Lunch Box	570	28	5.5	125	800	29	6.5	6	2	51	0	4	20	10	620	30	2
Capri Style Roasted Eggplant	520	19	4.5	145	850	33	7.5	7	0	53	4	50	20	25	1160	15	2
Brioche Vegetarian Breakfast Sandwich	510	22	7	270	500	45	8	24	6	25	8	100	20	20	790	6	0
Veggie 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
Poppyseed Sweet Potato Salad	590	31	3	90	440	40	6	16	0	34	4	6	15	10	460	6	0
Butternut & Zucchini 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

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 Black Bean Taco	500	22	9	50	740	60	8	7	0	19	2	6	10	30	690	10	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 Chick'n Salad Pita	480	17	3	20	750	57	13	14	2	24	2	25	25	15	880	6	0
Vegetarian Thai Coconut Curry	730	20	8	0	660	114	5	18	5	18	2	25	50	15	670	6	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
Veggie Sausage & Egg Breakfast Sandwich	420	19	6	180	730	40	6	13	1	21	6	50	15	25	540	2	0
Loaded Potato Soup	460	18	9	50	550	58	6	9	1	18	4	25	20	30	680	25	15
Peppered Lentil Salisbury Steak	600	20	6	10	730	70	20	10	1	37	2	20	50	8	1360	30	4
Average	550.8	23.3	7.1	57.5	646.7	63.8	9.4	17.5	4.7	22.3	2.7	20.7	24.1	22.8	720.4	14.4	2.6
Daily Average	1653	69.8	21.4	172.5	1940.0	191.3	28.1	52.5	14.0	67.0	8.0	62.0	72.3	68.3	2161.3	43.3	7.8
Menu I: 4 Day Average w/ 24 oz lowfat milk	1982.5	76.7	25.6	202.5	2240.0	230.3	28.1	88.5	14.0	91.6	38.0	74.0	72.3	158.3	3061.3	793.3	307.8

Seattle Sutton's Healthy Eating

4-Day Monday 2000 Calorie Plan-Vegetarian 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	1930.0	68.3	20.7	278.8	2222.5	239.0	26.4	92.0	15.5	92.4	38.0	84.0	74.5	147.0	2892.5	775.0	304.0
Menu C: 4 Day Average w/ 24 oz lowfat milk	1982.5	69.2	24.7	182.5	2450.0	241.5	26.3	97.0	12.0	92.4	35.5	113.8	67.0	155.8	3307.5	785.0	314.5
Menu E: 4 Day Average w/ 24 oz lowfat milk	2052.5	78.9	20.7	230.0	2395.0	244.3	28.1	101.3	28.3	92.4	40.5	121.5	85.0	151.0	3145.0	781.8	306.0
Menu F: 4 Day Average w/ 24 oz lowfat milk	1985.0	75.0	23.3	201.3	2445.0	229.3	25.6	99.5	26.5	97.6	43.3	172.3	100.0	163.5	3452.5	794.0	310.0
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	1973 kcal
Total Fat	72.6 g
Saturated Fat	23 g
Trans Fat	0 g
Cholesterol	243.8 mg
Sodium	2366 mg
Total Carbohydrates	231.1 g
Dietary Fiber	29.1 g
Total Sugars	96.2 g
Added Sugars	18.8 g
Protein	96.3 g
Vitamin D	308.0 mcg
Calcium (%)	150.55 %
Iron (%)	77.65 %
Potassium	3177.0 mcg
Macronutrient Breakdown	
Fats	33%
Carbohydrates	47%
Protein	20%

2000 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1643.0 kcal
Total Fat	65.7 g
Saturated Fat	18 g
Trans Fat	0 g
Cholesterol	213.8 mg
Sodium	2051 mg
Total Carbohydrates	192.1 g
Dietary Fiber	29.1 g
Total Sugars	60.2 g
Includes Added Sugar	18.8 g
Protein	71.3 g
Vitamin D	8.0 mcg
Calcium (%)	60.55 %
Iron (%)	77.65 %
Potassium	2277.0 mcg
Macronutrient Breakdown	
Fats	35%
Carbohydrates	47%
Protein	17%

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