

Seattle Sutton's Healthy Eating
4-Day Thursday 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 B																	
Week of: 5/14/2026																	
Egg Fonduta	410	10	4.5	30	710	49	9	21	2	29	0	8	20	30	710	4	0
Wild Blackberry Parfait	480	13	1	10	70	70	10	43	19	21	0	2	80	20	490	15	0
Strawberry Cheesecake French Toast	520	20	6.5	95	860	60	7	24	11	23	2	2	50	10	390	10	2
Chorizo & Egg Breakfast Taco	430	14	4	220	670	57	7	10	2	19	15	25	15	10	680	10	0
Broccoli Cheddar Soup & Salad	710	30	12	80	840	82	10	22	5	28	10	60	25	50	820	30	20
Chickpea Tagine	560	12	0.5	0	530	93	13	9	0	21	4	30	25	15	830	15	0
Eggplant Goat Cheese Melt	520	34	12.5	75	510	41	7	24	12	15	8	60	10	15	820	20	2
Egg Salad on Croissant	570	34	9	400	540	49	6	26	7	19	6	6	25	10	360	8	0
Raspberry Goat Cheese Salad	610	38	10	20	280	52	8	32	12	21	8	25	30	15	1070	30	2
Rustic Zucchini Cavatappi	610	17	4.5	100	790	93	9	8	3	21	2	20	30	8	710	8	0
Spinach Manicotti	630	25	8	110	950	67	9	21	0	34	8	30	20	40	1160	10	0
Vegetable Pad Thai	580	24	4.5	380	660	66	6	18	6	25	2	80	25	10	850	20	0
Average	553	23	6	127	618	65	8.4	22	7	23.0	5	29	30	19	741	15	2
Daily Average	1658	68	19	380	1853	195	25.3	65	20	69.0	16	87	89	58	2223	45	7
Menu B: 4 Day Average W 16 oz skim milk	1988	75	23	410	2153	231	25.3	101	20	96.0	16	87	89	133	3423	150	307
Menu D																	
Week of: 5/21/2026																	
Matcha Muffin Tops	690	30	12.5	65	430	89	2	54	42	13	4	6	15	15	500	15	4
Hashbrown Casserole	320	9	4.5	25	470	41	6.5	20	0	21	2	4	15	20	660	10	2
Cheddar & Sausage Breakfast Casserole	580	29	6	30	630	51	9	19	1	31	2	8	20	30	770	20	2
Ciabatta Egg Sandwich	560	19	9	260	840	69	6	15	0	27	0	60	30	30	150	0	0
Gemelli Pasta Salad	620	39	11	95	470	55	7	27	8	10	0	6	10	8	160	10	0
Margherita Flatbread Pizza	620	34	8.5	50	940	53	10	19	8	26	4	40	20	45	740	35	2
Three Bean Chili	600	35	9	30	690	53	12.5	12	0	18	4	25	25	25	1770	10	2
BBQ Shiitake Sandwich	370	16	4	5	610	41	9	13	8	10	2	30	15	8	400	2	6
Greek Chickpea Feta Fritter	450	7	2	10	580	77	13	26	9	19	2	90	25	15	940	15	0
Classic Ratatouille	520	16	4.5	20	500	61	6	7	0	16	10	290	25	25	710	15	2
Sofrito Tofu	460	14	2	0	630	63	11	7	0	23	4	25	40	25	970	15	0
Homestyle Macaroni & Cheese	600	18	9	55	870	86	6.5	19	8	25	4	80	20	40	1000	30	15
Average	533	22	7	54	638	62	8.2	20	7	19.9	3	55	22	24	731	15	3
Daily Average	1598	67	21	161	1915	185	24.6	60	21	59.8	10	166	65	72	2193	44	9
Menu D: 4 Day Average W 16 oz skim milk	1928	73	25	191	2215	221	24.6	96	21	86.8	10	166	65	147	3393	149	309

