

# Seattle Sutton's Healthy Eating

## 4-Day Thursday 2000 Calorie Plan Vegetarian Menu & Nutrition Averages

Menu B

Week of: 1/29/2026

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 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 Goat Cheese Salad	610	38	10	20	280	52	8	32	12	21	8	25	30	15	1070	30	2
Wild Blackberry Parfait	480	13	1	10	70	70	10	43	19	21	0	2	80	20	490	15	0
Vegetables & Dumplings	430	8	2	40	850	78	10	19	10	14	15	25	20	10	730	10	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	7	24	11	23	2	2	50	10	390	10	2
Mushroom Swiss Veggie Burger	600	34	12.5	45	760	36	6	10	1	42	8	8	35	40	1050	4	2
Black Bean Enchilada Bake	490	20	9	55	850	51	9	9	0	19	2	30	15	35	510	25	2
Biscuits & Vegetarian Gravy	670	33	11	300	940	67	7	30	4	25	2	10	25	35	790	4	4
Egg Salad on Croissant	570	34	9	400	540	49	6	26	7	19	6	6	25	10	360	8	0
Sweet & Sour Tofu	650	23	5.5	20	610	96	6	21	8	16	2	6	25	15	460	6	2
Average	562.5	23.3	7.3	99.6	675.0	65.3	8.1	22.1	6.9	23.2	4.8	16.8	31.7	23.2	674.2	12.8	3.0
Daily Average	1688	70.0	21.9	298.8	2025.0	195.8	24.3	66.3	20.8	69.5	14.3	50.5	95.0	69.5	2022.5	38.5	9.0
Menu B: 4 Day Average w/ 24 oz lowfat milk	2017.5	76.9	26.1	328.8	2325.0	234.8	24.3	102.3	20.8	94.1	44.3	62.5	95.0	159.5	2922.5	788.5	309.0

Menu D

Week of: 2/5/2026

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)	(%)	(%)
Vegetarian Blueberry Almond Torta	590	18	2	15	630	85	10	56	13	28	0	150	25	15	890	6	2
Gemelli Pasta Salad	620	39	9	95	470	55	7	27	8	10	0	6	10	8	160	10	0
Cauliflower Tikka Masala	540	19	3	15	810	73	10	12	0	21	2	140	45	20	1420	10	0
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 Pasta	550	9	4.5	105	530	96	9.5	22	6	19	6	80	15	25	870	20	20
Cheddar & Sausage Breakfast Casserole	560	29	6	30	630	44	8	14	0	32	2	8	25	30	870	25	2
Three Bean Chili	600	35	9	30	690	53	12.5	12	0	18	4	25	25	25	1770	10	2
Sofrito Tofu	460	14	2	0	630	63	11	7	0	23	4	25	40	25	970	15	0
Ciabatta Egg Sandwich	550	19	9	260	840	65	6	15	0	27	0	60	30	30	150	0	0
Lou's Bleu Veggie Burger	620	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	552.5	22.3	6.2	57.9	699.2	65.5	8.8	20.6	3.8	23.3	2.3	52.2	25.4	24.8	852.5	14.4	3.8
Daily Average	1658	67.0	18.5	173.8	2097.5	196.5	26.3	61.8	11.3	69.8	7.0	156.5	76.3	74.5	2557.5	43.3	11.3
Menu D: 4 Day Average w/ 24 oz lowfat milk	1987.5	73.9	22.7	203.8	2397.5	235.5	26.3	97.8	11.3	94.4	37.0	168.5	76.3	164.5	3457.5	793.3	311.3

Menu F

Week of: 2/12/2026

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)	(%)	(%)
Sunrise Pizza	490	20	8	165	890	51	5	6	1	25	2	60	35	35	1000	20	2
Bonsai Tofu Bowl	730	26	5	40	850	95	10	34	18	32	2	35	50	45	900	10	0
Vegetarian Swedish Meatballs	470	9	4.5	20	1000	54	14	11	0	45	10	45	40	25	1690	15	8
Cranberry Oat Bar	570	14.5	1	10	100	85	8.5	45	29	23	0	20	100	20	550	20	0
Caesar Salad with Roasted Tomatoes	530	32	5.5	20	540	45	5	23	20	15	2	10	25	20	420	10	0
Pasta Verde with Guajillo Garbanzos	550	25	10.5	65	250	66	9	12	0	16	6	100	15	10	1030	8	6
Cheesy Egg Strata	450	14	7	40	750	53	6.5	29	0	27	6	220	15	30	790	15	4
Mushroom Croque Monsieur	710	41	13.5	75	950	68	4.5	20	7	25	4	6	10	50	890	35	10
Butternut Squash Ravioli	600	28	10	90	700	66	11	15	4	22	15	40	25	30	700	20	6
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	552.5	23.0	6.4	57.1	715.0	63.5	8.5	21.2	8.8	24.3	4.4	53.4	33.3	24.5	851.7	14.7	3.2
Daily Average	1658	69.1	19.1	171.3	2145.0	190.5	25.6	63.5	26.5	73.0	13.3	160.3	100.0	73.5	2555.0	44.0	9.5
Menu F: 4 Day Average w/ 24 oz lowfat milk	1987.5	76.0	23.3	201.3	2445.0	229.5	25.6	99.5	26.5	97.6	43.3	172.3	100.0	163.5	3455.0	794.0	309.5

