

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: 5/25/2026																	
Strawberry Poppseed 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
Pretzel Gouda Sliders	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 Chopped Salad	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	560	18.5	7	45	660	86	8.5	23	16	16	0	35	25	20	1570	10	0
Lentil Stew	600	17	4	15	840	93	14	23	10	18	15	45	40	15	840	15	0
Average	556	20	5	59	658	73	10.2	22	9	21.1	4	53	33	21	889	11	1
Daily Average	1668	61	16	176	1975	219	30.6	67	28	63.3	12	160	98	64	2668	33	4
Menu E: 4 Day Average W 16 oz skim milk	1998	68	20	206	2275	255	30.6	103	28	90.3	12	160	98	139	3868	138	304
Menu G																	
Week of: 6/1/2026																	
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
Poppseed 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	630	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	546	21	8	59	676	68	8.3	22	6	19.8	6	28	24	19	834	16	4
Daily Average	1638	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	1968	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: 6/8/2026															
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
Veggie Sausage & Egg Breakfast Sandwich	430	18	5.5	140	720	43	6	13	1	24	6	50	20	25	640	2	0
Tex Mex Black Bean Taco	500	22	9	50	740	60	8	7	0	19	2	6	10	30	690	10	2
Smoky Chick'n Salad Pita	480	17	3	20	750	57	13	14	1	24	2	25	25	15	880	6	0
Genoa Minestrone	440	13	4.5	25	550	66	6.5	11	4	14	4	20	30	8	420	6	0
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
Vegetarian Thai Coconut Curry	730	20	8	0	660	114	5	18	5	18	2	25	50	15	670	6	0
Spaghetti Lentil Bolognese	680	21	5.5	20	700	85	16	10	0	33	4	50	40	35	1440	35	2
Peppered Lentil Salisbury Steak	600	20	6	10	730	70	20	10	1	37	2	20	50	8	1360	30	4
Average	559	21	7	53	691	69	9.7	17	4	23.1	3	21	27	22	783	14	3
Daily Average	1678	64	21	160	2073	208	29.0	52	13	69.3	8	64	81	67	2349	43	8
Menu I: 4 Day Average W 16 oz skim milk	2008	71	25	190	2373	244	29.0	88	13	96.3	8	64	81	142	3549	148	308

Seattle Sutton's Healthy Eating
4-Day Monday 2000 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)	(%)	(%)
Menu A: 4 Day Average W 16 oz skim milk	1893	70	24	259	2179	222	26.3	94	15	89.8	20	103	1270	137	3356	140	306
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	1998	68	20	206	2275	255	30.6	103	28	90.3	12	160	98	139	3868	138	304
Menu G: 4 Day Average W 16 oz skim milk	1968	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	2008	71	25	190	2373	244	29.0	88	13	96.3	8	64	81	142	3549	148	308



2000 Calorie Plan Monday 4-Day Plan With Milk Servings		
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	

2000 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	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 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

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

1-815-780-2060

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