Seattle Sutton's Healthy Eating

4-Day Monday 1200 Calorie Plan Signature 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 A	Week of: 11/2/2026																
Open Faced Asparagus & Gruyere Omelet	300	6	2.5	10	540	41	5	15	2	21	2	15	20	15	410	6	0
Blueberry Banana Waffle Bites	390	20	7.5	50	270	44	4	26	20	10	0	2	30	6	200	8	4
Berry Colada Parfait	180	1.5	0.5	0	60	37	4	24	12	10	0	25	4	10	210	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	380	6	1.5	80	240	44	6	13	7	36	0	10	20	4	500	25	2
Baja Chicken 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	80	300	31	4	10	1	15	6	6	6	2	240	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	450	6.5	3	120	440	50	8	20	9	48	2	20	20	15	1040	35	4
Nonna Sutton's Lasagna	360	20	6	45	520	28	5	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	4	35	6	290	2	2
Average	**342**	**12**	**4**	**60**	**398**	**39**	**5.3**	**14**	**5**	**20.7**	**2**	**12**	**16**	**13**	**484**	**10**	**2**
Daily Average	**1025**	**36**	**12**	**181**	**1195**	**118**	**15.8**	**43**	**14**	**62.0**	**6**	**37**	**47**	**38**	**1453**	**29**	**6**
Menu A: 4 Day Average W 16 oz skim milk	**1185**	**36**	**12**	**201**	**1395**	**142**	**15.8**	**67**	**14**	**80.0**	**206**	**37**	**47**	**88**	**2253**	**99**	**206**
Menu C	Week of: 11/9/2026																
Peach Berry Blintz	240	9	3	55	210	29	2	15	8	11	2	4	4	2	160	2	0
Cheesy Baked Egg Casserole	300	8	3.5	20	480	37	7	13	2	21	0	30	15	15	560	8	2
Apple Cider Oatmeal	300	10.5	2	0	5	46	7	26	15	5	2	4	20	4	290	10	0
Ciabatta Egg Sandwich	280	10	4.5	130	540	34	5	8	0	14	0	60	15	15	140	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
Pecan Cranberry Salad	420	32	4.5	15	150	25	5	13	10	9	4	8	10	20	220	8	0
Lou's Bleu Burger	490	17	4.5	120	700	61	5	19	7	25	0	10	25	15	650	4	0
Penne Vodka Meatballs	410	14	4.5	55	350	49	9	7	0	24	2	30	20	10	890	20	4
Genoa Minestrone	280	7	2	10	500	46	5	6	0	9	4	30	20	10	500	6	0
Chicken Linguini Alfredo	350	11	4.5	65	560	39	5	10	0	25	2	110	8	20	720	6	10
Honey Peach BBQ Chicken	500	15	6.5	130	700	51	3	13	6	42	2	4	15	25	930	20	8
Average	**358**	**14**	**4**	**56**	**410**	**41**	**5.3**	**13**	**4**	**18.0**	**2**	**30**	**15**	**13**	**487**	**9**	**2**
Daily Average	**1075**	**42**	**11**	**168**	**1229**	**123**	**16.0**	**39**	**13**	**54.0**	**6**	**89**	**46**	**38**	**1460**	**26**	**6**
Menu C: 4 Day Average W 16 oz skim milk	**1235**	**42**	**11**	**188**	**1429**	**147**	**16.0**	**63**	**13**	**72.0**	**206**	**89**	**46**	**88**	**2260**	**96**	**206**

Seattle Sutton's Healthy Eating

4-Day Monday 1200 Calorie Plan Signature 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: 11/16/2026																
Strawberry Poppyseed 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
Bacon & Egg Bagel Sandwich	330	12	3	160	500	42	6	12	0	21	2	80	15	6	540	4	0
Chicken Gyro Bowl	420	13	1.5	65	480	42	3	2	0	30	2	25	20	10	310	4	0
Asian Potstickers	280	8.5	0	0	750	45	3.5	18	12	10	0	6	15	6	440	4	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	500	51	11	16	8	16	2	10	20	10	740	2	0
Cajun Shrimp Etouffee	350	13	4.5	140	550	39	4.5	7	1	23	2	25	10	8	610	10	2
Tortelloni Pomodoro	260	9	2	50	330	33	5	10	3	12	2	15	15	20	350	4	0
BBQ Meatloaf & Cheddar Mash	380	18	3.5	50	420	36	4.5	16	8	20	2	10	15	10	700	20	6
Chicken Matzo Ball Soup	510	20	5.5	95	400	50	4	18	9	33	4	6	30	4	830	8	2
Average	**364**	**13**	**3**	**71**	**445**	**44**	**5.0**	**15**	**6**	**20.0**	**2**	**22**	**18**	**10**	**512**	**8**	**2**
Daily Average	**1093**	**39**	**9**	**214**	**1335**	**131**	**15.1**	**45**	**18**	**60.0**	**6**	**65**	**53**	**31**	**1535**	**23**	**6**
Menu E: 4 Day Average W 16 oz skim milk	**1253**	**39**	**9**	**234**	**1535**	**155**	**15.1**	**69**	**18**	**78.0**	**206**	**65**	**53**	**81**	**2335**	**93**	**206**
Menu G	Week of: 11/23/2026																
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
Brioche Breakfast Sandwich	410	19	6.5	180	500	35	5	14	6	25	4	50	15	20	590	10	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
Pecan & Poppyseed Chicken Salad	360	20	2	60	290	26	3	10	0	23	2	4	10	6	300	4	0
Loaded Quesadilla & Tortilla Soup	380	19	7	55	990	37	4.5	4	0	21	2	8	10	25	270	15	2
Mediterranean Lunch Box	410	21	3.5	85	550	20	5.5	4	0	35	0	4	15	8	460	20	2
Grilled Salmon with Creamy Dill Sauce	360	13	4.5	65	430	33	4	5	0	30	2	40	10	6	820	10	4
Monterey Chicken	450	14	4.5	125	840	46	6	16	10	41	2	45	8	15	1000	6	0
Pierogi in Mushroom & Tomato Gravy	270	6	3	20	300	46	3	7	4	9	2	35	15	4	370	2	0
Thanksgiving Turkey Dinner	390	15	7	105	770	35	4	17	8.5	27	2	6	8	6	330	2	0
Average	**353**	**15**	**5**	**74**	**517**	**37**	**4.8**	**14**	**4**	**20.7**	**2**	**20**	**12**	**10**	**511**	**8**	**1**
Daily Average	**1060**	**45**	**14**	**221**	**1550**	**112**	**14.4**	**42**	**11**	**62.0**	**6**	**61**	**37**	**30**	**1533**	**23**	**3**
Menu G: 4 Day Average W 16 oz skim milk	**1220**	**45**	**14**	**241**	**1750**	**136**	**14.4**	**66**	**11**	**80.0**	**206**	**61**	**37**	**80**	**2333**	**93**	**203**

