

Seattle Sutton's Healthy Eating

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

Menu B

Week of: 11/20/2025

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)	(%)	(%)
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	250	52	8	32	12	20	6	15	25	10	870	30	2
Wild Blackberry Parfait	480	13	1	10	70	70	10	43	19	21	0	2	80	20	490	15	0
Vegetables & Dumplings	360	8	2	40	650	68	9	17	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	4	24	11	23	2	2	50	10	390	10	2
Vegetarian El Pastor Bowl	430	17	2.5	10	270	54	15	6	0	15	4	25	20	15	950	6	4
Black Bean Enchilada Bake	490	20	9	55	850	51	9	9	0	19	2	30	15	35	510	25	2
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	440	26	9	400	520	33	4	15	1	15	6	6	20	6	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	530.8	21.3	6.6	96.7	613.3	64.6	8.3	20.7	6.3	20.5	4.3	17.4	29.6	20.3	640.0	13.0	3.2
Daily Average	1593	63.8	19.8	290.0	1840.0	193.8	25.0	62.0	19.0	61.5	12.8	52.3	88.8	61.0	1920.0	39.0	9.5
Menu B: 4 Day Average w/ 24 oz lowfat milk	1922.5	70.7	24.0	320.0	2140.0	232.8	25.0	98.0	19.0	86.1	42.8	64.3	88.8	151.0	2820.0	789.0	309.5

Menu D

Week of: 11/27/2025

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 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	11	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	450	12	2	0	600	65	8	5	0	20	2	25	35	20	790	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	551.7	22.3	6.2	57.9	696.7	65.7	8.5	20.4	3.8	23.0	2.2	52.2	25.0	24.4	837.5	14.4	3.8
Daily Average	1655	67.0	18.5	173.8	2090.0	197.0	25.5	61.3	11.3	69.0	6.5	156.5	75.0	73.3	2512.5	43.3	11.3
Menu D: 4 Day Average w/ 24 oz lowfat milk	1985.0	73.9	22.7	203.8	2390.0	236.0	25.5	97.3	11.3	93.6	36.5	168.5	75.0	163.3	3412.5	793.3	311.3

Menu F

Week of: 12/4/2025

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)	(%)	(%)
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	560	14.5	1	10	95	85	8.5	45	29	23	0	20	100	20	550	20	0
Caesar Salad with Roasted Tomatoes	520	28	5.5	20	540	44	5	23	20	15	2	10	25	20	410	10	2
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	550.8	22.7	6.4	57.1	714.6	63.4	8.5	21.2	8.8	24.3	4.4	53.4	33.3	24.5	850.8	14.7	3.3
Daily Average	1653	68.1	19.1	171.3	2143.8	190.3	25.6	63.5	26.5	73.0	13.3	160.3	100.0	73.5	2552.5	44.0	10.0
Menu F: 4 Day Average w/ 24 oz lowfat milk	1982.5	75.0	23.3	201.3	2443.8	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 H

Week of: 12/11/2025

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)	(%)	(%)
Spinach & Goat Cheese Frittata	350	6	3	10	620	50	4	9	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	460	22	5.5	25	600	41	4	9	0	23	15	60	30	25	1590	20	10
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	2	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
Poppyseed Sweet Potato Salad	630	24	3	0	310	89	36	36	15	14	30	40	30	10	1020	25	0
Butternut & Zucchini Bake	410	13	4.5	30	290	60	5	14	4	12	2	15	15	6	670	8	2
Average	505.8	17.0	5.1	31.7	583.8	68.8	11.3	20.3	5.3	17.9	6.6	39.7	29.8	18.4	994.2	15.3	3.3
Daily Average	1518	51.1	15.3	95.0	1751.3	206.3	33.8	61.0	15.8	53.8	19.8	119.0	89.3	55.3	2982.5	45.8	10.0
Menu H: 4 Day Average w/ 24 oz lowfat milk	1847.5	58.0	19.5	125.0	2051.3	245.3	33.8	97.0	15.8	78.4	49.8	131.0	89.3	145.3	3882.5	795.8	310.0

Menu J

Week of: 12/18/2025

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)	(%)	(%)
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
Chickpea Cobb Salad	400	17	5.5	210	680	40	10.5	11	0	22	4	8	20	20	720	20	10
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 Breakfast Sandwich	400	18	5.5	140	720	34	6	6	1	24	8	15	20	25	540	0	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	513.3	18.9	6.0	72.1	563.3	66.9	10.9	21.3	5.4	19.3	4.9	29.3	27.5	15.6	802.5	17.1	4.1
Daily Average	1540	56.8	18.1	216.3	1690.0	200.8	32.8	64.0	16.3	57.8	14.8	87.8	82.5	46.8	2407.5	51.3	12.3
Menu J: 4 Day Average w/ 24 oz lowfat milk	1870.0	63.7	22.3	246.3	1990.0	239.8	32.8	100.0	16.3	82.4	44.8	99.8	82.5	136.8	3307.5	801.3	312.3

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	1922.5	70.7	24.0	320.0	2140.0	232.8	25.0	98.0	19.0	86.1	42.8	64.3	88.8	151.0	2820.0	789.0	309.5
Menu D: 4 Day Average w/ 24 oz lowfat milk	1985.0	73.9	22.7	203.8	2390.0	236.0	25.5	97.3	11.3	93.6	36.5	168.5	75.0	163.3	3412.5	793.3	311.3
Menu F: 4 Day Average w/ 24 oz lowfat milk	1982.5	75.0	23.3	201.3	2443.8	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 H: 4 Day Average w/ 24 oz lowfat milk	1847.5	58.0	19.5	125.0	2051.3	245.3	33.8	97.0	15.8	78.4	49.8	131.0	89.3	145.3	3882.5	795.8	310.0
Menu J: 4 Day Average w/ 24 oz lowfat milk	1870.0	63.7	22.3	246.3	1990.0	239.8	32.8	100.0	16.3	82.4	44.8	99.8	82.5	136.8	3307.5	801.3	312.3



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	1922 kcal
Total Fat	68.3 g
Saturated Fat	22 g
Trans Fat	0 g
Cholesterol	219.3 mg
Sodium	2203 mg
Total Carbohydrates	236.6 g
Dietary Fiber	32.4 g
Total Sugars	98.4 g
Added Sugars	17.8 g
Protein	87.6 g
Vitamin D	310.6 mcg
Calcium (%)	151.95 %
Iron (%)	87.10 %
Potassium	3375.0 mcg
Macronutrient Breakdown	
Fats	32%
Carbohydrates	49%
Protein	18%

2000 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1591.5 kcal
Total Fat	61.4 g
Saturated Fat	18 g
Trans Fat	0 g
Cholesterol	189.3 mg
Sodium	1888 mg
Total Carbohydrates	197.6 g
Dietary Fiber	32.4 g
Total Sugars	62.4 g
Includes Added Sugar	17.8 g
Protein	62.6 g
Vitamin D	10.6 mcg
Calcium (%)	61.95 %
Iron (%)	87.10 %
Potassium	2475.0 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	50%
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