

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 A Week of: 7/20/2026																	
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
Egg & Cheddar Biscuit Sandwich	430	20	8	140	890	48	7	17	0	16	6	45	20	25	580	6	0
Mushroom & Polenta Ragout	480	17	9	45	710	65	12	16	5	18	6	20	30	20	1090	25	4
Quesabirria Shiitake	740	33	14.5	60	945	84	17	16	0	29	35	45	15	35	1080	30	15
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
Kung Pao Tofu	500	24	7	30	400	56	7.5	10	1	15	2	70	25	8	780	20	2
Average	525	21	7	77	649	63	9.1	19	5	21.2	7	35	23	21	730	12	2
Daily Average	1575	62	20	231	1946	190	27.3	58	15	63.5	20	104	70	63	2191	37	6
Menu A: 4 Day Average W 16 oz skim milk	1905	69	24	261	2246	226	27.3	94	15	90.5	20	104	1270	138	3391	142	306
Menu C Week of: 7/27/2026																	
Peach & Ricotta Toast	500	20	5.5	60	500	60	6	24	9	20	2	20	60	20	620	10	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	1160	63	5	9	1	26	6	90	35	10	830	20	0
Korean Street Sliders	650	22	6	40	980	86	6	17	13	25	0	30	30	20	800	6	0
Pecan Cranberry Salad	650	46	7	25	320	43	7	17	12	16	4	8	15	35	260	8	0
Portobello Burger	440	12	1	5	620	68	9	24	3	11	2	20	15	10	770	10	2
Vegetarian Vodka Meatballs	640	16	5.5	20	1110	75	21	9	1	55	2	40	50	20	1740	15	4
Genoa Minestrone	440	13	4.5	25	650	63	6.5	13	2	13	6	40	30	10	770	8	0
Primavera Alfredo	570	15	7	45	720	85	8.5	18	0	24	2	2	8	35	900	15	20
Homestyle Macaroni & Cheese	840	24	11.5	70	1000	120	8	22	8	36	4	80	30	60	1170	45	15
Average	574	20	6	50	746	72	8.6	18	5	25.7	3	41	29	25	797	14	5
Daily Average	1723	60	17	149	2238	216	25.9	55	16	77.0	8	124	87	75	2390	42	15
Menu C: 4 Day Average W 16 oz skim milk	2053	67	22	179	2538	252	25.9	91	16	104.0	8	124	87	150	3590	147	315

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 E Week of: 8/3/2026																	
Strawberry Poppyseed 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
Egg Gouda Slider	490	16	6.5	35	900	57	8	16	4	28	0	60	80	25	720	2	0
Falafel Bowl	700	20	1.5	0	940	106	16	9	0	26	4	50	60	20	630	10	0
Asian Potstickers	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	520	22	6	80	990	59	10	17	3	21	4	40	25	35	840	8	0
BBQ Loaded Potato	570	18.5	6.5	45	660	88	8.5	23	16	16	0	35	25	20	1600	15	0
Lentil Stew	500	6	1.5	0	760	94	14	25	10	16	15	45	35	15	820	15	0
Average	548	19	5	58	652	73	10.2	23	9	20.9	4	53	32	21	890	11	1
Daily Average	1645	58	15	173	1955	219	30.6	68	28	62.8	12	160	96	64	2670	34	4
Menu E: 4 Day Average W 16 oz skim milk	1975	65	19	203	2255	255	30.6	104	28	89.8	12	160	96	139	3870	139	304
Menu G Week of: 8/10/2026																	
Wheat Croissant and Brie	540	19	9	55	450	82	9	49	7	11	2	15	15	4	750	6	0
Superfood Brioche French Toast	470	22	7	65	440	54	5	29	12	15	4	2	60	15	350	8	4
Four Cheese Egg Tart	460	18	10	55	750	35	3	17	6	34	2	8	25	25	650	8	2
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
Poppyseed Sweet Potato Salad	630	24	3	0	300	89	11	36	14	14	30	40	30	10	1020	25	0
Sweet Potato Taco	590	25	11.5	90	830	69	9	21	8	18	15	60	15	20	680	10	6
Loaded Nacho Bowl	500	13	6.5	35	600	72	9	7	0	24	4	10	25	30	1080	30	2
Southwestern Couscous Pilaf	730	28	10.5	65	850	89	10.5	18	11	29	4	30	20	40	670	30	4
Truffled Mac 'n Cheese	610	26.5	10	95	750	75	7	13	0	22	4	25	25	30	1040	35	20
Pierogi in Mushroom & Tomato Gravy	600	13	4	40	750	99	6	16	6	21	2	60	30	10	950	8	2
Goat Cheese and Eggplant Stack	410	18	5.5	20	740	45	13	15	0	16	4	15	25	15	1140	10	2
Average	544	21	8	59	676	68	8.3	22	6	19.8	6	28	24	19	834	16	4
Daily Average	1633	63	23	178	2028	205	24.9	66	18	59.3	19	84	73	58	2503	49	11
Menu G: 4 Day Average W 16 oz skim milk	1963	70	27	208	2328	241	24.9	102	18	86.3	19	84	73	133	3703	154	311

