Seattle Sutton's Healthy Eating
4-Day Monday 2000 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	450	8	2.5	10	750	64	7	17	4	26	2	15	25	15	470	6	0
Blueberry Banana Waffle Bites	620	30	12.5	95	520	72	5	43	33	17	2	4	35	10	320	10	8
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	35	720	2	4
Moroccan Chicken Skewers	710	18	3	120	340	76	12.5	18	7	59	0	15	40	10	930	45	2
Baja Chicken Tinga Wrap	470	14	4.5	60	620	57	10	5	0	30	2	15	15	15	820	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	9.5	4	145	570	66	10	24	9	55	4	30	25	20	1330	40	6
Nonna Sutton's Lasagna	590	24	7.5	45	580	67	11.5	13	0	28	4	6	35	30	825	10	0
Sweet & Sour Chicken	700	23	5.5	55	590	99	10	17	5.5	22	2	6	45	10	420	4	2
Average	**553**	**19**	**6**	**88**	**591**	**65**	**8.6**	**22**	**7**	**29.7**	**3**	**14**	**24**	**19**	**713**	**14**	**3**
Daily Average	**1658**	**56**	**17**	**264**	**1773**	**195**	**25.8**	**66**	**22**	**89.0**	**8**	**43**	**73**	**57**	**2139**	**41**	**8**
Menu A: 4 Day Average W 16 oz skim milk	**1988**	**62**	**22**	**294**	**2073**	**231**	**25.8**	**102**	**22**	**116.0**	**8**	**43**	**73**	**132**	**3339**	**146**	**308**
Menu C	Week of: 11/9/2026																
Peach Berry Blintz	430	17	5.5	105	410	47	3	21	13	21	4	4	6	6	200	0	0
Cheesy Baked Egg Casserole	580	15	7	40	1000	64	10	18	4	42	2	35	25	35	860	15	2
Apple Cider Oatmeal	510	20	3	5	10	76	11.5	42	25	9	2	8	40	8	500	25	0
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	4.5	28	0	8	15	15	600	10	0
Pecan Cranberry Salad	650	46	7	25	320	43	7	17	12	16	4	8	15	35	260	8	0
Lou's Bleu Burger	550	18	4.5	125	730	70	5.5	25	9	26	0	8	25	15	770	4	0
Penne Vodka Meatballs	600	20	5.5	70	480	72	14	9	1	33	2	35	30	15	1170	25	6
Genoa Minestrone	440	15	4.5	25	650	63	7	12	2.5	13	6	40	30	15	770	8	0
Chicken Linguini Alfredo	600	19	7	130	990	58	6.5	13	0	50	2	120	15	25	1280	10	15
Honey Peach BBQ Chicken	600	16	7	160	760	64	3.5	18	10	52	2	4	20	25	1080	20	8
Average	**543**	**21**	**5**	**87**	**593**	**61**	**7.5**	**20**	**7**	**27.7**	**3**	**38**	**23**	**19**	**687**	**12**	**3**
Daily Average	**1630**	**63**	**16**	**261**	**1780**	**183**	**22.6**	**59**	**21**	**83.0**	**8**	**113**	**68**	**58**	**2060**	**36**	**8**
Menu C: 4 Day Average W 16 oz skim milk	**1960**	**70**	**21**	**291**	**2080**	**219**	**22.6**	**95**	**21**	**110.0**	**8**	**113**	**68**	**133**	**3260**	**141**	**308**