Seattle Sutton's Healthy Eating
4-Day Thursday 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 F																	
Week of: 5/28/2026																	
Sunrise Pizza	490	20	8	165	890	51	5	6	1	25	2	60	35	35	1000	20	2
Cranberry Oat Bar	570	14.5	1	10	100	85	8.5	45	33	23	0	20	100	20	550	20	0
Cheesy Egg Strata	450	14	7	40	750	53	6.5	29	0	27	6	220	15	30	790	15	4
Breakfast Burrito	530	21	7	430	930	51	7	4	0	31	0	60	20	25	660	2	0
Stir Fry Udon	520	10	5.5	25	900	85	12	14	2	17	8	260	35	10	880	10	2
Caesar Salad with Roasted Tomatoes	530	32	5.5	20	540	45	5	23	20	15	2	10	25	20	420	10	0
Deviled Egg Croast	590	33	8	230	430	53	9.5	26	7	21	2	30	25	20	880	20	2
Chipotle Black Bean Burger	580	31	4	10	550	63	13	25	15	18	2	15	20	15	890	4	0
Veggie Seoul Bowl	400	15.5	2	0	710	44	10	18	12	21	10	40	40	35	1100	20	2
Portobello Fajita	480	15	5	25	830	68	10.5	8	0	19	4	180	15	20	870	25	4
Butternut Squash Ravioli	600	28	10	90	700	66	11	15	4	22	15	40	25	30	700	20	6
Chile Rellenos	500	12.5	4	20	720	79	9	9	0	16	8	40	25	25	780	30	4
Average	520	21	6	89	671	62	8.9	19	8	21.3	5	81	32	24	793	16	2
Daily Average	1560	62	17	266	2013	186	26.8	56	24	63.8	15	244	95	71	2380	49	7
Menu F: 4 Day Average W 16 oz skim milk	1890	69	21	296	2313	222	26.8	92	24	90.8	15	244	95	146	3580	154	307
Menu H																	
Week of: 6/4/2026																	
Spinach & Goat Cheese Frittata	350	6	3	10	620	50	4	8	0	21	6	160	60	25	1640	25	0
Vegetarian Bacon & Cheddar Clafoutis	420	19	4.5	25	690	39	4	6	0	21	15	60	30	20	1380	20	4
Blueberry Smoothie Bowl	540	11	2.5	10	95	91	10	62	16	18	2	50	50	20	760	20	0
Potato & Onion Pancakes	440	22	8	150	990	48	7.5	17	2	12	2	10	2	8	900	6	0
Veggie Melt	560	16	5.5	30	730	74	13.5	11	0	30	8	35	35	25	1240	10	0
Spinach Artichoke Flatbread Pizza	660	32	15	75	760	73	9	38	18	16	4	6	25	45	530	10	4
Vegetarian Acapulco Taco Pie	410	13	4	15	420	57	8	8	2	13	2	35	20	25	700	15	4
Vegetarian Mediterranean Lunch Box	530	29	4.5	10	1200	35	5.5	6	0	32	0	4	20	15	290	4	0
Eggplant Parmesan	480	19	3.5	5	700	62	8	14	0	14	2	15	15	10	990	8	0
Vegetarian Picadillo Cubano	510	4.5	1	0	550	104	14	8	0	14	0	10	45	10	1030	6	0
Pesto Cream Penne	620	22	5.5	30	940	76	16	18	0	28	6	40	30	35	860	30	20
Butternut & Zucchini Bake	420	15	4.5	30	280	59	7	14	3	11	2	15	15	6	840	8	2
Average	495	17	5	33	665	64	8.9	18	3	19.2	4	37	29	20	930	14	3
Daily Average	1485	52	15	98	1994	192	26.6	53	10	57.5	12	110	87	61	2790	41	9
Menu H: 4 Day Average W 16 oz skim milk	1815	59	20	128	2294	228	26.6	89	10	84.5	12	110	87	136	3990	146	309