Menu H

Week of: 2/19/2026

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)	(%)	(%)
Spinach & Goat Cheese Frittata	350	6	3	10	620	50	4	8	0	21	6	160	60	25	1640	25	0
Veggie Melt	560	16	5.5	30	730	74	13.5	11	1	30	8	35	35	25	1240	10	0
Eggplant Parmesan	480	19	3.5	5	700	62	8	14	0	14	2	15	15	10	990	8	0
Vegetarian Bacon & Cheddar Clafoutis	420	19	4.5	25	690	39	4	6	0	21	15	60	30	20	1380	20	4
Spinach Artichoke Flatbread Pizza	660	32	15	75	760	73	9	38	10	16	4	6	25	45	530	10	4
Vegetarian Picadillo Cubano	510	4.5	1	0	550	104	14	8	1	14	0	10	45	10	1030	6	0
Blueberry Smoothie Bowl	540	11	2.5	10	95	91	10	62	28	18	2	50	50	20	760	20	0
Vegetarian Acapulco Taco Pie	410	13	4	15	420	57	8	8	2	13	2	35	20	25	700	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
Vegetarian Mediterranean Lunch Box	530	29	4.5	10	1200	35	5.5	6	2	32	0	4	20	15	290	4	0
Butternut & Zucchini Bake	420	15	4.5	30	280	59	7	14	3	11	2	15	15	6	840	8	2
Average	495.0	17.4	5.1	32.5	664.6	64.0	8.9	17.5	4.1	19.2	4.1	36.7	28.9	20.3	930.0	13.5	2.8
Daily Average	1485	52.1	15.4	97.5	1993.8	192.0	26.6	52.5	12.3	57.5	12.3	110.0	86.8	61.0	2790.0	40.5	8.5
Menu H: 4 Day Average w/ 24 oz lowfat milk	1815.0	59.0	19.6	127.5	2293.8	231.0	26.6	88.5	12.3	82.1	42.3	122.0	86.8	151.0	3690.0	790.5	308.5

Menu J

Week of: 2/26/2026

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)	(%)	(%)
Chocolate Pistachio Pancake	620	26	9	30	250	84	6.5	40	16	12	0	2	25	15	580	25	4
Landry Bay Zucchini Cakes	550	26	7	50	900	63	8	11	2	15	4	60	25	10	980	10	2
Spring Vegetable Fricassee	520	15	4	20	310	91	14	25	13	14	25	40	40	10	1200	20	2
Bircher Muesli and Pears	600	27	9	55	30	78	7	41	24	10	4	2	50	10	360	20	6
Vegetarian Verde Taco	560	23	9	40	850	68	10	8	0	28	2	25	20	20	650	15	8
Vegetarian Cottage Pie	390	11	4	0	580	60	17	26	2	14	2	60	20	6	960	15	2
Avocado Toast	600	27	5	260	540	63	16	19	1	25	2	100	25	8	740	15	0
Vegetarian BBQ Pizza	480	17	8	40	580	56	12	17	3	26	2	6	15	35	750	15	2
Honey Garlic Chickpea Bowl	510	6	1.5	0	890	100	9	41	1	13	2	8	20	10	680	10	2
Veggie Sausage & Egg Sandwich	400	18	5.5	140	670	36	6	9	1	24	6	40	20	25	540	2	0
Loaded Potato Soup	490	17	8	50	550	64	5	9	1	19	4	30	20	30	760	25	15
Peppered Lentil Salisbury Steak	600	20	6	10	730	70	20	10	1	37	2	20	50	8	1360	30	4
Average	526.7	19.4	6.3	57.9	573.3	69.4	10.9	21.3	5.4	19.8	4.6	32.8	27.5	15.6	796.7	16.8	3.9
Daily Average	1580	58.3	19.0	173.8	1720.0	208.3	32.6	64.0	16.3	59.3	13.8	98.3	82.5	46.8	2390.0	50.5	11.8
Menu J: 4 Day Average w/ 24 oz lowfat milk	1910.0	65.2	23.2	203.8	2020.0	247.3	32.6	100.0	16.3	83.9	43.8	110.3	82.5	136.8	3290.0	800.5	311.8