Seattle Sutton's Healthy Eating
4-Day Monday 2000 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	460	7	0	5	300	82	5.5	50	31	17	0	60	25	15	470	10	0
Swiss Cheese Egg Bake	440	10	6.5	35	820	35	3.5	5	0	37	0	15	15	40	530	0	0
Morning Protein Plate	680	39	11	400	590	55	7	27	4	25	6	60	20	25	730	15	10
Bacon & Egg Bagel Sandwich	400	15	4	190	700	43	6	12	0	28	2	80	20	8	620	4	0
Chicken Gyro Bowl	750	22	2.5	110	860	81	5	3	0	51	4	45	40	15	500	8	0
Asian Potstickers	470	14.5	0	0	940	66	6	20	13	18	0	10	30	10	770	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	550	63	13	25	15	18	2	15	20	15	890	4	0
Cajun Shrimp Etouffee	520	16	6.5	185	730	62	7.5	9	1	32	4	35	15	10	880	15	2
Tortelloni Pomodoro	520	22	6	80	990	59	10	17	3	21	4	40	25	35	840	8	0
BBQ Meatloaf & Cheddar Mash	620	29	6	100	760	55	7	23	11	38	2	15	25	20	1190	35	10
Chicken Matzo Ball Soup	650	25	5.5	110	570	63	5	19	10	40	4	6	35	6	970	8	2
Average	**555**	**20**	**5**	**114**	**687**	**62**	**6.8**	**20**	**8**	**30.8**	**3**	**32**	**24**	**17**	**764**	**12**	**2**
Daily Average	**1665**	**60**	**15**	**341**	**2060**	**185**	**20.4**	**60**	**25**	**92.3**	**9**	**97**	**73**	**52**	**2293**	**35**	**7**
Menu E: 4 Day Average W 16 oz skim milk	**1995**	**67**	**19**	**371**	**2360**	**221**	**20.4**	**96**	**25**	**119.3**	**9**	**97**	**73**	**127**	**3493**	**140**	**307**
Menu G	Week of: 11/23/2026																
Wheat Croissant and Brie	540	19	9	55	450	82	9	49	7	11	2	15	15	4	750	6	0
Superfood Brioche French Toast	470	22	7	65	440	54	5	29	12	15	4	2	60	15	350	8	4
Brioche Breakfast Sandwich	520	24	7	295	670	45	6	24	6	30	8	100	25	20	950	10	0
Potato & Onion Pancakes	440	22	8	150	990	48	7	17	2	12	2	10	2	8	900	6	0
Broccoli Cheddar Fritter	550	22	8	40	660	64	10	26	4	21	2	60	20	25	780	20	2
Pecan & Poppyseed Chicken Salad	590	31	3	90	440	40	6	16	0	34	4	6	15	10	460	6	0
Loaded Quesadilla & Tortilla Soup	550	25	10	70	1170	45	6	5	0	27	2	10	15	35	320	20	2
Mediterranean Lunch Box	570	27	5	125	760	29	6.5	6	0	51	0	6	20	10	650	30	2
Grilled Salmon with Creamy Dill Sauce	520	17	5	70	500	56	7	9	0	36	2	70	15	10	1140	15	4
Monterey Chicken	530	16	5.5	155	950	47	6.5	22	10	49	2	60	20	15	1000	0	0
Pierogi in Mushroom & Tomato Gravy	600	13	4	40	750	99	6	16	6.5	21	2	60	30	10	950	8	2
Thanksgiving Turkey Dinner	540	18	8	120	980	55	6	25	11	37	2	10	10	8	500	2	0
Average	**535**	**21**	**7**	**106**	**730**	**55**	**6.8**	**20**	**5**	**28.7**	**3**	**34**	**21**	**14**	**729**	**11**	**1**
Daily Average	**1605**	**64**	**20**	**319**	**2190**	**166**	**20.3**	**61**	**15**	**86.0**	**8**	**102**	**62**	**43**	**2188**	**33**	**4**
Menu G: 4 Day Average W 16 oz skim milk	**1935**	**71**	**24**	**349**	**2490**	**202**	**20.3**	**97**	**15**	**113.0**	**8**	**102**	**62**	**118**	**3388**	**138**	**304**

