

Seattle Sutton's Healthy Eating

1200 Calorie Plan 4-Day MONDAY Menu & Meal Plan Nutrition Averages

Menu A 09/08/2025

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)	(%)	(%)
Open-Faced Asparagus & Gruyere Omelet	300	6	2.5	10	540	41	4.5	15	2	21	2	15	20	15	410	6	0
Chocolate Crepe & Strawberry Salsa	320	15	1.5	40	260	38	3	11	4	11	0	4	6	2	150	4	0
Berry Colada Parfait	180	1.5	0.5	0	60	37	4	25	14	9	0	2	4	10	230	0	0
Biscuits & Sausage Gravy	350	18	6.5	160	460	38	4	19	2	12	2	8	10	20	450	2	2
Moroccan Chicken Skewers	440	13	1	80	250	46	6	13	7	36	0	10	20	4	530	25	2
Baja Tinga Wrap	310	11	3.5	45	420	36	7	4	0	20	2	10	10	15	600	8	4
Fresh Fruit and Cottage Cheese Plate	280	9	4	30	620	31	5	13	0	20	0	25	8	25	470	8	2
Chicken Salad on Croissant	330	17	6.5	80	300	27	4	10	1	16	6	4	6	2	210	0	0
Crab-Stuffed Flounder	280	9	2.5	60	490	27	4	4	0	23	4	15	10	10	670	6	2
Roast Turkey in Dijon Cream Sauce	460	7	3	120	460	53	8	22	10	48	2	20	20	15	1040	35	4
Nona Sutton's Lasagna	360	20	6	45	520	28	4	10	0	17	4	6	15	25	730	15	0
Sweet & Sour Chicken	490	19	4.5	45	420	65	7	12	4	16	2	70	35	6	290	2	2
Average	341.7	12.1	3.5	59.6	400.0	38.9	5.0	13.2	3.7	20.8	2.0	15.8	13.7	12.4	481.7	9.3	1.5
Daily Average	1025	36.4	10.5	178.8	1200.0	116.8	15.1	39.5	11.0	62.3	6.0	47.3	41.0	37.3	1445.0	27.8	4.5
W 16 oz skim milk	1185	36.375	10.5	188.75	1400.0	140.8	15.125	63.5	11	80.25	36	47.25	41	87.25	2245	97.75	204.5

Menu C 09/15/2025

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)	(%)	(%)
Peach Berry Blintz	240	9	3	55	210	29	2	15	8	11	2	4	4	8	160	2	0
Cheesy Baked Egg Casserole	300	8	3.5	20	530	37	7	13	2	21	0	30	15	15	560	8	2
Strawberry Chia Oatmeal	300	11	2	0	35	45	6.5	21	7	9	2	30	15	10	420	10	8
Ciabatta Egg Sandwich	300	10	4.5	130	540	40	5	8	0	14	0	60	15	15	270	0	0
Honey Shrimp Salad	260	14	1.5	25	320	28	5	8	1	10	4	60	15	4	390	15	0
Curry Chicken Salad	470	22	2.5	45	400	48	6	19	3	21	0	6	15	10	390	6	0
Tuscan Bean Soup & Crostata	300	13	3	10	700	35	9	5	1	13	2	10	15	15	1190	4	0
Lou's Bleu Burger	490	17	4.5	120	750	61	5	19	7	25	0	10	25	15	640	2	0
Tamale Bowl	420	20	10	20	440	47	11.5	27	0	10	2	15	20	15	340	8	2
Penne "Vodka" Meatballs	410	14	4.5	55	350	49	9	7	1	24	2	30	20	10	890	20	4
Chicken Linguini Alfredo	350	11	4.5	60	560	39	5	10	0	25	2	110	8	20	720	0	0
Honey Peach BBQ Chicken	430	14	5	120	400	39	3	10	5	39	2	4	10	15	920	15	6
Average	355.8	13.6	4.0	55.0	436.3	41.4	6.2	13.5	2.9	18.5	1.5	30.8	14.8	12.7	574.2	7.5	1.8
Daily Average	1068	40.8	12.1	165.0	1308.8	124.3	18.5	40.5	8.8	55.5	4.5	92.3	44.3	38.0	1722.5	22.5	5.5
W 16 oz skim milk	1228	40.75	12.125	175	1508.8	148.3	18.5	64.5	8.75	73.5	34.5	92.25	44.25	88	2522.5	92.5	205.5

