Seattle Sutton's Healthy Eating

4-Day Thursday 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 B	Week of: 11/5/2026																
Egg Fonduta	300	8	3	20	620	37	6.5	16	2	21	0	6	15	20	490	4	0
Wild Blackberry Parfait	340	11	1	5	40	50	6.5	29	14	13	0	2	70	10	330	10	0
Strawberry Cheesecake French Toast	300	11	4	35	370	40	3	17	6.5	9	2	2	35	8	170	8	2
Chorizo & Egg Breakfast Taco	260	8	2	130	380	37	5	8	2	11	15	20	10	8	530	8	
Broccoli Cheddar Soup & Salad	450	17	7	55	750	56	6.5	15	5	18	6	35	20	30	520	20	10
Chickpea Tagine	390	12	0.5	0	390	64	10	6	0	16	2	20	20	15	590	15	0
Eggplant Goat Cheese Melt	380	24	9	55	350	33	5	21	12	11	6	30	8	10	510	10	0
Egg Salad on Croissant	340	19	7	250	360	31	4	14	1	10	6	6	15	4	190	0	0
Raspberry Goat Cheese Salad	430	27	6	15	200	37	7	23	8.5	14	8	25	25	10	840	20	2
Rustic Zucchini Cavatappi	360	13	4	50	570	50	5.5	9	3	12	2	15	20	6	470	6	0
Spinach Manicotti	430	17.5	5.5	75	660	45	6	14.5	0	23	6	20	15	25	840	8	0
Vegetable Pad Thai	410	20	3.5	220	410	43	5	13	4	18	2	50	15	8	610	15	0
Average	**366**	**16**	**4**	**76**	**425**	**44**	**5.8**	**15**	**5**	**14.7**	**5**	**19**	**22**	**13**	**508**	**10**	**1**
Daily Average	**1098**	**47**	**13**	**228**	**1275**	**131**	**17.5**	**46**	**15**	**44.0**	**14**	**58**	**67**	**39**	**1523**	**31**	**4**
Menu B: 4 Day Average W 16 oz skim milk	**1258**	**47**	**13**	**248**	**1475**	**155**	**17.5**	**70**	**15**	**62.0**	**214**	**58**	**67**	**89**	**2323**	**101**	**204**
Menu D	Week of: 11/12/2026																
Matcha Muffin Top	380	17	7	40	240	52	1.5	32	24	8	2	4	15	10	290	10	2
Hashbrown Casserole	180	6	3	20	250	20	4	12	0	13	0	2	10	15	490	8	0
Cheddar & Sausage Breakfast Casserole	480	26	4.5	20	480	42	8	18	1	24	2	8	20	25	640	20	2
Ciabatta Egg Sandwich	300	10	4.5	130	490	40	5	8	0	14	0	60	15	15	140	0	0
Gemelli Pasta Salad	400	29	10	90	350	34	4	18	8	7	0	4	8	6	90	6	0
Margherita Flatbread Pizza	350	17	6	35	650	29	6	6	0	18	2	30	15	30	520	25	2
Three Bean Chili	430	25	4.5	5	490	42	9	8	0	10	2	20	25	15	1190	4	0
BBQ Shiitake Sandwich	350	15	5.5	0	570	41	11	11	8	12	0	15	15	8	350	2	10
Greek Chickpea Feta Fritter	280	4	1.5	5	320	49	8	19	7	11	2	80	15	8	670	8	0
Classic Ratatouille	330	12	3.5	15	430	46	5	5	0	11	8	240	15	15	540	10	0
Sofrito Tofu	340	10	1.5	0	450	47	8	5	0	17	4	20	30	20	720	10	0
Homestyle Macaroni & Cheese	500	15	7	45	710	73	6	18	4.5	20	4	80	15	30	920	25	10
Average	**360**	**16**	**5**	**34**	**453**	**43**	**6.3**	**13**	**4**	**13.8**	**2**	**47**	**17**	**16**	**547**	**11**	**2**
Daily Average	**1080**	**47**	**15**	**101**	**1358**	**129**	**18.9**	**40**	**13**	**41.3**	**7**	**141**	**50**	**49**	**1640**	**32**	**7**
Menu D: 4 Day Average W 16 oz skim milk	**1240**	**47**	**15**	**121**	**1558**	**153**	**18.9**	**64**	**13**	**59.3**	**207**	**141**	**50**	**99**	**2440**	**102**	**207**

