

Seattle Sutton's Healthy Eating

2000 Calorie Plan 4-Day MONDAY Menu & Meal Plan Nutrition Averages

Menu A 09/08/2025

Meal Name 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)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Open-Faced Asparagus & Gruyere Ome	450	8	2.5	10	750	64	6.5	17	4	26	2	15	25	15	470	6	0
Chocolate Crepe & Strawberry Salsa	650	30	3.5	80	510	74	5	21	7	22	0	4	10	4	290	10	0
Berry Colada Parfait	320	2.5	1	5	80	62	10	43	19	12	0	6	8	15	390	2	0
Biscuits & Sausage Gravy	630	32	10.5	300	830	62	6	28	4	22	2	10	25	30	720	2	2
Moroccan Chicken Skewers	710	18	3	120	340	76	12.5	18	7	59	0	15	40	10	930	45	2
Baja Tinga Wrap	470	14	4.5	60	620	57	10	5	0	29	2	15	15	15	810	8	4
Fresh Fruit and Cottage Cheese Plate	540	17	7	50	990	54	9	21	0	34	2	35	15	45	730	15	2
Chicken Salad on Croissant	570	30	7.5	105	410	50	6	26	7	24	6	6	10	6	420	8	0
Crab-Stuffed Flounder	440	14	4	65	810	52	6	7	1	27	6	25	15	15	1180	15	4
Roast Turkey in Dijon Cream Sauce	590	10	4	145	570	66	10	24	10	55	4	30	25	20	1330	40	6
Nona Sutton's Lasagna	560	24	7.5	45	580	67	11.5	13	0	28	4	6	35	30	700	10	0
Sweet & Sour Chicken	700	23	5.5	55	590	99	10	17	6	22	2	130	45	8	420	4	2
Average	552.5	18.5	5.0	86.7	590.0	65.3	8.5	20.0	5.4	30.0	2.5	24.8	22.3	17.8	699.2	13.8	1.8
Daily Average	1657.5	55.625	15.125	260	1770	195.75	25.625	60	16.25	90	7.5	74.25	67	53.25	2097.5	41.25	5.5
W 24 oz low-fat milk	1975.5	62.525	19.325	290	2070	231.75	25.625	96	16.25	114.6	37.5	86.25	67	143.25	2997.5	791.25	305.5

Menu C 09/15/2025

Meal Name 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)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Peach Berry Blintz	460	18	5.5	105	410	53	3	26	15	21	6	6	6	6	260	2	0
Cheesy Baked Egg Casserole	580	15	7	40	1000	64	10	18	4	42	2	35	25	35	860	15	2
Strawberry Chia Oatmeal	470	16	3	5	50	69	10.5	35	10	13	2	50	20	15	660	15	15
Ciabatta Egg Sandwich	560	19	9	260	840	69	6	15	0	27	0	80	30	30	180	0	0
Honey Shrimp Salad	360	16	1.5	40	420	40	7	13	1	15	6	100	20	8	570	20	0
Curry Chicken Salad	640	30	4	60	510	65	9.5	31	5	28	0	8	15	15	600	10	0
Tuscan Bean Soup & Crostata	530	23	6	25	1000	61	12.5	10	3	20	4	20	20	25	1860	6	0
Lou's Bleu Burger	550	18	4.5	125	890	70	5.5	25	9	26	0	15	25	15	750	4	0
Tamale Bowl	520	25	11	25	630	58	13	29	0	13	2	20	25	20	470	10	2
Penne "Vodka" Meatballs	600	20	5.5	70	480	72	14	9	1	33	2	35	30	15	1170	25	6
Chicken Linguini Alfredo	600	19	7	130	990	58	6.5	14	0	50	2	120	15	25	1280	0	15
Honey Peach BBQ Chicken	700	21	10.5	155	520	71	5	17	6	53	6	6	20	30	1170	25	8
Average	547.5	20.0	6.2	86.7	645.0	62.5	8.5	20.2	4.5	28.4	2.7	41.3	20.9	19.9	819.2	11.0	4.0
Daily Average	1642.5	60	18.625	260	1935	187.5	25.625	60.5	13.5	85.25	8	123.75	62.75	59.75	2457.5	33	12
W 24 oz low-fat milk	1960.5	66.9	22.825	290	2235	223.5	25.625	96.5	13.5	109.85	38	135.75	62.75	149.75	3357.5	783	312

