Seattle Sutton's Healthy Eating

4-Day Monday 1200 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)	(%)	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
Chocolate Hazelnut Crepe	320	15	1.5	40	260	38	3	13	5	11	0	4	8	2	170	6	0
Mushroom & Polenta Ragout	320	10	5	25	480	44	9	13	6	12	4	15	20	15	790	15	4
Quesabirria Shiitake	390	17	8	30	570	46	9	9	0	15	20	25	10	20	620	15	8
Fresh Fruit and Cottage Cheese Plate	280	9	4	30	620	31	5	13	0	20	0	25	8	25	470	8	2
Egg Salad on Croissant	330	19	7	250	360	31	4	14	1	10	6	6	15	4	190	0	0
Cauliflower Tikka Masala	430	13	2	10	560	64	7	7	0	15	2	90	35	15	980	10	0
Sweet Potato Chili	420	20	7	45	480	49	5	14	11	12	10	15	15	25	440	4	0
Nonna Sutton's Lasagna	360	20	6	45	520	28	5	10	0	17	4	6	15	25	730	15	0
Kung Pao Tofu	390	20	6.5	25	300	42	5.5	8	1	11	2	50	20	6	580	15	2
Average	**343**	**14**	**5**	**47**	**418**	**41**	**5.5**	**14**	**5**	**13.7**	**4**	**23**	**17**	**14**	**483**	**9**	**2**
Daily Average	**1028**	**43**	**14**	**140**	**1255**	**124**	**16.4**	**42**	**15**	**41.0**	**13**	**70**	**50**	**42**	**1448**	**26**	**5**
Menu A: 4 Day Average W 16 oz skim milk	**1188**	**43**	**14**	**160**	**1455**	**148**	**16.4**	**66**	**15**	**59.0**	**213**	**70**	**50**	**92**	**2248**	**96**	**205**
Menu C	Week of: 11/9/2026																
Peach & Ricotta Toast	280	13	3.5	25	170	30	5	15	4	11	2	20	8	10	460	10	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
Chili Tempeh Salad	380	17	1.5	0	660	41	3	6	1	16	4	60	20	6	530	15	0
Korean Street Sliders	400	14.5	5.5	35	630	49	3.5	10	7	15	0	20	15	15	480	4	0
Pecan Cranberry Salad	420	32	4.5	15	150	25	5	13	10	9	4	8	10	20	220	8	0
Portobello Burger	380	10.5	1	5	620	65	8	22	3	10	2	10	15	10	770	10	2
Vegetarian Vodka Meatballs	370	11	4	15	600	45	14	6	0	27	2	30	25	15	970	8	2
Genoa Minestrone	280	7	2	10	500	46	5	6	0	9	4	30	20	10	500	6	0
Primavera Alfredo	270	8	4	25	370	40	6.5	10	0	12	2	0	6	20	540	6	10
Homestyle Macaroni & Cheese	540	16	7	45	690	80	7	18	7	23	4	80	20	35	940	30	10
Average	**350**	**13**	**4**	**27**	**451**	**45**	**6.3**	**13**	**4**	**14.3**	**2**	**29**	**16**	**15**	**533**	**10**	**2**
Daily Average	**1050**	**39**	**11**	**81**	**1354**	**135**	**19.0**	**38**	**12**	**43.0**	**7**	**88**	**47**	**44**	**1600**	**29**	**7**
Menu C: 4 Day Average W 16 oz skim milk	**1210**	**39**	**11**	**101**	**1554**	**159**	**19.0**	**62**	**12**	**61.0**	**207**	**88**	**47**	**94**	**2400**	**99**	**207**

Seattle Sutton's Healthy Eating

4-Day Monday 1200 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)	(%)	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
Egg Gouda Slider	300	11	4.5	25	510	32	5.5	11	2	17	0	35	40	20	460	2	0
Falafel Bowl	390	11	1	0	520	57	8	6	0	15	2	25	30	15	410	6	0
Asian Potstickers	280	8.5	0	0	750	45	3.5	18	12	10	0	6	15	6	440	4	0
Pumpkin Sweet Potato Bisque & Salad	400	16	5	30	140	59	8	22	14	10	10	20	20	15	640	8	2
Chipotle Black Bean Burger	470	25	3.5	5	500	51	11	16	8	16	2	10	20	10	740	2	0
Cajun Vegetarian Etouffee	350	14	5	30	290	50	8	10	1	10	4	50	20	8	780	20	2
Tortelloni Pomodoro	260	9	2	50	330	33	5	10	3	12	2	15	15	20	350	4	0
BBQ Loaded Potato	420	16	6.5	40	560	60	6	19	14	12	0	20	20	15	970	6	0
Lentil Stew	370	6	1	0	370	68	9	14	5	12	10	30	25	10	580	10	0
Average	**354**	**12**	**3**	**33**	**420**	**49**	**6.5**	**15**	**7**	**13.8**	**3**	**24**	**22**	**14**	**545**	**7**	**1**
Daily Average	**1063**	**37**	**9**	**100**	**1260**	**147**	**19.5**	**46**	**21**	**41.3**	**9**	**72**	**65**	**41**	**1635**	**21**	**4**
Menu E: 4 Day Average W 16 oz skim milk	**1223**	**37**	**9**	**120**	**1460**	**171**	**19.5**	**70**	**21**	**59.3**	**209**	**72**	**65**	**91**	**2435**	**91**	**204**
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
Four Cheese Egg Tart	330	14	6	235	460	26	2.5	15	6	23	2	6	15	20	440	6	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
Poppyseed Sweet Potato Salad	420	16	2	0	240	60	7	25	9	9	20	25	20	8	670	15	0
Sweet Potato Taco	410	22	10.5	90	580	41	5	16	8	13	8	30	8	15	360	10	6
Loaded Nacho Bowl	390	12	6.5	35	460	51	7	5	0	20	4	6	15	25	810	25	2
Southwestern Couscous Pilaf	460	19	6	40	650	60	7	16	10.5	16	2	15	15	20	340	15	2
Truffled Mac 'n Cheese	450	20	7	70	530	55	5.5	10	0	17	4	20	20	20	800	25	15
Pierogi in Mushroom & Tomato Gravy	270	6	3	20	300	46	3	7	4	9	2	35	15	4	370	2	0
Thanksgiving Faux Turkey Dinner	460	21	8	65	640	50	4	19	8.5	17	2	6	20	10	440	4	2
Average	**367**	**15**	**6**	**62**	**449**	**46**	**5.3**	**17**	**5**	**13.4**	**4**	**16**	**15**	**13**	**518**	**10**	**2**
Daily Average	**1100**	**46**	**17**	**186**	**1348**	**139**	**15.9**	**51**	**15**	**40.3**	**13**	**49**	**46**	**38**	**1555**	**31**	**7**
Menu G: 4 Day Average W 16 oz skim milk	**1260**	**46**	**17**	**206**	**1548**	**163**	**15.9**	**75**	**15**	**58.3**	**213**	**49**	**46**	**88**	**2355**	**101**	**207**