Seattle Sutton's Healthy Eating

4-Day Thursday 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 F	Week of: 11/19/2026																
Sunrise Pizza	310	13	5	110	600	32	3	4	0	17	2	40	20	25	620	15	2
Cranberry Oat Bar	310	7	0.5	5	60	49	5	30	20	14	0	10	50	15	320	10	0
Cheesy Egg Strata	240	10	5.5	30	500	20	3	11	0	18	4	100	10	20	420	10	2
Breakfast Burrito	320	14	4.5	285	580	33	12.5	6	1	21	0	45	20	25	580	2	0
Stir Fry Udon	390	9	5.5	25	730	65	8	9	2	12	6	180	20	8	610	6	2
Caesar Salad with Roasted Tomatoes	380	25	4	20	480	28	3	12	10	13	2	8	15	20	290	10	0
Deviled Egg Croast	450	24.5	5.5	170	280	43	8.5	24	6.5	16	2	15	20	15	650	15	2
Chipotle Black Bean Burger	470	25	3.5	5	500	51	11	16	8	16	2	10	20	10	740	2	0
Veggie Seoul Bowl	290	11.5	1.5	0	550	33	8	13	8	14	6	30	30	25	820	15	2
Portobello Fajita	340	11	4	25	590	48	8	6	0	15	2	100	10	15	670	20	4
Butternut Squash Ravioli	450	20	7	70	450	51	9	11	3	17	10	35	20	25	560	15	6
Chile Rellenos	360	10	3	15	580	56	8	7	0	12	8	35	20	20	620	20	2
Average	**359**	**15**	**4**	**63**	**492**	**42**	**7.3**	**12**	**5**	**15.4**	**4**	**51**	**21**	**19**	**575**	**12**	**2**
Daily Average	**1078**	**45**	**12**	**190**	**1475**	**127**	**21.8**	**37**	**15**	**46.3**	**11**	**152**	**64**	**56**	**1725**	**35**	**6**
Menu F: 4 Day Average W 16 oz skim milk	**1238**	**45**	**12**	**210**	**1675**	**151**	**21.8**	**61**	**15**	**64.3**	**211**	**152**	**64**	**106**	**2525**	**105**	**206**
Menu H	Week of: 11/26/2026																
Spinach & Goat Cheese Frittata	220	5	3	10	400	25	3	6	0	17	4	80	30	15	820	15	0
Mini Dutch Pancakes	370	21.5	5	50	200	33	2	17	7.5	13	2	8	4	10	330	8	0
Blueberry Smoothie Bowl	360	8	1.5	0	60	60	7	38	11	12	0	30	35	15	460	15	0
Potato & Onion Pancakes	280	15	5	100	660	32	5	12	1	8	2	6	0	6	600	4	0
Deep Dish Spinach Pie	320	20.5	10.5	70	590	16	4	5	0	19	8	8	15	35	320	20	2
Spinach Artichoke Flatbread Pizza	510	23	11	60	730	60	7	30	9	15	4	6	20	35	460	6	2
Vegetarian Acapulco Taco Pie	330	11	3.5	15	380	46	6	7	1	12	2	25	15	20	560	10	4
Muffuletta Bowl	310	19.5	4.5	20	190	27	4	8	2	9	2	50	8	10	520	10	0
Eggplant Parmesan	230	11	2.5	5	400	33	6	8	0	9	0	10	8	10	560	6	0
Gnocchi Pesto	420	18	4.5	35	570	50	4	7	3	12	2	10	10	15	280	6	0
Trattoria Style Penne & Chickpeas	350	15.5	6	25	290	42	9	5.5	0.5	14	4	80	15	10	570	8	2
Lentil Wellington	470	21	12.5	60	630	53	7	11	0	12	0	10	25	15	1150	10	4
Average	**348**	**16**	**6**	**38**	**425**	**40**	**5.3**	**13**	**3**	**12.7**	**3**	**27**	**15**	**16**	**553**	**10**	**1**
Daily Average	**1043**	**47**	**17**	**113**	**1275**	**119**	**16.0**	**39**	**9**	**38.0**	**8**	**81**	**46**	**49**	**1658**	**30**	**4**
Menu H: 4 Day Average W 16 oz skim milk	**1203**	**47**	**17**	**133**	**1475**	**143**	**16.0**	**63**	**9**	**56.0**	**208**	**81**	**46**	**99**	**2458**	**100**	**204**