Menu E 09/22/2025

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)	(%)	(%)
Strawberry Poppyseed Bread	380	7	0	0	300	69	5.5	39	25	13	0	40	25	10	360	10	0
Swiss Cheese Egg Bake	200	6	3	20	440	18	2	4	0	20	0	6	10	25	380	0	0
Morning Protein Plate	430	22	6	200	360	45	6	20	3	18	4	30	20	15	440	10	10
Bacon & Egg Bagel Sandwich	330	12	3	160	530	42	6	12	0	21	2	80	15	6	540	4	0
Chicken Gyro Bowl	340	12	1.5	65	480	40	6	2	0	28	2	25	20	10	310	4	0
Pecan-Cranberry Mixed Green Salad	410	32	4.5	15	150	25	6	13	10	9	4	8	10	20	220	8	0
Homestyle Roasted Turkey Sandwich	360	6	3	70	340	55	5	22	8	24	2	8	15	6	450	15	2
Chipotle Black Bean Burger	470	25	3.5	5	510	51	11	16	9	16	2	10	20	10	740	2	0

BBQ Meatloaf & Cheddar Mash	380	19	4	60	460	38	4.5	17	9	23	2	10	15	10	740	25	6
Tortellini Pomodoro	280	10	3.5	50	560	35	5	12	3	12	2	15	15	20	370	4	0
Cajun Shrimp Etoufee	350	13	4.5	140	550	39	4.5	7	1	23	2	25	10	8	610	10	2
Chicken Matzo Ball Soup	440	16	3.5	90	420	40	4	11	6	32	2	4	20	4	730	4	0
Average	364.2	15.0	3.3	72.9	425.0	41.4	5.5	14.6	6.2	19.9	2.0	21.8	16.3	12.0	490.8	8.0	1.7
Daily Average	1093	45.0	10.0	218.8	1275.0	124.3	16.4	43.8	18.5	59.8	6.0	65.3	48.8	36.0	1472.5	24.0	5.0
W 16 oz skim milk	1253	45	10	228.75	1475.0	148.3	16.375	67.8	18.5	77.75	36	65.25	48.75	86	2272.5	94	205

Menu G 09/29/2025

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)	(%)	(%)
Wheat Croissant with Brie	480	24	8	40	340	58	8.5	36	6	13	0	8	15	10	530	15	0
Superfood Brioche French Toast	230	11	3.5	30	220	33	3	18	6	8	2	2	30	6	190	4	2
Brioche Breakfast Sandwich	480	24	8	135	640	39	7	14	7	25	4	50	30	20	600	2	0
Potato Pancakes with Smoked Veggie Cre	280	15	5	100	660	32	5	12	1	8	2	6	2	6	600	4	0
Broccoli Cheddar Fritter	340	14	4	20	330	44	8.5	22	4	13	2	35	15	15	560	10	2
Capri Chicken with Quinoa Pilaf	430	18	4	115	740	24	5.5	6	0	44	4	45	10	25	940	15	2
Loaded Quesadilla & Tortilla Soup	380	19	7	55	990	37	4.5	4	0	21	2	8	10	25	270	15	2
Pecan and Poppyseed Chicken Salad	360	20	2	60	290	26	3	10	0	23	2	4	10	6	300	4	0
Mediterranean Lunch Box	360	21	3.5	85	550	20	5.5	4	1	35	0	4	15	8	450	20	2
Pierogi in Mushroom & Tomato Gravy	270	6	3	20	330	46	3	7	4	9	2	35	15	4	370	2	0
Salmon with Creamy Dill Sauce	360	13	4.5	65	430	33	4	5	0	30	2	40	10	6	830	10	4
Herbed Turkey Bake	300	13	4	45	240	32	4	9	3	15	2	4	10	4	360	4	2
Average	355.8	16.5	4.7	64.2	480.0	35.3	5.1	12.3	2.7	20.3	2.0	20.1	14.3	11.3	500.0	8.8	1.3
Daily Average	1068	49.5	14.1	192.5	1440.0	106.0	15.4	36.8	8.0	61.0	6.0	60.3	43.0	33.8	1500.0	26.3	4.0
W 16 oz skim milk	1228	49.5	14.125	202.5	1640.0	130.0	15.375	60.8	8	79	36	60.25	43	83.75	2300	96.25	204

