Seattle Sutton's Healthy Eating
4-Day Thursday 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 B	Week of: 11/5/2026																
Egg Fonduta	410	10	4.5	30	710	49	9	21	2	29	0	8	20	30	710	4	0
Wild Blackberry Parfait	480	13	1	10	70	70	10	43	19	21	0	2	80	20	490	15	0
Strawberry Cheesecake French Toast	520	20	6.5	95	860	60	7	24	11	23	2	2	50	10	390	10	2
Chorizo & Egg Breakfast Taco	430	14	4	220	670	57	7	10	2	19	15	25	15	10	680	10	0
Broccoli Cheddar Soup & Salad	710	30	12	80	840	82	10	22	5	28	10	60	25	50	820	30	20
Chickpea Tagine	560	12	0.5	0	530	93	13	9	0	21	4	30	25	15	830	15	0
Eggplant Goat Cheese Melt	640	43	17	90	660	47	8	26	13	20	10	60	15	20	980	25	2
Egg Salad on Croissant	570	34	9	400	540	49	6	26	7	19	6	6	25	10	360	8	0
Raspberry Goat Cheese Salad	620	38	10	20	280	52	8	32	12	21	8	25	30	15	1080	30	2
Rustic Zucchini Cavatappi	610	17	4.5	100	790	93	9	8	3	21	2	20	30	8	710	8	0
Spinach Manicotti	630	25	8	110	950	67	9	21	0	34	8	30	20	40	1160	10	0
Vegetable Pad Thai	580	24	4.5	380	660	66	6	18	6	25	2	80	25	10	850	20	0
Average	**563**	**23**	**7**	**128**	**630**	**65**	**8.5**	**22**	**7**	**23.4**	**6**	**29**	**30**	**20**	**755**	**15**	**2**
Daily Average	**1690**	**70**	**20**	**384**	**1890**	**196**	**25.5**	**65**	**20**	**70.3**	**17**	**87**	**90**	**60**	**2265**	**46**	**7**
Menu B: 4 Day Average W 16 oz skim milk	**2020**	**77**	**25**	**414**	**2190**	**232**	**25.5**	**101**	**20**	**97.3**	**17**	**87**	**90**	**135**	**3465**	**151**	**307**
Menu D	Week of: 11/12/2026																
Matcha Muffin Tops	710	32	12.5	65	430	93	3	54	42	14	4	6	30	15	520	20	4
Hashbrown Casserole	320	9	4.5	25	470	41	6.5	20	0	21	2	4	15	20	660	10	2
Cheddar & Sausage Breakfast Casserole	580	29	6	30	630	51	9	19	1	31	2	8	20	30	770	20	2
Ciabatta Egg Sandwich	560	19	9	260	840	69	6	15	0	27	0	60	30	30	150	0	0
Gemelli Pasta Salad	620	39	11	95	470	55	7	27	8	10	0	6	10	8	160	10	0
Margherita Flatbread Pizza	620	34	8.5	50	940	53	10	19	8	26	4	40	20	45	740	35	2
Three Bean Chili	600	35	9	30	690	53	12.5	12	0	18	4	25	25	25	1770	10	2
BBQ Shiitake Sandwich	550	28	10	5	960	59	18	17	12	18	2	30	20	10	540	2	20
Greek Chickpea Feta Fritter	450	7	2	10	580	77	13	26	9	19	2	90	25	15	940	15	0
Classic Ratatouille	420	15	4.5	20	500	58	6	7	0	13	10	300	20	15	680	15	2
Sofrito Tofu	460	14	2	0	630	63	11	7	0	23	4	25	40	25	970	15	0
Homestyle Macaroni & Cheese	600	18	9	55	870	86	6.5	19	6	25	4	80	20	40	1000	30	15
Average	**541**	**23**	**7**	**54**	**668**	**63**	**9.0**	**20**	**7**	**20.4**	**3**	**56**	**23**	**23**	**742**	**15**	**4**
Daily Average	**1623**	**70**	**22**	**161**	**2003**	**190**	**27.1**	**61**	**22**	**61.3**	**10**	**169**	**69**	**70**	**2225**	**46**	**12**
Menu D: 4 Day Average W 16 oz skim milk	**1953**	**77**	**26**	**191**	**2303**	**226**	**27.1**	**97**	**22**	**88.3**	**10**	**169**	**69**	**145**	**3425**	**151**	**312**