Seattle Sutton's Healthy Eating
4-Day Monday 2000 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	480	23	11.5	210	550	51	7	25	0	17	2	2	10	20	460	10	0
Chocolate Chia Bowl	700	35	9	0	140	87	14	55	27	21	2	25	35	35	1070	40	8
Orange Berry Waffle	420	15	5.5	75	600	56	3.5	29	9	13	0	4	4	15	85	0	0
English Muffin Breakfast Sandwich	420	19	6	180	730	40	6	13	1	21	6	50	15	25	540	2	0
Tex Mex Fish Taco	590	21	5	70	980	64	8	6	0	34	0	4	15	20	830	6	2
Smoky Chicken Salad	480	14	3	70	810	55	9	12	5	31	2	20	20	8	700	10	0
Protein Pasta Carbonara	560	26	14.5	80	600	61	12.5	6	0	20	4	15	15	15	400	10	2
Loaded Potato Soup	460	18	9	50	550	58	6	9	1	18	4	25	20	30	680	25	15
Italian Sausage Flatbread Pizza	790	34	8	40	1600	86	11	6	2	39	0	2	30	30	1000	2	0
Thai Coconut Chicken	540	16	5.5	50	650	71	3	11	4	27	2	20	35	10	470	4	0
Spaghetti Lentil Bolognese	610	21	5.5	20	700	77	9	12	0	28	4	50	30	30	1270	30	2
Salisbury Steak	610	19	5.5	135	870	61	10	12	1	47	4	25	30	10	1450	45	10
Average	**555**	**22**	**7**	**82**	**732**	**64**	**8.3**	**16**	**4**	**26.3**	**3**	**20**	**22**	**21**	**746**	**15**	**3**
Daily Average	**1665**	**65**	**22**	**245**	**2195**	**192**	**24.8**	**49**	**13**	**79.0**	**8**	**61**	**65**	**62**	**2239**	**46**	**10**
Menu I: 4 Day Average W 16 oz skim milk	**1995**	**72**	**26**	**275**	**2495**	**228**	**24.8**	**85**	**13**	**106.0**	**8**	**61**	**65**	**137**	**3439**	**151**	**310**

Seattle Sutton's Healthy Eating
4-Day Monday 2000 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	1988	62	22	294	2073	231	25.8	102	22	116.0	8	43	73	132	3339	146	308
Menu C: 4 Day Average W 16 oz skim milk	1960	70	21	291	2080	219	22.6	95	21	110.0	8	113	68	133	3260	141	308
Menu E: 4 Day Average W 16 oz skim milk	1995	67	19	371	2360	221	20.4	96	25	119.3	9	97	73	127	3493	140	307
Menu G: 4 Day Average W 16 oz skim milk	1935	71	24	349	2490	202	20.3	97	15	113.0	8	102	62	118	3388	138	304
Menu I: 4 Day Average W 16 oz skim milk	1995	72	26	275	2495	228	24.8	85	13	106.0	8	61	65	137	3439	151	310



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

1-815-780-2060

Dietitians@sshe.com

2000 Calorie Plan Monday 4-Day Plan Average With Milk Servings		
Calories	1975	kcal
Total Fat	68.5	g
Saturated Fat	22.2	g
Trans Fat	0	g
Cholesterol	316.0	mg
Sodium	2300	mg
Total Carbohydrates	220.1	g
Dietary Fiber	25.9	g
Total Sugars	94.9	g
Added Sugars	19.0	g
Protein	112.9	g
Vitamin D	307.3	mcg
Calcium (%)	129.25	%
Iron (%)	68.00	%
Potassium	3383.5	mcg
Macronutrient Breakdown		
Fats	31%	
Carbohydrates	45%	
Protein	23%	

2000 Calorie Plan Monday 4-Day Plan Average WITHOUT MILK SERVINGS		
Calories	1644.5	kcal
Total Fat	61.6	g
Saturated Fat	18.0	g
Trans Fat	0	g
Cholesterol	286.0	mg
Sodium	2000	mg
Total Carbohydrate	184.1	g
Dietary Fiber	25.9	g
Total Sugars	58.9	g
Includes Added	19.0	g
Protein	85.9	g
Vitamin D	7.3	mcg
Calcium (%)	54.25	%
Iron (%)	68.00	%
Potassium	2183.5	mcg
Macronutrient Breakdown		
Fats	33%	
Carbohydrates	45%	
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	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