Seattle Sutton's Healthy Eating

4-Day Monday 1200 Calorie Plan Signature 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 I	Week of: 11/30/2026																
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	5.5	10	0	4	4	10	55	0	0
English Muffin Breakfast Sandwich	370	19	6	180	730	31	4	7	1	20	6	15	15	20	410	0	0
Tex Mex Fish Taco	340	13	3.5	40	550	37	5	4	0	22	0	4	10	15	520	6	2
Smoky Chicken Salad	360	11	2.5	60	530	37	6	10	3	25	2	15	15	6	560	8	0
Protein Pasta Carbonara	410	22	12	70	500	40	8	5	0	13	4	10	10	10	340	8	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
Thai Coconut Chicken	350	10	3.5	40	450	44	2	6	2	19	2	10	20	6	320	2	0
Spaghetti Lentil Bolognese	270	8	1.5	0	260	39	5	6	0	10	2	30	15	6	700	10	0
Salisbury Steak	330	10	3	65	390	38	7	8	1	25	2	15	20	6	760	25	6
Average	**353**	**14**	**5**	**58**	**475**	**40**	**5.3**	**10**	**2**	**16.8**	**2**	**13**	**13**	**12**	**467**	**9**	**2**
Daily Average	**1060**	**43**	**15**	**173**	**1425**	**121**	**15.8**	**31**	**7**	**50.3**	**6**	**38**	**40**	**37**	**1401**	**26**	**6**
Menu I: 4 Day Average W 16 oz skim milk	**1220**	**43**	**15**	**193**	**1625**	**145**	**15.8**	**55**	**7**	**68.3**	**206**	**38**	**40**	**87**	**2201**	**96**	**206**

Seattle Sutton's Healthy Eating

4-Day Monday 1200 Calorie Plan Signature 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 A: 4 Day Average W 16 oz skim milk	1185	36	12	201	1395	142	15.8	67	14	80.0	206	37	47	88	2253	99	206
Menu C: 4 Day Average W 16 oz skim milk	1235	42	11	188	1429	147	16.0	63	13	72.0	206	89	46	88	2260	96	206
Menu E: 4 Day Average W 16 oz skim milk	1253	39	9	234	1535	155	15.1	69	18	78.0	206	65	53	81	2335	93	206
Menu G: 4 Day Average W 16 oz skim milk	1220	45	14	241	1750	136	14.4	66	11	80.0	206	61	37	80	2333	93	203
Menu I: 4 Day Average W 16 oz skim milk	1220	43	15	193	1625	145	15.8	55	7	68.3	206	38	40	87	2201	96	206



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

1-815-780-2060

Dietitians@sshe.com

1200 Calorie Plan Monday 4-Day Plan WITH MILK Servings		
Calories	1223	kcal
Total Fat	41.1	g
Saturated Fat	12.2	g
Trans Fat	0	g
Cholesterol	211.3	mg
Sodium	1547	mg
Total Carbohydrates	144.9	g
Dietary Fiber	17.5	g
Total Sugars	63.9	g
Added Sugars	12.6	g
Protein	75.7	g
Vitamin D	205.1	mcg
Calcium (%)	84.80	%
Iron (%)	44.30	%
Potassium	2276.3	mcg
Macronutrient Breakdown		
Fats	30%	
Carbohydrates	47%	
Protein	25%	

1200 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS		
Calories	1062.5	kcal
Total Fat	41.1	g
Saturated Fat	12.2	g
Trans Fat	0.0	g
Cholesterol	191.3	mg
Sodium	1346.8	mg
Total Carbohydrates	120.9	g
Dietary Fiber	17.5	g
Total Sugars	39.9	g
Includes Added S	12.6	g
Protein	57.7	g
Vitamin D	5.1	mcg
Calcium (%)	34.8	%
Iron (%)	44.3	%
Potassium	1476.3	mcg
Macronutrient Breakdown		
Fats	35%	
Carbohydrates	46%	
Protein	22%	

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