Seattle Sutton's Healthy Eating
4-Day Thursday 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 F	Week of: 11/19/2026																
Sunrise Pizza	490	20	8	165	890	51	5	6	1	25	2	60	35	35	1000	20	2
Cranberry Oat Bar	570	14.5	1	10	100	85	8.5	45	33	23	0	20	100	20	550	20	0
Cheesy Egg Strata	450	14	7	40	750	53	6.5	29	0	27	6	220	15	30	790	15	4
Breakfast Burrito	530	21	7	430	930	51	7	4	0	31	0	60	20	25	660	2	0
Stir Fry Udon	520	10	5.5	25	900	85	12	14	2	17	8	260	35	10	880	10	2
Caesar Salad with Roasted Tomatoes	530	32	5.5	20	540	45	5	23	20	15	2	10	25	20	420	10	0
Deviled Egg Croast	590	33	8	230	430	53	9.5	26	7	21	2	30	25	20	880	20	2
Chipotle Black Bean Burger	580	31	4	10	550	63	13	25	15	18	2	15	20	15	890	4	0
Veggie Seoul Bowl	400	15.5	2	0	710	44	10	18	12	21	10	40	40	35	1100	20	2
Portobello Fajita	480	15	5	25	830	68	10.5	8	0	19	4	180	15	20	870	25	4
Butternut Squash Ravioli	600	28	10	90	700	66	11	15	4	22	15	40	25	30	700	20	6
Chile Rellenos	500	12.5	4	20	720	79	9	9	0	16	8	40	25	25	780	30	4
Average	**520**	**21**	**6**	**89**	**671**	**62**	**8.9**	**19**	**8**	**21.3**	**5**	**81**	**32**	**24**	**793**	**16**	**2**
Daily Average	**1560**	**62**	**17**	**266**	**2013**	**186**	**26.8**	**56**	**24**	**63.8**	**15**	**244**	**95**	**71**	**2380**	**49**	**7**
Menu F: 4 Day Average W 16 oz skim milk	**1890**	**69**	**21**	**296**	**2313**	**222**	**26.8**	**92**	**24**	**90.8**	**15**	**244**	**95**	**146**	**3580**	**154**	**307**
Menu H	Week of: 11/26/2026																
Spinach & Goat Cheese Frittata	350	6	3	10	620	50	4	8	0	21	6	160	60	25	1640	25	0
Mini Dutch Pancakes	550	30.5	8	80	370	49	2	25	11.5	19	2	10	4	15	430	10	0
Blueberry Smoothie Bowl	540	11	2.5	10	95	91	10	62	16	18	2	50	50	20	760	20	0
Potato & Onion Pancakes	440	22	8	150	990	48	7.5	17	2	12	2	10	2	8	900	6	0
Deep Dish Spinach Pie	420	24	11.5	75	670	34	6	14	9	20	8	8	20	35	370	20	2
Spinach Artichoke Flatbread Pizza	660	32	15	75	760	73	9	38	18	16	4	6	25	45	530	10	4
Vegetarian Acapulco Taco Pie	410	13	4	15	420	57	8	8	2	13	2	35	20	25	700	15	4
Muffuletta Bowl	470	28	4.5	20	270	41	7	10	2	12	4	80	15	15	690	20	0
Eggplant Parmesan	480	19	3.5	5	700	62	8	14	0	14	2	15	15	10	990	8	0
Gnocchi Pesto	580	26	6	45	780	67	4	8	3	17	2	10	10	20	320	6	0
Trattoria Style Penne & Chickpeas	490	17	6.5	25	410	63	13	8.5	0.5	20	6	110	20	15	820	10	2
Lentil Wellington	530	24	12.5	65	760	62	7	11	0	13	0	15	25	15	1380	15	6
Average	**493**	**21**	**7**	**48**	**570**	**58**	**7.1**	**19**	**5**	**16.3**	**3**	**42**	**22**	**21**	**794**	**14**	**2**
Daily Average	**1480**	**63**	**21**	**144**	**1711**	**174**	**21.4**	**56**	**16**	**48.8**	**10**	**127**	**67**	**62**	**2383**	**41**	**5**
Menu H: 4 Day Average W 16 oz skim milk	**1810**	**70**	**25**	**174**	**2011**	**210**	**21.4**	**92**	**16**	**75.8**	**10**	**127**	**67**	**137**	**3583**	**146**	**305**