# Seattle Sutton's Healthy Eating

## 7-Day 2000 Calorie Plan Signature Menu & Nutrition Averages

Weekly Averages with Milk Unit of Measure	Calories (kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (%)
Menu A: 3 Day Average w/ 24 oz lowfat milk	1910.0	63.1	19.0	123.3	2173.3	233.7	28.2	91.0	16.3	95.6	39.0	99.0	74.3	151.7	3060.0	776.7	303.3
Menu B: 4 Day Average w/ 24 oz lowfat milk	2017.5	76.9	26.1	328.8	2325.0	234.8	24.3	102.3	20.8	94.1	44.3	62.5	95.0	159.5	2922.5	788.5	309.0
<b>Menu A &amp; B Average</b>	<b>1956.1</b>	<b>69.0</b>	<b>22.1</b>	<b>211.4</b>	<b>2238.3</b>	<b>234.1</b>	<b>26.5</b>	<b>95.8</b>	<b>18.2</b>	<b>95.0</b>	<b>41.3</b>	<b>83.4</b>	<b>83.2</b>	<b>155.0</b>	<b>3001.1</b>	<b>781.7</b>	<b>305.8</b>
Menu C: 3 Day Average w/ 24 oz lowfat milk	1986.7	67.2	20.9	110.0	2466.7	239.7	31.8	97.7	13.0	101.9	36.7	102.3	69.3	151.0	3673.3	786.0	314.3
Menu D: 4 Day Average w/ 24 oz lowfat milk	1987.5	73.9	22.7	203.8	2397.5	235.5	26.3	97.8	11.3	94.4	37.0	168.5	76.3	164.5	3457.5	793.3	311.3
<b>Menu C &amp; D Average</b>	<b>1987.0</b>	<b>70.1</b>	<b>21.7</b>	<b>150.2</b>	<b>2437.0</b>	<b>237.9</b>	<b>29.4</b>	<b>97.7</b>	<b>12.3</b>	<b>98.7</b>	<b>36.8</b>	<b>130.7</b>	<b>72.3</b>	<b>156.8</b>	<b>3580.8</b>	<b>789.1</b>	<b>313.0</b>
Menu E: 3 Day Average w/ 24 oz lowfat milk	2046.7	71.9	20.7	235.0	2360.0	253.7	28.7	105.3	27.7	94.6	41.3	177.0	90.0	156.7	3516.7	790.3	307.3
Menu F: 4 Day Average w/ 24 oz lowfat milk	1987.5	76.0	23.3	201.3	2445.0	229.5	25.6	99.5	26.5	97.6	43.3	172.3	100.0	163.5	3455.0	794.0	309.5
<b>Menu E &amp; F Average</b>	<b>2021.3</b>	<b>73.7</b>	<b>21.8</b>	<b>220.5</b>	<b>2396.4</b>	<b>243.3</b>	<b>27.4</b>	<b>102.8</b>	<b>27.2</b>	<b>95.9</b>	<b>42.2</b>	<b>175.0</b>	<b>94.3</b>	<b>159.6</b>	<b>3490.2</b>	<b>791.9</b>	<b>308.3</b>
Menu G: 3 Day Average w/ 24 oz lowfat milk	2010.0	74.9	23.9	320.0	2340.0	218.3	24.0	99.7	13.3	109.3	38.7	179.7	73.3	145.0	3260.0	787.7	305.3
Menu H: 4 Day Average w/ 24 oz lowfat milk	1815.0	59.0	19.6	127.5	2293.8	231.0	26.6	88.5	12.3	82.1	42.3	122.0	86.8	151.0	3690.0	790.5	308.5
<b>Menu G &amp; H Average</b>	<b>1926.4</b>	<b>68.1</b>	<b>22.0</b>	<b>237.5</b>	<b>2320.2</b>	<b>223.8</b>	<b>25.1</b>	<b>94.9</b>	<b>12.9</b>	<b>97.6</b>	<b>40.2</b>	<b>155.0</b>	<b>79.1</b>	<b>147.6</b>	<b>3444.3</b>	<b>788.9</b>	<b>306.7</b>
Menu I: 3 Day Average w/ 24 oz lowfat milk	2076.7	71.9	25.0	173.3	2480.0	263.7	28.0	94.0	14.7	91.6	36.0	65.0	79.7	157.7	3121.7	787.7	304.0
Menu J: 4 Day Average w/ 24 oz lowfat milk	1910.0	65.2	23.2	203.8	2020.0	247.3	32.6	100.0	16.3	83.9	43.8	110.3	82.5	136.8	3290.0	800.5	311.8
<b>Menu I &amp; J Average</b>	<b>2005.2</b>	<b>69.0</b>	<b>24.2</b>	<b>186.4</b>	<b>2282.9</b>	<b>256.6</b>	<b>30.0</b>	<b>96.6</b>	<b>15.3</b>	<b>88.3</b>	<b>39.3</b>	<b>84.4</b>	<b>80.9</b>	<b>148.7</b>	<b>3193.8</b>	<b>793.2</b>	<b>307.3</b>