Seattle Sutton's Healthy Eating

4-Day Monday 1200 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)	(%)	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
Carrot Banana Loaf	390	9	0.5	5	350	66	4.5	38	18.5	12	2	10	15	10	510	10	4
Tex Mex Black Bean Taco	310	14	6	35	460	34	5	4	0	13	2	4	8	20	440	10	2
Beet & Goat Cheese Flatbread	310	19.5	4	10	300	28	4	15	2	7	4	30	10	10	460	10	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
Chimichurri Bowl	280	11	1.5	0	570	36	11	7	0	12	2	70	30	10	560	10	0
Spaghetti Lentil Bolognese	270	8	1.5	0	260	39	5	6	0	10	2	30	15	6	700	10	0
Southwest Stuffed Pepper	420	23	6	25	490	39	8	8	0	14	2	8	20	20	830	20	0
Average	**350**	**15**	**5**	**32**	**435**	**42**	**6.0**	**14**	**3**	**12.3**	**2**	**18**	**14**	**14**	**486**	**10**	**2**
Daily Average	**1050**	**46**	**15**	**95**	**1305**	**125**	**17.9**	**41**	**10**	**37.0**	**6**	**54**	**41**	**42**	**1459**	**31**	**5**
Menu I: 4 Day Average W 16 oz skim milk	**1210**	**46**	**15**	**115**	**1505**	**149**	**17.9**	**65**	**10**	**55.0**	**206**	**54**	**41**	**92**	**2259**	**101**	**205**

Seattle Sutton's Healthy Eating

4-Day Monday 1200 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)	(%)	mcg
Menu A: 4 Day Average W 16 oz skim milk	1188	43	14	160	1455	148	16.4	66	15	59.0	213	70	50	92	2248	96	205
Menu C: 4 Day Average W 16 oz skim milk	1210	39	11	101	1554	159	19.0	62	12	61.0	207	88	47	94	2400	99	207
Menu E: 4 Day Average W 16 oz skim milk	1223	37	9	120	1460	171	19.5	70	21	59.3	209	72	65	91	2435	91	204
Menu G: 4 Day Average W 16 oz skim milk	1260	46	17	206	1548	163	15.9	75	15	58.3	213	49	46	88	2355	101	207
Menu I: 4 Day Average W 16 oz skim milk	1210	46	15	115	1505	149	17.9	65	10	55.0	206	54	41	92	2259	101	205



For questions regarding this nutritional analysis, please contact thet 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	1218	kcal
Total Fat	42.3	g
Saturated Fat	13.3	g
Trans Fat	0	g
Cholesterol	140.5	mg
Sodium	1504	mg
Total Carbohydrates	157.8	g
Dietary Fiber	17.7	g
Total Sugars	67.4	g
Added Sugars	14.6	g
Protein	58.5	g
Vitamin D	205.5	mcg
Calcium (%)	91.20	%
Iron (%)	49.75	%
Potassium	2339.3	mcg
Macronutrient Breakdown		
Fats	31%	
Carbohydrates	52%	
Protein	19%	

1200 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS		
Calories	1058.0	kcal
Total Fat	42.3	g
Saturated Fat	13.3	g
Trans Fat	0.0	g
Cholesterol	120.5	mg
Sodium	1304.3	mg
Total Carbohydrates	133.8	g
Dietary Fiber	17.7	g
Total Sugars	43.4	g
Includes Added S	14.6	g
Protein	40.5	g
Vitamin D	5.4	mcg
Calcium (%)	41.2	%
Iron (%)	49.8	%
Potassium	1539.3	mcg
Macronutrient Breakdown		
Fats	36%	
Carbohydrates	51%	
Protein	15%	

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 S	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