Seattle Sutton's Healthy Eating
4-Day Monday 2000 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)	(%)	(%)
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
Chocolate Hazelnut Crepe	650	30	3.5	80	510	74	5	24	10	22	0	4	15	4	340	10	2
Mushroom & Polenta Ragout	480	17	9	45	710	65	12	16	5	18	6	20	30	20	1090	25	4
Quesabirria Shiitake	740	33	14.5	60	945	84	17	16	0	29	35	45	15	35	1080	30	15
Fresh Fruit and Cottage Cheese Plate	540	17	7	50	990	54	9	21	0	34	2	35	15	45	730	15	2
Egg Salad on Croissant	570	34	9	400	540	49	6	26	7	19	6	6	25	10	360	8	0
Cauliflower Tikka Masala	540	19	3	15	810	73	10	12	0	21	2	140	45	20	1420	10	0
Sweet Potato Chili	490	21	7.5	45	580	63	7	17	11.5	14	15	25	20	25	700	4	0
Nonna Sutton's Lasagna	590	24	7.5	45	580	67	11.5	13	0	28	4	6	35	30	825	10	0
Kung Pao Tofu	500	24	7	30	400	56	7.5	10	1	15	2	70	25	8	780	20	2
Average	**541**	**22**	**7**	**73**	**618**	**65**	**8.9**	**22**	**8**	**21.3**	**6**	**31**	**24**	**20**	**709**	**13**	**3**
Daily Average	**1623**	**65**	**21**	**220**	**1854**	**196**	**26.8**	**65**	**23**	**63.8**	**19**	**94**	**73**	**59**	**2126**	**38**	**8**
Menu A: 4 Day Average W 16 oz skim milk	**1953**	**72**	**25**	**250**	**2154**	**232**	**26.8**	**101**	**23**	**90.8**	**19**	**94**	**1273**	**134**	**3326**	**143**	**308**
Menu C	Week of: 11/9/2026																
Peach & Ricotta Toast	500	20	5.5	60	500	60	6	24	9	20	2	20	60	20	620	10	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
Chili Tempeh Salad	550	22	2.5	0	1160	63	5	9	1	26	6	90	35	10	830	20	0
Korean Street Sliders	650	22	6	40	980	86	6	17	13	25	0	30	30	20	800	6	0
Pecan Cranberry Salad	650	46	7	25	320	43	7	17	12	16	4	8	15	35	260	8	0
Portobello Burger	440	12	1	5	620	68	9	24	3	11	2	20	15	10	770	10	2
Vegetarian Vodka Meatballs	640	16	5.5	20	1110	75	21	9	1	55	2	40	50	20	1740	15	4
Genoa Minestrone	440	15	4.5	25	650	63	7	12	2.5	13	6	40	30	15	770	8	0
Primavera Alfredo	570	15	7	45	720	85	8.5	18	0	24	2	2	8	35	900	15	20
Homestyle Macaroni & Cheese	840	24	11.5	70	1000	120	8	22	8	36	4	80	30	60	1170	45	15
Average	**578**	**21**	**6**	**50**	**743**	**73**	**8.8**	**19**	**7**	**25.3**	**3**	**38**	**31**	**25**	**783**	**15**	**4**
Daily Average	**1733**	**62**	**17**	**149**	**2228**	**218**	**26.3**	**57**	**20**	**76.0**	**8**	**113**	**92**	**75**	**2350**	**44**	**11**
Menu C: 4 Day Average W 16 oz skim milk	**2063**	**68**	**22**	**179**	**2528**	**254**	**26.3**	**93**	**20**	**103.0**	**8**	**113**	**92**	**150**	**3550**	**149**	**311**

Seattle Sutton's Healthy Eating
4-Day Monday 2000 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)	(%)	(%)
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
Egg Gouda Slider	490	16	6.5	35	900	57	8	16	4	28	0	60	80	25	720	2	0
Falafel Bowl	700	20	1.5	0	940	106	16	9	0	26	4	50	60	20	630	10	0
Asian Potstickers	470	14.5	0	0	940	66	6	20	13	18	0	10	30	10	770	8	0
Pumpkin Sweet Potato Bisque & Salad	590	20	7	40	180	95	14	33	22	13	10	20	30	15	740	8	2
Chipotle Black Bean Burger	580	31	4	10	550	63	13	25	15	18	2	15	20	15	890	4	0
Cajun Vegetarian Etouffee	630	22	7	40	460	98	12	17	1	17	6	70	20	10	1330	25	2
Tortelloni Pomodoro	520	22	6	80	990	59	10	17	3	21	4	40	25	35	840	8	0
BBQ Loaded Potato	570	18.5	6.5	45	660	88	8.5	23	16	16	0	35	25	20	1600	15	0
Lentil Stew	500	9	1.5	0	420	91	12	23	10	16	15	45	35	15	830	15	0
Average	**553**	**19**	**5**	**58**	**646**	**75**	**9.6**	**22**	**10**	**21.0**	**4**	**40**	**32**	**20**	**840**	**10**	**1**
Daily Average	**1658**	**57**	**14**	**173**	**1938**	**224**	**28.9**	**66**	**30**	**63.0**	**12**	**120**	**96**	**61**	**2520**	**30**	**4**
Menu E: 4 Day Average W 16 oz skim milk	**1988**	**64**	**19**	**203**	**2238**	**260**	**28.9**	**102**	**30**	**90.0**	**12**	**120**	**96**	**136**	**3720**	**135**	**304**
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
Four Cheese Egg Tart	550	28	12.5	460	880	34	3	15	5.5	38.5	2	8	25	30	620	8	2
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
Poppyseed Sweet Potato Salad	630	24	3	0	300	89	11	36	14.5	14	30	40	30	10	1020	25	0
Sweet Potato Taco	590	25	11.5	90	830	69	9	21	8	18	15	60	15	20	680	10	6
Loaded Nacho Bowl	500	13	6.5	35	600	72	9	7	0	24	4	10	25	30	1080	30	2
Southwestern Couscous Pilaf	730	28	10.5	65	850	89	10.5	18	11	29	4	30	20	40	670	30	4
Truffled Mac 'n Cheese	610	26.5	10	95	750	75	7	13	0	22	4	25	25	30	1040	35	20
Pierogi in Mushroom & Tomato Gravy	600	13	4	40	750	99	6	16	6.5	21	2	60	30	10	950	8	2
Thanksgiving Faux Turkey Dinner	650	30	9	65	920	67	5	21	8.5	27	2	6	30	10	570	4	2
Average	**572**	**23**	**8**	**97**	**702**	**70**	**7.6**	**22**	**7**	**21.0**	**6**	**27**	**25**	**19**	**784**	**16**	**4**
Daily Average	**1715**	**68**	**25**	**290**	**2105**	**211**	**22.9**	**67**	**20**	**63.1**	**18**	**82**	**74**	**58**	**2353**	**48**	**11**
Menu G: 4 Day Average W 16 oz skim milk	**2045**	**75**	**29**	**320**	**2405**	**247**	**22.9**	**103**	**20**	**90.1**	**18**	**82**	**74**	**133**	**3553**	**153**	**311**