For questions regarding this nutritional analysis, please contact the dietitians at Seattle Sutton's Healthy Eating  
1-815-780-2060  
[Dietitians@ssh.com](mailto:Dietitians@ssh.com)

2000 Calorie Plan Daily Average WITH Milk Servings	
Calories	1979 kcal
Total Fat	69.0 g
Saturated Fat	22 g
Trans Fat	0 g
Cholesterol	201.2 mg
Sodium	2335 mg
Total Carbohydrates	239.1 g
Dietary Fiber	27.7 g
Total Sugars	97.6 g
Added Sugars	17.2 g
Protein	95.1 g
Vitamin D	308.2 mcg
Calcium (%)	153.54 %
Iron (%)	81.95 %
Potassium	3342.0 mcg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	48%
Protein	19%

2000 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1649.2 kcal
Total Fat	62.1 g
Saturated Fat	18 g
Trans Fat	0 g
Cholesterol	171.2 mg
Sodium	2020 mg
Total Carbohydrates	200.1 g
Dietary Fiber	27.7 g
Total Sugars	61.6 g
Includes Added Sug	17.2 g
Protein	70.1 g
Vitamin D	8.2 mcg
Calcium (%)	63.54 %
Iron (%)	81.95 %
Potassium	2442.0 mcg
Macronutrient Breakdown	
Fats	33%
Carbohydrates	49%
Protein	17%

The 1200 calorie plan is recommended with 2 glasses of Skim/Nonfat Milk

Low-Fat 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

# Seattle Sutton's Healthy Eating

## 4-Day Thursday 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 B: 4 Day Average w/ 24 oz lowfat milk	2017.5	76.9	26.1	328.8	2325.0	234.8	24.3	102.3	20.8	94.1	44.3	62.5	95.0	159.5	2922.5	788.5	309.0
Menu D: 4 Day Average w/ 24 oz lowfat milk	1987.5	73.9	22.7	203.8	2397.5	235.5	26.3	97.8	11.3	94.4	37.0	168.5	76.3	164.5	3457.5	793.3	311.3
Menu F: 4 Day Average w/ 24 oz lowfat milk	1987.5	76.0	23.3	201.3	2445.0	229.5	25.6	99.5	26.5	97.6	43.3	172.3	100.0	163.5	3455.0	794.0	309.5
Menu H: 4 Day Average w/ 24 oz lowfat milk	1815.0	59.0	19.6	127.5	2293.8	231.0	26.6	88.5	12.3	82.1	42.3	122.0	86.8	151.0	3690.0	790.5	308.5
Menu J: 4 Day Average w/ 24 oz lowfat milk	1910.0	65.2	23.2	203.8	2020.0	247.3	32.6	100.0	16.3	83.9	43.8	110.3	82.5	136.8	3290.0	800.5	311.8



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

2000 Calorie Plan Monday 4-Day Plan Including 3 servings of Non-Fat Milk/Day	
Calories	1944 kcal
Total Fat	70.2 g
Saturated Fat	23 g
Trans Fat	0 g
Cholesterol	213.0 mg
Sodium	2296 mg
Total Carbohydrates	235.6 g
Dietary Fiber	30.8 g
Total Sugars	97.6 g
Added Sugars	17.4 g
Protein	90.4 g
Vitamin D	310.0 mcg
Calcium (%)	155.05 %
Iron (%)	88.10 %
Potassium	3363.0 mcg
Macronutrient Breakdown	
Fats	33%
Carbohydrates	48%
Protein	19%

2000 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1613.5 kcal
Total Fat	63.3 g
Saturated Fat	19 g
Trans Fat	0 g
Cholesterol	183.0 mg
Sodium	1981 mg
Total Carbohydrates	196.6 g
Dietary Fiber	30.8 g
Total Sugars	61.6 g
Includes Added Sug	17.4 g
Protein	65.4 g
Vitamin D	10.0 mcg
Calcium (%)	65.05 %
Iron (%)	88.10 %
Potassium	2463.0 mcg
Macronutrient Breakdown	
Fats	35%
Carbohydrates	49%
Protein	16%

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