Seattle Sutton's Healthy Eating
4-Day Thursday 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 J	Week of: 12/3/2026																
Chocolate Pistachio Pancake	620	26	9	30	250	83	6.5	39	24	12	0	2	25	15	570	25	4
Bircher Muesli and Pears	600	27	9	55	30	78	7	41	23	10	4	2	50	10	360	20	6
Avocado Toast	600	27	5	260	540	63	16	19	1	25	2	100	25	8	740	15	0
Croissant Breakfast Sandwich	550	35	14	180	520	31	8	14	1	24	15	50	20	35	670	2	0
Landry Bay Zucchini Cakes	550	26	7	50	900	63	8	11	2	15	4	60	25	10	980	10	2
Greek Lunch Platter	700	28	3	10	980	87	13	12	0	21	15	25	45	25	1130	10	0
Vietnamese Banh Mi	460	20	3	0	800	58	8	15	2	12	4	130	20	10	840	10	0
Loaded Potato Soup	490	17	8	50	550	64	5	9	1	19	4	30	20	30	760	25	15
Spinach Ravioli	420	17	6.5	75	950	39	4.5	8	1	14	8	4	10	20	380	6	0
White Bean & Rice ala King	440	11	4.5	20	500	70	12	9	0	11	6	25	20	15	1160	15	0
Honey Garlic Chickpea Bowl	460	15	6	25	270	68	9	17	0	13	4	8	15	10	620	10	2
Peppered Lentil Salisbury Steak	540	21	6	10	670	56	11	10	1	32	2	15	45	8	1210	20	2
Average	**536**	**23**	**7**	**64**	**580**	**63**	**9.0**	**17**	**5**	**17.3**	**6**	**38**	**27**	**16**	**785**	**14**	**3**
Daily Average	**1608**	**68**	**20**	**191**	**1740**	**190**	**27.0**	**51**	**14**	**52.0**	**17**	**113**	**80**	**49**	**2355**	**42**	**8**
Menu J: 4 Day Average W 16 oz skim milk	**1938**	**74**	**24**	**221**	**2040**	**226**	**27.0**	**87**	**14**	**79.0**	**17**	**113**	**80**	**124**	**3555**	**147**	**308**

Seattle Sutton's Healthy Eating
4-Day Thursday 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 B: 4 Day Average W 16 oz skim milk	2020	77	25	414	2190	232	26	101	20	97	17	87	90	135	3465	151	307
Menu D: 4 Day Average W 16 oz skim milk	1953	77	26	191	2303	226	27	97	22	88	10	169	69	145	3425	151	312
Menu F: 4 Day Average W 16 oz skim milk	1890	69	21	296	2313	222	27	92	24	91	15	244	95	146	3580	154	307
Menu H: 4 Day Average W 16 oz skim milk	1810	70	25	174	2011	210	21	92	16	76	10	127	67	137	3583	146	305
Menu J: 4 Day Average W 16 oz skim milk	1938	74	24	221	2040	226	27	87	14	79	17	113	80	124	3555	147	308



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

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Dietitians@sshe.com

2000 Calorie Plan Thursday 4-Day Plan With Milk Servings		
Calories	1922	kcal
Total Fat	73.3	g
Saturated Fat	24.3	g
Trans Fat	0	g
Cholesterol	259.3	mg
Sodium	2171	mg
Total Carbohydrates	223.2	g
Dietary Fiber	29.0	g
Total Sugars	93.6	g
Added Sugars	19.0	g
Protein	86.2	g
Vitamin D	307.5	mcg
Calcium (%)	137.25	%
Iron (%)	80.05	%
Potassium	3521.5	mcg
Macronutrient Breakdown		
Fats	34%	
Carbohydrates	46%	
Protein	18%	

2000 Calorie Plan Thursday 4-Day Plan WITHOUT MILK SERVINGS		
Calories	1592.0	kcal
Total Fat	66.4	g
Saturated Fat	20.1	g
Trans Fat	0	g
Cholesterol	229.3	mg
Sodium	1871	mg
Total Carbohydrates	187.2	g
Dietary Fiber	29.0	g
Total Sugars	57.6	g
Includes Added S	19.0	g
Protein	59.2	g
Vitamin D	7.5	mcg
Calcium (%)	62.25	%
Iron (%)	80.05	%
Potassium	2321.5	mcg
Macronutrient Breakdown		
Fats	37%	
Carbohydrates	47%	
Protein	15%	

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