

Seattle Sutton's Healthy Eating

1200 Calorie Plan 4-Day THURSDAY Menu & Meal Plan Nutrition Averages

Menu B 5/9/2024

Meal Name	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)	(%)	(%)
Egg Fonduta	300	8	3	20	630	34	6	13	3	23	0	20	15	20	510	4	0
Wild Blackberry Parfait	340	11	1	5	40	50	6	29	14	13	0	2	70	10	330	10	0
Strawberry Cheesecake French Toast	300	11	4	35	370	41	2	17	8	9	2	2	35	8	190	8	2
Quesadilla with Tamale Soup	280	9	3.5	15	580	40	5	12	1	11	2	35	8	15	370	10	2
Croque Monsieur	290	13	4.5	35	450	32	7	10	3	18	2	4	25	25	240	10	2
El Pastor Bowl	320	17	3	75	410	23	4	3	0	20	4	20	10	10	600	6	4
Basque Seafood Stew	530	10	1.5	110	560	76	6	23	8	32	0	8	35	10	1240	20	0
Gnocchi Alla Norma	280	6	1.5	40	470	46	5	9	3	9	0	0	15	8	190	2	0
Chicken Enchilada Bake	360	15	6	70	500	29	4	6	0	22	2	30	8	20	420	25	2
Avocado Toast	320	15	1.5	40	260	38	2	11	4	11	0	4	6	2	150	4	0
Chicken Salad on Croissant	540	20	4.5	45	450	73	6	13	4	17	2	70	35	6	290	4	2
Moroccan Chicken Skewers	300	6	3	20	380	50	3	8	3	10	2	30	15	6	480	4	0
Average	346.7	11.8	3.1	42.5	425.0	44.3	4.7	12.8	4.3	16.3	1.3	18.8	23.1	11.7	417.5	8.9	1.2
Daily Average	1040	35.3	9.3	127.5	1275.0	133.0	14.0	38.5	12.8	48.8	4.0	56.3	69.3	35.0	1252.5	26.8	3.5
W 16 oz skim milk	1200	35.25	9.25	137.5	1475.0	157.0	14	62.5	12.75	66.75	34	56.25	69.25	85	2052.5	96.75	203.5

Menu D 5/16/2024

Meal Name	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)	(%)	(%)
Blueberry Almond Torta	410	15	3	0.1833333	390	59	5	40	13	13	0	70	8	10	400	6	2
Cheesy Egg Strata	240	10	5.5	0.1	530	17	1	11	0	18	6	70	10	20	510	10	2
Open-Faced Asparagus & Gruyere Omelet	290	6	1.5	0.0333333	450	38	4	22	2	20	2	10	15	15	550	6	0
Chicken Nicoise Bowl	430	20	3	0.5666667	570	20	5	5	0	40	4	45	15	8	1040	30	2
Pear & Gorgonzola Salad	400	26	4.5	0.1	270	36	6	18	9	11	4	8	15	10	340	10	0
Broccoli Cheddar Soup & Salad	420	17	7.5	0.2	600	53	6	15	5	15	8	35	15	25	440	15	10
Pasticcio with Mediterranean Salad	440	22	4.5	0.2333333	220	37	2	10	2	22	4	4	15	20	460	25	10
Chicken Cacciatore	370	12	4	0.3166667	490	28	8	17	1	36	2	40	15	8	930	6	0
Cider Salmon	450	25	10	0.4333333	330	30	5	17	8	27	4	60	15	6	820	8	2
Strawberry Chia Oatmeal	280	8	3.5	20	530	33	6	14	0	19	0	30	15	15	540	8	2
Lou's Bleu Burger	250	11	2	0	530	32	6	12	2	7	0	25	10	6	490	10	0
Honey Peach BBQ Chicken	470	12	4.5	120	400	50	3	12	5	40	4	4	10	15	920	15	6
Average	370.8	15.3	4.5	11.8	442.5	36.1	4.8	16.1	3.9	22.3	3.2	33.4	13.2	13.2	620.0	12.4	3.0
Daily Average	1113	46.0	13.4	35.5	1327.5	108.3	14.3	48.3	11.8	67.0	9.5	100.3	39.5	39.5	1860.0	37.3	9.0
W 16 oz skim milk	1273	46	13.375	45.541667	1527.5	132.3	14.25	72.3	11.75	85	39.5	100.25	39.5	89.5	2660	107.25	209