Menu I 10/06/2025

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)	(%)	(%)
Brioche Breakfast Sandwich	400	18	6.5	170	500	34	5	14	6	23	4	50	15	20	540	8	0
Chocolate Pancake with Citrus Mascarpone	330	15	5.5	20	135	45	3	23	9	7	0	2	15	8	300	10	2
Blueberry Almond Torta	410	15	3	55	390	57	5	40	13	14	0	70	10	10	400	4	2
Open-Faced Breakfast Sandwich	300	18	6	180	580	19	2	5	0	15	10	15	8	15	320	0	0
Tex-Mex Fish Taco	350	13	3.5	40	550	37	5	4	2	22	0	4	10	15	650	6	0
Smoky Chicken Salad Pita	330	11	1.5	60	420	38	7	9	1	25	2	20	15	10	680	8	0
Fresh Fruit and Cottage Cheese Plate	320	9	4	25	620	37	4	19	0	21	4	40	10	25	660	8	2
Loaded Potato Soup	380	15	7	45	460	48	4	6	1	15	4	10	15	25	520	20	10
Spaghetti Bolognese	320	11	1.5	0	200	43	8	6	0	11	2	8	20	6	500	8	0
Thai Coconut Chicken	440	14	6	40	550	56	2	9	3	20	2	15	30	8	500	4	0
Sundried Tomato & Italian Sausage Flatbread	420	21	4	20	860	41	7	3	2	24	4	35	20	25	630	0	0
Salisbury Steak	330	10	3	65	380	36	7	8	1	25	2	15	20	6	770	25	6
Average	360.8	14.2	4.3	60.0	470.4	40.9	4.9	12.2	3.2	18.5	2.8	23.7	15.7	14.4	539.2	8.4	1.8
Daily Average	1083	42.5	12.9	180.0	1411.3	122.8	14.8	36.5	9.5	55.5	8.5	71.0	47.0	43.3	1617.5	25.3	5.5
W 16 oz skim milk	1243	42.5	12.875	190	1611.3	146.8	14.75	60.5	9.5	73.5	38.5	71	47	93.25	2417.5	95.25	205.5

Seattle Sutton's Healthy Eating

1200 Calorie Plan 4-Day MONDAY Menu & Meal Plan 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 A 09/08/2025	1203.3	42.3	10.0	216.7	1413.3	145.3	14.8	69.3	19.7	74.7	36.0	55.7	46.7	91.3	2093.3	98.7	206.7
Menu C 09/15/2025	1176.7	40.7	11.5	106.7	1381.7	143.0	20.3	65.7	7.7	66.0	35.3	98.3	42.3	85.7	2486.7	94.3	205.3
Menu E 09/22/2025	1203.3	42.3	10.0	216.7	1413.3	145.3	14.8	69.3	19.7	74.7	36.0	55.7	46.7	91.3	2093.3	98.7	206.7
Menu G 09/29/2025	1270.0	50.0	15.2	198.3	1723.3	135.3	16.5	62.7	9.3	84.0	36.0	75.7	50.0	89.7	2380.0	101.0	204.7
Menu I 10/06/2025	1266.7	42.3	11.8	153.3	1608.3	153.3	15.3	66.3	12.0	73.7	36.0	81.3	48.3	92.3	2420.0	88.7	202.0



For questions regarding this nutritional analysis, please contact the dietitians at Seattle Sutton's Healthy Eating
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Dietitians@sshe.com

1200 Calorie Plan Monday 4-Day Plan Including 2 servings of Non-Fat Milk/Day	
Calories	1224 kcal
Total Fat	43.5 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	178.3 mg
Sodium	1508 mg
Total Carbohydrates	144.5 g
Dietary Fiber	18.6 g
Total Sugars	66.7 g
Added Sugars	13.7 g
Protein	74.6 g
Vitamin D	205.1 mcg
Calcium (%)	90.07 %
Iron (%)	46.80 %
Potassium	2294.7 mcg
Macronutrient Breakdown	
Fats	32%
Carbohydrates	47%
Protein	24%

1200 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1064.0 kcal
Total Fat	43.5 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	168.3 mg
Sodium	1308 mg
Total Carbohydrates	120.5 g
Dietary Fiber	18.6 g
Total Sugars	42.7 g
Includes Added !	13.7 g
Protein	56.6 g
Vitamin D	5.1 mcg
Calcium (%)	40.07 %
Iron (%)	46.80 %
Potassium	1494.7 mcg
Macronutrient Breakdown	
Fats	36%
Carbohydrates	45%
Protein	21%

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	100	200
Total Carbohydrates	12 g	24 g
Dietary Fiber	0 g	0 g
Total Sugars	12 g	24 g
Includes Added Sugars	0 g	0 g
Protein	9 g	18 g
Vitamin D	100 mcg	200mcg
Calcium (%)	25%	50%
Iron (%)	0%	0%
Potassium	400 mcg	800 mcg