



## Seattle Sutton's Healthy Eating

### 4-Day Monday 1200 Calorie Plan Vegetarian Menu & Nutrition Averages

	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)	(%)	(mcg)
Menu E Week of: 5/25/2026																	
Strawberry Poppseed Bread	380	6	0	0	290	69	5.5	35	21	13	0	40	25	10	360	10	0
Swiss Cheese Egg Bake	200	5	3	20	420	18	2.5	4	0	20	0	6	10	20	370	0	0
Morning Protein Plate	430	22	6	200	360	45	6	20	3	18	4	30	20	15	440	10	10
Pretzel Gouda Sliders	300	11	4.5	25	510	32	5.5	11	2	17	0	35	40	20	460	2	0
Falafel Bowl	390	11	1	0	520	57	8	6	0	15	2	25	30	15	410	6	0
Asian Chopped Salad	300	15	1.5	0	480	32	7	16	6	11	2	100	20	15	860	15	0
Pumpkin Sweet Potato Bisque & Salad	400	16	5	30	140	59	8	22	14	10	10	20	20	15	640	8	2
Chipotle Black Bean Burger	470	25	3.5	5	500	51	11	16	8	16	2	10	20	10	740	2	0
Cajun Vegetarian Etouffee	350	14	5	30	290	50	8	10	1	10	4	50	20	8	780	20	2
Tortelloni Pomodoro	260	9	2	50	330	33	5	10	3	12	2	15	15	20	350	4	0
BBQ Loaded Potato	420	16	6.5	40	560	58	6	19	14	12	0	20	15	15	950	6	0
Lentil Stew	380	9	2	10	660	69	10	14	5	14	10	30	30	15	590	10	0
<b>Average</b>	<b>357</b>	<b>13</b>	<b>3</b>	<b>34</b>	<b>422</b>	<b>48</b>	<b>6.9</b>	<b>15</b>	<b>6</b>	<b>14.0</b>	<b>3</b>	<b>32</b>	<b>22</b>	<b>15</b>	<b>579</b>	<b>8</b>	<b>1</b>
<b>Daily Average</b>	<b>1070</b>	<b>40</b>	<b>10</b>	<b>103</b>	<b>1265</b>	<b>143</b>	<b>20.6</b>	<b>46</b>	<b>19</b>	<b>42.0</b>	<b>9</b>	<b>95</b>	<b>66</b>	<b>45</b>	<b>1738</b>	<b>23</b>	<b>4</b>
<b>Menu E: 4 Day Average W 16 oz skim milk</b>	<b>1230</b>	<b>40</b>	<b>10</b>	<b>123</b>	<b>1465</b>	<b>167</b>	<b>20.6</b>	<b>70</b>	<b>19</b>	<b>60.0</b>	<b>209</b>	<b>95</b>	<b>66</b>	<b>95</b>	<b>2538</b>	<b>93</b>	<b>204</b>
Menu G Week of: 6/1/2026																	
Wheat Croissant and Brie	360	13	6	40	340	57	6	37	3	8	2	8	10	2	640	4	0
Superfood Brioche French Toast	230	11	3.5	30	200	33	3	18	6	8	2	2	30	6	190	4	2
Four Cheese Egg Tart	270	9	5.5	30	390	28	2.5	17	6	20	2	6	15	15	460	6	0
Potato & Onion Pancakes	280	15	5	100	650	32	5	12	1	8	2	6	0	6	600	4	0
Broccoli Cheddar Fritter	340	14	4.5	20	340	46	8.5	22	4	13	2	35	15	15	560	10	2
Poppseed Sweet Potato Salad	420	16	2	0	240	60	7	25	9	9	20	25	20	8	670	15	0
Sweet Potato Taco	410	22	10.5	90	580	41	5	16	8	13	8	30	8	15	360	10	6
Loaded Nacho Bowl	420	15	7	35	460	51	7	5	0	20	4	6	15	25	810	25	2
Southwestern Couscous Pilaf	460	19	6	40	650	60	7	16	10	16	2	15	15	20	340	15	2
Truffled Mac n Cheese	470	20	7	70	530	60	5.5	10	0	17	4	20	20	20	800	25	15
Pierogi in Mushroom & Tomato Gravy	270	6	3	20	300	46	3	7	4	9	2	35	15	4	370	2	0
Goat Cheese and Eggplant Stack	310	15	5	20	540	32	10	9	0	13	4	20	20	10	520	10	2
<b>Average</b>	<b>353</b>	<b>15</b>	<b>5</b>	<b>41</b>	<b>435</b>	<b>46</b>	<b>5.8</b>	<b>16</b>	<b>4</b>	<b>12.8</b>	<b>5</b>	<b>17</b>	<b>15</b>	<b>12</b>	<b>527</b>	<b>11</b>	<b>3</b>
<b>Daily Average</b>	<b>1060</b>	<b>44</b>	<b>16</b>	<b>124</b>	<b>1305</b>	<b>137</b>	<b>17.4</b>	<b>49</b>	<b>13</b>	<b>38.5</b>	<b>14</b>	<b>52</b>	<b>46</b>	<b>37</b>	<b>1580</b>	<b>33</b>	<b>8</b>
<b>Menu G: 4 Day Average W 16 oz skim milk</b>	<b>1220</b>	<b>44</b>	<b>16</b>	<b>144</b>	<b>1505</b>	<b>161</b>	<b>17.4</b>	<b>73</b>	<b>13</b>	<b>56.5</b>	<b>214</b>	<b>52</b>	<b>46</b>	<b>87</b>	<b>2380</b>	<b>103</b>	<b>208</b>