Menu F 5/23/2024

Meal Name	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)	(%)	(%)
Sunrise Pizza	330	0.19231	6	115	580	32	3	5	1	16	2	35	20	25	600	15	2
Cranberry Oat Bar	370	0.08974	0.5	5	80	59	5	36	26	16	0	10	8	20	420	4	0
Hashbrown Casserole	190	0.07692	3	20	260	21	4	13	1	12	0	2	10	15	480	8	0
Chipotle Black Bean Burger	510	0.37179	3.5	0	520	51	11	17	9	16	2	10	20	10	750	4	0

Broccoli Cheddar Fritter	340	0.17949	4.5	20	430	44	7	24	7	12	2	35	15	15	520	10	2	2
Bonsai Salmon Bowl	430	0.15385	2	65	620	57	3	23	11	23	0	4	15	4	780	20	0	0
Chicken & Dumplings	380	0.11538	3	70	490	47	4	14	10	27	8	10	10	4	620	8	7	7
Spinach & Walnut Pesto Tortellini	450	0.28205	4	70	520	49	8	7	0	17	8	60	25	20	1040	10	0	0
Roast Turkey in Dijon Cream Sauce	480	0.08974	3	120	460	53	8	22	10	48	2	20	20	15	1040	35	4	4
Bacon & Egg Bagel Sandwich	440	29	9	90	350	35	4	18	8	7	0	4	8	6	95	6	0	0
Smoky Chicken Salad Pita	360	22	4	15	400	29	5	13	10	12	8	10	20	20	470	15	0	0
Swedish Meatballs	310	12	3	65	320	30	2	3	0	18	2	2	8	8	420	15	6	6
Average	382.5	5.4	3.8	54.6	419.2	42.3	5.3	16.3	7.8	18.7	2.8	16.8	14.9	13.5	602.9	12.5	1.8	1.8
Daily Average	1148	16.1	11.4	163.8	1257.5	126.8	16.0	48.8	23.3	56.0	8.5	50.5	44.8	40.5	1808.8	37.5	5.3	5.3
W 16 oz skim milk	1308	16.1378	11.375	173.75	1457.5	150.8	16	72.8	23.25	74	38.5	50.5	44.75	90.5	2608.75	107.5	205.25	205.25

Menu H 5/30/2024

Meal Name	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)	(%)	(%)
Cheddar & Sausage Breakfast Casserole	520	25	4.5	20	630	50	9	17	0	26	2	8	15	20	600	15	2
Lemon Blueberry Clafoutis	320	9	3.5	20	400	47	4	30	15	11	0	10	10	6	250	4	4
Potato Pancakes with Smoked Veggie Cre	280	15	5	100	660	32	5	12	1	8	2	6	2	6	600	4	0
Chili Con Carne	460	27	4.5	30	510	41	8	9	0	17	2	20	25	15	630	8	2
Tuna Melt	310	7	2	30	410	37	7	7	1	27	4	20	15	15	820	15	0
Acapulco Taco Pie	360	16	5	50	460	36	5	5	1	20	2	20	20	20	520	15	2
Marry Me Chicken	570	13	3.5	170	570	74	10	16	6	40	4	25	15	10	1070	6	4
Picadillo Cubano	330	5	1	25	380	60	6	4	1	12	0	6	20	6	840	10	2
Turkey Pot Roast Dinner	420	7	2	95	520	54	7	11	3	36	15	10	25	15	1150	25	2
Berry Colada Parfait	320	10	3	45	420	39	7	4	0	21	2	10	10	15	660	8	4
Pecan and Poppyseed Chicken Salad	480	13	1.5	35	790	75	6	21	0	17	2	2	30	6	250	8	0
Penne Al Forno	310	10	3.5	20	600	38	9	9	0	20	2	80	15	25	590	8	0
Average	390.0	13.1	3.3	53.3	529.2	48.6	6.9	12.1	2.3	21.3	3.1	18.1	16.8	13.3	665.0	10.5	1.8
Daily Average	1170	39.3	9.8	160.0	1587.5	145.8	20.8	36.3	7.0	63.8	9.3	54.3	50.5	39.8	1995.0	31.5	5.5
W 16 oz skim milk	1330	39.25	9.75	170	1787.5	169.8	20.75	60.3	7	81.75	39.25	54.25	50.5	89.75	2795	101.5	205.5