Seattle Sutton's Healthy Eating
4-Day Thursday 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 J		Week of: 6/11/2026															
Chocolate Pistachio Pancake	620	26	9	30	250	83	6.5	39	24	12	0	2	25	15	570	25	4
Bircher Muesli and Pears	600	27	9	55	30	78	7	41	23	10	4	2	50	10	360	20	6
Avocado Toast	600	27	5	260	540	63	16	19	1	25	2	100	25	8	740	15	0
Veggie Sausage & Egg Sandwich	430	18	5.5	140	720	43	6	13	1	24	6	50	20	25	640	2	0
Landry Bay Zucchini Cakes	550	26	7	50	900	63	8	11	2	15	4	60	25	10	980	10	2
Chickpea Cobb Salad	400	17	5.5	210	680	40	10.5	11	0	22	4	8	20	20	720	20	10
Vegetarian BBQ Pizza	480	17	8	40	580	56	12	17	3	26	2	6	15	35	750	15	2
Loaded Potato Soup	490	17	8	50	550	64	5	9	1	19	4	30	20	30	760	25	15
Spring Vegetable Fricassee	520	15	4	20	310	91	14	25	12	14	25	40	40	10	1200	20	2
Vegetarian Cottage Pie	390	11	4	0	580	60	17	26	2	14	2	60	20	6	960	15	2
Honey Garlic Chickpea Bowl	460	15	6	25	270	68	9	17	0	13	4	8	15	10	620	10	2
Peppered Lentil Salisbury Steak	600	20	6	10	730	70	20	10	1	37	2	20	50	8	1360	30	4
Average	512	20	6	74	512	65	10.9	20	6	19.3	5	32	27	16	805	17	4
Daily Average	1535	59	19	223	1535	195	32.8	60	18	57.8	15	97	81	47	2415	52	12
Menu J: 4 Day Average W 16 oz skim milk	1865	66	23	253	1835	231	32.8	96	18	84.8	15	97	81	122	3615	157	312

**Seattle Sutton's Healthy Eating
4-Day Thursday 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 B: 4 Day Average W 16 oz skim milk	1988	75	23	410	2153	231	25	101	20	96	16	87	89	133	3423	150	307
Menu D: 4 Day Average W 16 oz skim milk	1928	73	25	191	2215	221	25	96	21	87	10	166	65	147	3393	149	309
Menu F: 4 Day Average W 16 oz skim milk	1890	69	21	296	2313	222	27	92	24	91	15	244	95	146	3580	154	307
Menu H: 4 Day Average W 16 oz skim milk	1815	59	20	128	2294	228	27	89	10	85	12	110	87	136	3990	146	309
Menu J: 4 Day Average W 16 oz skim milk	1865	66	23	253	1835	231	33	96	18	85	15	97	81	122	3615	157	312



2000 Calorie Plan Thursday 4-Day Plan With Milk Servings	
Calories	1897 kcal
Total Fat	68.3 g
Saturated Fat	22.4 g
Trans Fat	0 g
Cholesterol	255.5 mg
Sodium	2162 mg
Total Carbohydrates	226.4 g
Dietary Fiber	30.9 g
Total Sugars	94.3 g
Added Sugars	18.4 g
Protein	88.6 g
Vitamin D	308.5 mcg
Calcium (%)	136.75 %
Iron (%)	83.35 %
Potassium	3600.0 mcg
Macronutrient Breakdown	
Fats	32%
Carbohydrates	48%
Protein	19%

2000 Calorie Plan Thursday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1567.0 kcal
Total Fat	61.4 g
Saturated Fat	18.2 g
Trans Fat	0 g
Cholesterol	225.5 mg
Sodium	1862 mg
Total Carbohydrates	190.4 g
Dietary Fiber	30.9 g
Total Sugars	58.3 g
Includes Added S	18.4 g
Protein	61.6 g
Vitamin D	8.5 mcg
Calcium (%)	61.75 %
Iron (%)	83.35 %
Potassium	2400.0 mcg
Macronutrient Breakdown	
Fats	35%
Carbohydrates	49%
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

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

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