Seattle Sutton's Healthy Eating

4-Day Thursday 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 J	Week of: 12/3/2026																
Chocolate Pistachio Pancake	330	15	5	20	135	45	3.5	22	13	7	0	2	15	8	300	10	2
Bircher Muesli and Pears	420	20	5.5	30	15	57	6.5	31	16	9	2	2	50	8	330	15	4
Avocado Toast	350	18	3	130	290	35	10	10	0	13	2	50	15	4	480	8	0
Croissant Breakfast Sandwich	380	24	10	155	400	26	5	10	1	15	10	30	15	20	420	2	0
Landry Bay Zucchini Cakes	400	25	7	50	640	35	5	7	1	8	2	35	15	6	570	6	2
Greek Lunch Platter	430	18	2	10	680	53	11	11	0	14	15	20	30	20	990	10	0
Vietnamese Banh Mi	380	15	1.5	0	640	51	6.5	12.5	1	10	4	90	20	10	740	8	0
Loaded Potato Soup	380	15	7	45	450	46	4	6	1	15	4	25	15	25	540	20	10
Spinach Ravioli	240	10	4	55	680	27	4	7	1	10	6	4	8	15	320	4	0
White Bean & Rice ala King	280	8	3	15	330	42	9	6	0	8	4	15	15	10	820	8	0
Honey Garlic Chickpea Bowl	350	13	5.5	25	210	49	8	13	0	9	4	6	15	8	470	8	2
Peppered Lentil Salisbury Steak	360	12	4	10	450	43	8	8	0	20	2	15	30	6	860	15	2
Average	**358**	**16**	**5**	**45**	**410**	**42**	**6.7**	**12**	**3**	**11.5**	**5**	**25**	**20**	**12**	**570**	**10**	**2**
Daily Average	**1075**	**48**	**14**	**136**	**1230**	**127**	**20.1**	**36**	**9**	**34.5**	**14**	**74**	**61**	**35**	**1710**	**29**	**6**
Menu J: 4 Day Average W 16 oz skim milk	**1235**	**48**	**14**	**156**	**1430**	**151**	**20.1**	**60**	**9**	**52.5**	**214**	**74**	**61**	**85**	**2510**	**99**	**206**

Seattle Sutton's Healthy Eating

4-Day Thursday 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 B: 4 Day Average W 16 oz skim milk	1258	47	13	248	1475	155	17.5	70	15	62.0	214	58	67	89	2323	101	204
Menu D: 4 Day Average W 16 oz skim milk	1240	47	15	121	1558	153	18.9	64	13	59.3	207	141	50	99	2440	102	207
Menu F: 4 Day Average W 16 oz skim milk	1238	45	12	210	1675	151	21.8	61	15	64.3	211	152	64	106	2525	105	206
Menu H: 4 Day Average W 16 oz skim milk	1203	47	17	133	1475	143	16.0	63	9	56.0	208	81	46	99	2458	100	204
Menu J: 4 Day Average W 16 oz skim milk	1235	48	14	156	1430	151	20.1	60	9	52.5	214	74	61	85	2510	99	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 Thursday 4-Day Plan Including 2 servings of Non-Fat Milk/Day		
Calories	1235	kcal
Total Fat	46.8	g
Saturated Fat	14.4	g
Trans Fat	0	g
Cholesterol	173.5	mg
Sodium	1523	mg
Total Carbohydrates	150.7	g
Dietary Fiber	18.9	g
Total Sugars	63.6	g
Added Sugars	11.9	g
Protein	58.8	g
Vitamin D	204.9	mcg
Calcium (%)	95.50	%
Iron (%)	57.45	%
Potassium	2451.0	mcg
Macronutrient Breakdown		
Fats	34%	
Carbohydrates	49%	
Protein	19%	

1200 Calorie Plan Thursday 4-Day Plan WITHOUT MILK SERVINGS		
Calories	1074.5	kcal
Total Fat	46.8	g
Saturated Fat	14.4	g
Trans Fat	0.0	g
Cholesterol	153.5	mg
Sodium	1322.5	mg
Total Carbohydrates	126.7	g
Dietary Fiber	18.9	g
Total Sugars	39.6	g
Includes Added S	11.9	g
Protein	40.8	g
Vitamin D	4.9	mcg
Calcium (%)	45.5	%
Iron (%)	57.5	%
Potassium	1651.0	mcg
Macronutrient Breakdown		
Fats	39%	
Carbohydrates	47%	
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