Seattle Sutton's Healthy Eating

4-Day Monday 1200 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)	(%)	mcg
Menu I		Week of: 6/8/2026															
Egg & Feta Tart	250	12	6.5	105	270	27	4	14	0	8	2	6	6	10	250	6	0
Chocolate Chia Bowl	370	18	4.5	0	70	48	8	32	13	11	0	20	15	15	570	20	4
Orange Berry Waffle	350	13	4	65	540	46	3	22	6	10	0	4	4	10	55	0	0
Veggie Sausage & Egg Breakfast Sandwich	390	18	5.5	140	720	34	5	7	1	24	6	15	20	25	520	0	0
Tex Mex Black Bean Taco	310	14	6	35	460	34	5	4	0	13	2	4	8	20	440	10	2
Smoky Chick'n Salad Pita	350	12	2	15	570	48	10	11	0	19	2	20	20	15	720	4	0
Genoa Minestrone	290	6	2	10	440	48	4	6	1	10	2	10	20	4	270	2	0
Loaded Potato Soup	380	15	8	45	460	44	4	7	1	15	4	20	15	25	530	20	10
Italian Sausage Flatbread Pizza	460	20	4.5	20	950	51	7	4	1	23	0	2	15	20	590	0	0
Vegetarian Thai Coconut Curry	400	12	5.5	0	400	64	4	11	3	10	2	15	30	8	460	4	0
Spaghetti Lentil Bolognese	300	8	1.5	0	260	45	8	6	0	13	2	30	20	6	790	10	0
Peppered Lentil Salisbury Steak	390	11	4	10	520	50	13	8	1	22	2	15	30	6	930	20	4
<b>Average</b>	<b>353</b>	<b>13</b>	<b>5</b>	<b>37</b>	<b>472</b>	<b>45</b>	<b>6.3</b>	<b>11</b>	<b>2</b>	<b>14.8</b>	<b>2</b>	<b>13</b>	<b>17</b>	<b>14</b>	<b>510</b>	<b>8</b>	<b>2</b>
<b>Daily Average</b>	<b>1060</b>	<b>40</b>	<b>14</b>	<b>111</b>	<b>1415</b>	<b>135</b>	<b>18.8</b>	<b>33</b>	<b>7</b>	<b>44.5</b>	<b>6</b>	<b>40</b>	<b>51</b>	<b>41</b>	<b>1531</b>	<b>24</b>	<b>5</b>
<b>Menu I: 4 Day Average W 16 oz skim milk</b>	<b>1220</b>	<b>40</b>	<b>14</b>	<b>131</b>	<b>1615</b>	<b>159</b>	<b>18.8</b>	<b>57</b>	<b>7</b>	<b>62.5</b>	<b>206</b>	<b>40</b>	<b>51</b>	<b>91</b>	<b>2331</b>	<b>94</b>	<b>205</b>

**Seattle Sutton's Healthy Eating**  
**4-Day Monday 1200 Calorie Plan Vegetarian Menu & Nutrition Averages**

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 (mcg)
Menu A: 4 Day Average W 16 oz skim milk	1175	42	14	183	1568	145	16.1	61	8	60.3	214	77	48	97	2300	95	204
Menu C: 4 Day Average W 16 oz skim milk	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
Menu E: 4 Day Average W 16 oz skim milk	1230	40	10	123	1465	167	20.6	70	19	60.0	209	95	66	95	2538	93	204
Menu G: 4 Day Average W 16 oz skim milk	1220	44	16	144	1505	161	17.4	73	13	56.5	214	52	46	87	2380	103	208
Menu I: 4 Day Average W 16 oz skim milk	1220	40	14	131	1615	159	18.8	57	7	62.5	206	40	51	91	2331	94	205



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

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1200 Calorie Plan Monday 4-Day Plan Including 2 servings of Non-Fat Milk/Day		
Calories	#N/A	kcal
Total Fat	#N/A	g
Saturated Fat	#N/A	g
Trans Fat	0	g
Cholesterol	#N/A	mg
Sodium	#N/A	mg
Total Carbohydrates	#N/A	g
Dietary Fiber	#N/A	g
Total Sugars	#N/A	g
Added Sugars	#N/A	g
Protein	#N/A	g
Vitamin D	#N/A	mcg
Calcium (%)	#N/A	%
Iron (%)	#N/A	%
Potassium	#N/A	mcg
Macronutrient Breakdown		
Fats	#N/A	
Carbohydrates	#N/A	
Protein	#N/A	

1200 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS		
Calories	#N/A	kcal
Total Fat	#N/A	g
Saturated Fat	#N/A	g
Trans Fat	0.0	g
Cholesterol	#N/A	mg
Sodium	#N/A	mg
Total Carbohydrates	#N/A	g
Dietary Fiber	#N/A	g
Total Sugars	#N/A	g
Includes Added S	#N/A	g
Protein	#N/A	g
Vitamin D	#N/A	mcg
Calcium (%)	#N/A	%
Iron (%)	#N/A	%
Potassium	#N/A	mcg
Macronutrient Breakdown		
Fats	#N/A	
Carbohydrates	#N/A	
Protein	#N/A	

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

Skim Milk Additions		
Amount	8 oz	16 oz
Calories	80 kcal	160 kcal
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	10 mg	20 mg
Sodium	100mg	200 mg
Total Carbohydrate:	12 g	24 g
Dietary Fiber	0 g	0 g
Total Sugars	12 g	24 g
Includes Added :	0 g	0 g
Protein	9 g	18 g
Phosphorus	35	70 %
Vitamin D	100 mcg	200 mcg
Calcium (%)	25%	50 %
Iron (%)	0%	0 %
Potassium	400 mcg	800 mcg