

Seattle Sutton's Healthy Eating																	
4-Day Monday 1200 Calorie Plan Signature Menu & Nutrition Averages																	
	<u>Calories</u>	<u>Fat</u>	<u>Sat Fat</u>	<u>Cholesterol</u>	<u>Sodium</u>	<u>Carbs</u>	<u>Fiber</u>	<u>Sugar</u>	<u>Added Sugars</u>	<u>Protein</u>	<u>Vitamin A</u>	<u>Vitamin C</u>	<u>Iron</u>	<u>Calcium</u>	<u>Potassium</u>	<u>Phosphorus</u>	<u>Vitamin D</u>
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	mcg
Menu A Week of: 8/24/2026																	
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: 8/31/2026																	
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
Strawberry Chia Oatmeal	300	11	2	0	35	44	6.5	21	6	9	2	30	15	10	420	10	8
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	270	5	2	10	500	46	4	7	0.5	10	4	30	25	6	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	412	41	5.2	13	4	18.4	2	32	15	13	498	9	3
Daily Average	1073	42	11	168	1236	123	15.6	38	11	55.3	6	96	46	38	1493	26	8
Menu C: 4 Day Average W 16 oz skim milk	1233	42	11	188	1436	147	15.6	62	11	73.3	206	96	46	88	2293	96	208

Seattle Sutton's Healthy Eating																	
4-Day Monday 1200 Calorie Plan Signature Menu & Nutrition Averages																	
	<u>Calories</u>	<u>Fat</u>	<u>Sat Fat</u>	<u>Cholesterol</u>	<u>Sodium</u>	<u>Carbs</u>	<u>Fiber</u>	<u>Sugar</u>	<u>Added Sugars</u>	<u>Protein</u>	<u>Vitamin A</u>	<u>Vitamin C</u>	<u>Iron</u>	<u>Calcium</u>	<u>Potassium</u>	<u>Phosphorus</u>	<u>Vitamin D</u>
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	mcg
Menu E		Week of: 9/7/2026															
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: 9/14/2026															
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
Capri Chicken with Quinoa Pilaf	510	24	5	115	930	30	9	9	0	46	2	130	15	25	1130	20	2
Pierogi in Mushroom & Tomato Gravy	270	6	3	20	300	46	3	7	4	9	2	35	15	4	370	2	0
Herbed Turkey Bake	290	13	4	40	310	32	4	9	3	13	2	4	10	4	370	4	2
Average	350	16	5	68	486	36	5.0	13	2	19.9	2	27	13	11	525	9	1
Daily Average	1050	47	14	203	1458	107	15.1	38	7	59.8	6	82	39	32	1575	27	4
Menu G: 4 Day Average W 16 oz skim milk	1210	47	14	223	1658	131	15.1	62	7	77.8	206	82	39	82	2375	97	204

Seattle Sutton's Healthy Eating																	
4-Day Monday 1200 Calorie Plan Signature Menu & Nutrition Averages																	
	<u>Calories</u>	<u>Fat</u>	<u>Sat Fat</u>	<u>Cholesterol</u>	<u>Sodium</u>	<u>Carbs</u>	<u>Fiber</u>	<u>Sugar</u>	<u>Added Sugars</u>	<u>Protein</u>	<u>Vitamin A</u>	<u>Vitamin C</u>	<u>Iron</u>	<u>Calcium</u>	<u>Potassium</u>	<u>Phosphorus</u>	<u>Vitamin D</u>
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	mcg
Menu I		Week of: 9/21/2026															
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 Pita	330	11	2	60	420	38	7	9	0	25	2	20	15	10	630	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	351	14	5	58	466	40	5.3	10	2	16.8	2	13	13	13	473	9	2
Daily Average	1053	43	15	173	1398	121	16.0	31	6	50.3	6	39	40	38	1419	26	6
Menu I: 4 Day Average W 16 oz skim milk	1213	43	15	193	1598	145	16.0	55	6	68.3	206	39	40	88	2219	96	206

Seattle Sutton's Healthy Eating

4-Day Monday 1200 Calorie Plan Signature Menu & Nutrition Averages

	<u>Calories</u>	<u>Fat</u>	<u>Sat Fat</u>	<u>Cholesterol</u>	<u>Sodium</u>	<u>Carbs</u>	<u>Fiber</u>	<u>Sugar</u>	<u>Added Sugars</u>	<u>Protein</u>	<u>Vitamin A</u>	<u>Vitamin C</u>	<u>Iron</u>	<u>Calcium</u>	<u>Potassium</u>	<u>Phosphorus</u>	<u>Vitamin D</u>
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	1233	42	11	188	1436	147	15.6	62	11	73.3	206	96	46	88	2293	96	208
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	1210	47	14	223	1658	131	15.1	62	7	77.8	206	82	39	82	2375	97	204
Menu I: 4 Day Average W 16 oz skim milk	1213	43	15	193	1598	145	16.0	55	6	68.3	206	39	40	88	2219	96	206



For questions regarding this nutritional analysis, please contact the 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	1219 kcal
Total Fat	41.4 g
Saturated Fat	12.0 g
Trans Fat	0 g
Cholesterol	207.5 mg
Sodium	1524 mg
Total Carbohydrates	143.9 g
Dietary Fiber	17.6 g
Total Sugars	62.9 g
Added Sugars	11.3 g
Protein	75.5 g
Vitamin D	205.7 mcg
Calcium (%)	85.50 %
Iron (%)	44.75 %
Potassium	2294.8 mcg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	47%
Protein	25%

1200 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1058.5 kcal
Total Fat	41.4 g
Saturated Fat	12.0 g
Trans Fat	0.0 g
Cholesterol	187.5 mg
Sodium	1324.3 mg
Total Carbohydrates	119.9 g
Dietary Fiber	17.6 g
Total Sugars	38.9 g
Includes Added S	11.3 g
Protein	57.5 g
Vitamin D	5.7 mcg
Calcium (%)	35.5 %
Iron (%)	44.8 %
Potassium	1494.8 mcg
Macronutrient Breakdown	
Fats	35%
Carbohydrates	45%
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