Menu E 09/22/2025

Meal Name 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)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Strawberry Poppyseed Bread	460	7	0	5	300	82	5.5	50	32	17	0	60	25	15	470	10	0
Swiss Cheese Egg Bake	680	39	11	400	590	55	7	27	3	25	6	60	20	25	730	15	10
Morning Protein Plate	680	39	11	400	590	55	7	27	3	25	6	60	20	25	730	15	10
Bacon & Egg Bagel Sandwich	400	15	4	190	720	43	6	12	0	28	2	80	20	8	620	4	0
Chicken Gyro Bowl	530	15	1	110	800	46	8	3	0	45	0	10	30	15	260	2	0
Pecan-Cranberry Mixed Green Salad	650	46	7	25	320	43	9	17	11	16	4	8	15	35	260	8	0
Homestyle Roasted Turkey Sandwich	570	11	6	140	430	74	6	31	12	44	6	8	20	10	780	25	4
Chipotle Black Bean Burger	580	31	4	10	560	63	13	25	15	18	2	15	20	15	890	4	0
BBQ Meatloaf & Cheddar Mash	670	31	7	115	840	58	7	20	9	43	2	15	30	20	1280	40	10
Tortelloni Pomodoro	490	17	5.5	80	900	62	10	18	3	21	4	35	30	35	710	8	0
Cajun Shrimp Etouffee	520	16	6.5	185	730	62	7.5	9	1	32	4	30	10	10	830	15	2
Chicken Matzo Ball Soup	650	25	5.5	110	570	63	5	19	11	40	4	6	35	4	940	6	2
Average	573.3	24.3	5.7	147.5	612.5	58.8	7.6	21.5	8.3	29.5	3.3	32.3	22.9	18.1	708.3	12.7	3.2
Daily Average	1720	73	17.125	442.5	1837.5	176.5	22.75	64.5	25	88.5	10	96.75	68.75	54.25	2125	38	9.5
W 24 oz low-fat milk	2038	79.9	21.325	472.5	2137.5	212.5	22.75	100.5	25	113.1	40	108.75	68.75	144.25	3025	788	309.5

Menu G 09/29/2025

Meal Name 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)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Wheat Croissant with Brie	770	37	10.5	55	450	99	12	58	11	19	0	15	20	15	830	20	0
Superfood Brioche French Toast	470	22	7	65	440	54	5	29	13	15	4	2	60	15	350	8	4
Brioche Breakfast Sandwich	500	23	7	285	550	44	8	24	6	28	8	100	25	20	900	10	0
Potato Pancakes with Smoked Veggie C	420	22	8	150	990	48	7	17	2	12	2	10	2	8	900	6	0
Broccoli Cheddar Fritters	530	22	8	40	660	64	9.5	26	7	21	2	60	20	25	780	20	2
Mediterranean Lunch Box	570	28	5.5	125	830	29	6.5	6.5	2	51	0	4	20	10	620	30	2
Loaded Quesadilla & Tortilla Soup	510	25	10	70	1170	45	6	5	0	27	2	10	15	35	320	20	2
Pecan and Poppyseed Chicken Salad	570	31	3	90	440	40	6	16	0	34	4	6	15	10	460	6	0
Capri Chicken with Quinoa Pilaf	500	19	4.5	145	850	33	7.5	7	0	53	4	50	20	25	1160	15	2
Pierogi in Mushroom & Tomato Gravy	580	13	4	40	750	99	6	16	7	21	2	60	30	10	950	8	2
Salmon with Creamy Dill Sauce	520	17	5	70	500	56	7	9	0	36	2	70	15	10	1140	15	4
Herbed Turkey Bake	450	19	6.5	85	450	42	4.5	12	3	29	2	8	15	10	580	10	4
Average	532.5	23.2	6.6	101.7	673.3	54.4	7.1	18.8	4.3	28.8	2.7	32.9	21.4	16.1	749.2	14.0	1.8
Daily Average	1597.5	69.5	19.75	305	2020	163.25	21.25	56.375	12.75	86.5	8	98.75	64.25	48.25	2247.5	42	5.5
W 24 oz low-fat milk	1915.5	76.4	23.95	335	2320	199.25	21.25	92.375	12.75	111.1	38	110.75	64.25	138.25	3147.5	792	305.5