Menu J 6/6/2024

Meal Name	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)	(%)	(%)
Chocolate Chia Bowl	310	13	3.5	0	70	46	7	31	12	8	0	2	15	15	460	15	0
Open-Faced Breakfast Sandwich	330	19	6	180	630	21	2	8	1	18	10	10	10	20	410	2	0
Cowboy Skillet	200	4	1.5	5	280	26	5	12	2	13	2	100	15	10	500	4	0
Landry Bay Crab Cakes	380	19	2.5	80	700	32	5	8	5	20	0	10	15	8	400	2	0
Pecan-Cranberry Mixed Green Salad	460	33	4.5	15	160	33	7	19	15	10	4	10	10	20	280	8	0
BBQ Chicken Pizza	320	11	5	60	350	36	6	14	3	21	2	6	6	20	530	15	0
Chicken Fricassee	460	14	3.5	110	580	51	6	13	11	36	6	20	20	6	890	6	2
Irish Cork County Stew	480	9	3	80	680	67	7	17	2	31	15	30	10	15	1120	30	8
Nona Sutton's Lasagna	360	18	4.5	35	510	31	5	10	0	18	4	6	15	25	1690	10	0
Bircher Muesli and Pears	320	9	4	25	620	37	4	19	0	21	4	40	10	25	660	8	2
Potato & Leek Soup with Petite Greens	400	22	3	10	380	45	9	12	0	11	6	100	20	15	650	10	2
Salisbury Steak	300	9	2	65	320	31	7	6	0	23	2	10	15	4	470	20	4
Average	360.0	15.0	3.6	55.4	440.0	38.0	5.8	14.1	4.3	19.2	4.6	28.7	13.4	15.3	671.7	10.8	1.5
Daily Average	1080	45.0	10.8	166.3	1320.0	114.0	17.5	42.3	12.8	57.5	13.8	86.0	40.3	45.8	2015.0	32.5	4.5
W 16 oz skim milk	1240	45	10.75	176.25	1520.0	138.0	17.5	66.3	12.75	75.5	43.75	86	40.25	95.75	2815	102.5	204.5

Seattle Sutton's Healthy Eating

1200 Calorie Plan 4-Day THURSDAY Menu & Meal Plan Nutrition Averages

Weekly Averages with Milk	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 5/9/2024	1200	35	9	138	1475	157	14	63	13	67	34	56	69	85	2053	97	204
Menu D 5/16/2024	1272.5	46.0	13.4	45.5	1527.5	132.3	14.3	72.3	11.8	85.0	39.5	100.3	39.5	89.5	2660.0	107.3	209.0
Menu F 5/23/2024	1308	16	11	174	1458	151	16	73	23	74	39	51	45	91	2609	108	205
Menu H 5/30/2024	1330	39	10	170	1788	170	21	60	7	82	39	54	51	90	2795	102	206
Menu J 6/6/2024	1240	45	11	176	1520	138	18	66	13	76	44	86	40	96	2815	103	205



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 Thursday 4-Day Plan Including 2 servings of Non-Fat Milk/Day	
Calories	1270 kcal
Total Fat	34.7 g
Saturated Fat	11 g
Trans Fat	0 g
Cholesterol	140.6 mg
Sodium	1554 mg
Total Carbohydrates	149.6 g
Dietary Fiber	16.5 g
Total Sugars	66.8 g
Added Sugars	13.5 g
Protein	76.6 g
Vitamin D	205.6 mcg
Calcium (%)	90.10 %
Iron (%)	48.85 %
Potassium	2586.3 mcg
Macronutrient Breakdown	
Fats	25%
Carbohydrates	46%
Protein	24%

1200 Calorie Plan Thursday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1110.0 kcal
Total Fat	34.7 g
Saturated Fat	11 g
Trans Fat	0 g
Cholesterol	130.6 mg
Sodium	1354 mg
Total Carbohydrates	125.6 g
Dietary Fiber	16.5 g
Total Sugars	42.8 g
Includes Added !	13.5 g
Protein	58.6 g
Vitamin D	5.6 mcg
Calcium (%)	40.10 %
Iron (%)	48.85 %
Potassium	1786.3 mcg
Macronutrient Breakdown	
Fats	27%
Carbohydrates	45%
Protein	21%

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	100	200
Total Carbohydrates	12 g	24 g
Dietary Fiber	0 g	0 g
Total Sugars	12 g	24 g
Includes Added Sugars	0 g	0 g
Protein	9 g	18 g
Vitamin D	100 mcg	200mcg
Calcium (%)	25%	50%
Iron (%)	0%	0%
Potassium	400 mcg	800 mcg