Seattle Sutton's Healthy Eating

4-Day Monday 2000 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)	(%)	(%)
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
Carrot Banana Loaf	470	10	1	10	370	80	5	49	24.5	15	2	10	15	15	610	10	6
Tex Mex Black Bean Taco	500	22	9	50	740	60	8	7	0	19	2	6	10	30	690	10	2
Beet & Goat Cheese Flatbread	510	29.5	6	15	520	48	7	24	1.5	13	4	30	20	20	720	15	2
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
Chimichurri Bowl	460	18	2.5	10	890	60	18	13	0	21	4	120	45	15	920	15	0
Spaghetti Lentil Bolognese	610	21	5.5	20	700	77	9	12	0	28	4	50	30	30	1270	30	2
Southwest Stuffed Pepper	720	34.5	11.5	55	940	69	13.5	15	0	26	4	10	35	40	1470	25	0
Average	**557**	**24**	**8**	**51**	**683**	**66**	**9.5**	**21**	**5**	**20.8**	**3**	**25**	**22**	**25**	**781**	**16**	**3**
Daily Average	**1670**	**72**	**23**	**154**	**2050**	**198**	**28.6**	**63**	**16**	**62.5**	**8**	**75**	**67**	**74**	**2344**	**48**	**9**
Menu I: 4 Day Average W 16 oz skim milk	**2000**	**78**	**27**	**184**	**2350**	**234**	**28.6**	**99**	**16**	**89.5**	**8**	**75**	**67**	**149**	**3544**	**153**	**309**

Seattle Sutton's Healthy Eating
4-Day Monday 2000 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)	(%)	(%)
Menu A: 4 Day Average W 16 oz skim milk	1953	72	25	250	2154	232	26.8	101	23	90.8	19	94	1273	134	3326	143	308
Menu C: 4 Day Average W 16 oz skim milk	2063	68	22	179	2528	254	26.3	93	20	103.0	8	113	92	150	3550	149	311
Menu E: 4 Day Average W 16 oz skim milk	1988	64	19	203	2238	260	28.9	102	30	90.0	12	120	96	136	3720	135	304
Menu G: 4 Day Average W 16 oz skim milk	2045	75	29	320	2405	247	22.9	103	20	90.1	18	82	74	133	3553	153	311
Menu I: 4 Day Average W 16 oz skim milk	2000	78	27	184	2350	234	28.6	99	16	89.5	8	75	67	149	3544	153	309



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 With Milk Servings		
Calories	2010	kcal
Total Fat	71.6	g
Saturated Fat	24.4	g
Trans Fat	0	g
Cholesterol	227.0	mg
Sodium	2335	mg
Total Carbohydrates	245.3	g
Dietary Fiber	30.3	g
Total Sugars	99.4	g
Added Sugars	21.6	g
Protein	92.7	g
Vitamin D	308.6	mcg
Calcium (%)	140.35	%
Iron (%)	320.60	%
Potassium	3538.5	mcg
Macronutrient Breakdown		
Fats	32%	
Carbohydrates	49%	
Protein	18%	

2000 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS		
Calories	1679.5	kcal
Total Fat	64.7	g
Saturated Fat	20.2	g
Trans Fat	0	g
Cholesterol	197.0	mg
Sodium	2035	mg
Total Carbohydrates	209.3	g
Dietary Fiber	30.3	g
Total Sugars	63.4	g
Includes Added S	21.6	g
Protein	65.7	g
Vitamin D	8.6	mcg
Calcium (%)	65.35	%
Iron (%)	320.60	%
Potassium	2338.5	mcg
Macronutrient Breakdown		
Fats	34%	
Carbohydrates	50%	
Protein	16%	

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