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: 8/17/2026															
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
Carrot Banana Loaf	470	10	1	10	370	80	5	49	24	15	2	10	15	15	610	10	6
Tex Mex Black Bean Taco	500	22	9	50	740	60	8	7	0	19	2	6	10	30	690	10	2
Beet & Goat Cheese Flatbread	510	29.5	6	15	520	48	7	24	2	13	4	30	20	20	720	15	2
Protein Pasta Carbonara	560	26	14.5	80	600	61	12.5	6	0	20	4	15	15	15	400	10	2
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
Chimichurri Bowl	510	15	2.5	10	890	73	26	12	0	26	2	120	50	15	1080	25	0
Spaghetti Lentil Bolognese	680	21	5.5	20	700	85	16	10	0	33	4	50	40	35	1440	35	2
Southwest Stuffed Pepper	720	34.5	11.5	55	940	69	13.5	15	0	26	4	10	35	40	1470	25	0
Average	567	24	8	51	683	68	10.8	21	5	21.7	3	25	24	25	809	17	3
Daily Average	1700	71	23	154	2050	204	32.4	62	16	65.0	8	75	71	75	2426	52	9
Menu I: 4 Day Average W 16 oz skim milk	2030	78	27	184	2350	240	32.4	98	16	92.0	8	75	71	150	3626	157	309

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 A: 4 Day Average W 16 oz skim milk	1905	69	24	261	2246	226	27.3	94	15	90.5	20	104	1270	138	3391	142	306
Menu C: 4 Day Average W 16 oz skim milk	2053	67	22	179	2538	252	25.9	91	16	104.0	8	124	87	150	3590	147	315
Menu E: 4 Day Average W 16 oz skim milk	1975	65	19	203	2255	255	30.6	104	28	89.8	12	160	96	139	3870	139	304
Menu G: 4 Day Average W 16 oz skim milk	1963	70	27	208	2328	241	24.9	102	18	86.3	19	84	73	133	3703	154	311
Menu I: 4 Day Average W 16 oz skim milk	2030	78	27	184	2350	240	32.4	98	16	92.0	8	75	71	150	3626	157	309



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

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Dietitians@sshe.com

2000 Calorie Plan Monday 4-Day Plan With Milk Servings	
Calories	1985 kcal
Total Fat	69.6 g
Saturated Fat	23.9 g
Trans Fat	0 g
Cholesterol	206.8 mg
Sodium	2343 mg
Total Carbohydrates	242.8 g
Dietary Fiber	32.0 g
Total Sugars	97.7 g
Added Sugars	18.5 g
Protein	92.5 g
Vitamin D	308.9 mcg
Calcium (%)	141.95 %
Iron (%)	319.35 %
Potassium	3636.0 mcg
Macronutrient Breakdown	
Fats	32%
Carbohydrates	49%
Protein	19%

2000 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1655.0 kcal
Total Fat	62.7 g
Saturated Fat	19.7 g
Trans Fat	0 g
Cholesterol	176.8 mg
Sodium	2043 mg
Total Carbohydrates	206.8 g
Dietary Fiber	32.0 g
Total Sugars	61.7 g
Includes Added S	18.5 g
Protein	65.5 g
Vitamin D	8.9 mcg
Calcium (%)	66.95 %
Iron (%)	319.35 %
Potassium	2436.0 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	50%
Protein	16%

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	300 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