Menu I 10/06/2025

Meal Name 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)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Brioche Breakfast Sandwich	500	23	7	285	650	44	6	24	6	28	8	100	25	20	900	10	0
Chocolate Pancake with Citrus Mascarp	610	26	9	30	250	84	6	40	16	12	0	2	25	15	580	25	4
Blueberry Almond Torta	580	21	4.5	95	660	79	7	57	13	21	22	160	15	15	700	6	2
Egg & Cheese Breakfast Sandwich	420	19	6	180	730	40	6	12	1	21	10	90	15	25	660	2	0
Tex-Mex Fish Taco	590	21	4.5	70	990	65	8	6	3	38	0	6	20	15	1020	6	0
Smoky Chicken Salad Pita	470	13	1.5	70	540	55	11	10	2	32	4	25	25	20	880	10	0
Fresh Fruit and Cottage Cheese Plate	540	17	7	50	990	67	6	28	0	33	8	60	15	45	980	15	2
Loaded Potato Soup	470	16	8	45	540	64	5	8	1	17	4	15	20	30	660	25	15
Spaghetti Bolognese	520	16	3.5	10	990	70	12	8	1	22	4	10	30	15	800	20	0
Thai Coconut Chicken	660	21	10	50	780	86	3	16	5	27	2	25	45	10	710	4	0
Sundried Tomato & Italian Sausage Flat	630	32	6	30	1250	58	10	5	4	35	6	60	25	35	900	2	0
Salisbury Steak	610	19	5.5	135	680	63	10	12	1	47	4	25	30	10	1490	45	10
Average	550.0	20.3	6.0	87.5	754.2	64.6	7.5	18.8	4.4	27.8	6.0	48.2	24.2	21.3	856.7	14.2	2.8
Daily Average	1650	61	18.125	262.5	2262.5	193.75	22.5	56.5	13.25	83.25	18	144.5	72.5	63.75	2570	42.5	8.25
W 24 oz low-fat milk	1968	67.9	22.325	292.5	2562.5	229.75	22.5	92.5	13.25	107.85	48	156.5	72.5	153.75	3470	792.5	308.25

Seattle Sutton's Healthy Eating

2000 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	Vit A	Vit C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(Kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(mcg)
Menu A 09/08/2025	1975.5	62.5	19.3	290.0	2070.0	231.8	25.6	96.0	16.3	114.6	37.5	86.3	67.0	143.3	2997.5	791.3	305.5
Menu C 09/15/2025	1960.5	66.9	22.8	290.0	2235.0	223.5	25.6	96.5	13.5	109.9	38.0	135.8	62.8	149.8	3357.5	783.0	312.0
Menu E 09/22/2025	2038.0	79.9	21.3	472.5	2137.5	212.5	22.8	100.5	25.0	113.1	40.0	108.8	68.8	144.3	3025.0	788.0	309.5
Menu G 09/29/2025	1915.5	76.4	24.0	335.0	2320.0	199.3	21.3	92.4	12.8	111.1	38.0	110.8	64.3	138.3	3147.5	792.0	305.5
Menu I 10/06/2025	1968.0	67.9	22.3	292.5	2562.5	229.8	22.5	92.5	13.3	107.9	48.0	156.5	72.5	153.8	3470.0	792.5	308.3



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

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2000 Calorie Plan Daily Average WITH Milk Servings	
Calories	1971.5 kcal
Total Fat	69.3 g
Saturated Fat	21.5 g
Trans Fat	0.0 g
Cholesterol	336.0 mg
Sodium	2265.0 mg
Total Carbohydrates	219.4 g
Dietary Fiber	26.2 g
Total Sugars	95.6 g
Added Sugars	16.2 g
Protein	111.3 g
Vitamin D	308.2 mcg
Calcium (%)	145.9 %
Iron (%)	67.1 %
Potassium	3199.5 mg
Macronutrient Breakdown	
Fats	30%
Carbohydrates	46%
Protein	24%

2000 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1653.5 kcal
Total Fat	62.4 g
Saturated Fat	17.3 g
Trans Fat	0 g
Cholesterol	306.0 mg
Sodium	1950.0 mg
Total Carbohydrates	180.4 g
Dietary Fiber	26.2 g
Total Sugars	59.6 g
Includes Added Sug	16.2 g
Protein	86.7 g
Vitamin D	8.1 mcg
Calcium (%)	55.9 %
Iron (%)	67.1 %
Potassium	2299.5 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	44%
Protein	21%

The 2000 calorie plan is recommended with 3 glasses of Low-Fat Milk

Low-Fat Milk Additions		
Amount	8 oz	24 oz
Calories	106 kcal	318
Total Fat	2.3 g	6.9 g
Saturated Fat	0 g	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 Sugar	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