

Seattle Sutton's Healthy Eating

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

Menu A 08/04/2025

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)	(%)	(%)
Open-Faced Asparagus & Gruyere Omelet	320	6	2.5	10	540	41	4	15	2	21	2	15	20	15	410	6	0
Chocolate Crepe & Strawberry Salsa	320	15	1.5	40	260	38	2	11	4	11	0	4	6	2	150	4	0
Blueberry Smoothie Bowl	360	8	1.5	0	60	60	7	38	18	12	0	30	35	15	460	15	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	450	13	1	80	250	46	5	13	7	36	0	10	20	4	530	25	2
Baja Tinga Wrap	310	11	3.5	45	420	36	7	4	0	20	2	10	10	15	600	8	4
Margherita Pizza	390	22	7	40	740	30	6	6	0	20	2	30	15	35	530	30	2
Chicken Salad on Croissant	330	17	6.5	80	300	27	3	10	1	16	6	4	6	2	210	0	0
Crab-Stuffed Flounder	380	12	2.5	60	660	44	4	4	1	26	4	15	10	10	690	6	2
Roast Turkey in Dijon Cream Sauce	480	7	3	120	460	53	8	22	10	48	2	20	20	15	1040	35	4
Nona Sutton's Lasagna	360	20	6	45	520	28	4	10	0	17	4	6	15	25	730	15	0
Sweet & Sour Chicken	520	20	4.5	45	420	69	6	12	4	16	2	70	35	6	290	2	2
Average	380.8	14.1	3.8	60.4	424.2	42.5	5.0	13.7	4.1	21.3	2.2	18.5	16.8	13.7	507.5	12.3	1.5
Daily Average	1143	42.3	11.5	181.3	1272.5	127.5	15.0	41.0	12.3	63.8	6.5	55.5	50.5	41.0	1522.5	37.0	4.5
W 16 oz skim milk	1303	42.25	11.5	191.25	1472.5	151.5	15	65.0	12.25	81.75	36.5	55.5	50.5	91	2322.5	107	204.5

Menu C 08/11/2025

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)	(%)	(%)
Peach Berry Blintz	360	15	5.5	65	260	43	2	20	11	16	0	6	8	8	280	6	2
Cheesy Baked Egg Casserole	280	8	3.5	20	530	33	6	14	0	19	0	30	15	15	540	8	2
Strawberry Chia Oatmeal	300	11	2	0	35	45	6	21	7	9	2	30	15	10	420	10	8
Ciabatta Egg Sandwich	280	10	4.5	130	550	34	5	8	0	14	0	25	15	15	270	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
Tuscan Bean Soup & Crostata	320	14	3	10	710	36	8	5	1	13	2	10	15	15	1190	4	0
Lou's Bleu Burger	490	17	4.5	120	750	61	5	20	7	25	0	10	25	15	640	2	0
Tamale Bowl	420	20	10	20	440	47	11	27	0	10	2	15	20	15	340	8	2
Penne "Vodka" Meatballs	420	16	4.5	55	350	49	9	7	1	24	2	30	20	10	890	20	4
Chicken Linguini Alfredo	350	11	4.5	60	560	39	4	10	0	25	2	110	8	20	720	0	0
Honey Peach BBQ Chicken	470	12	4.5	120	400	50	3	11	5	40	4	4	10	15	920	15	6
Average	368.3	14.2	4.2	55.8	442.1	42.8	5.8	14.2	3.0	18.8	1.5	28.0	15.1	12.7	582.5	7.8	2.0
Daily Average	1105	42.5	12.6	167.5	1326.3	128.3	17.5	42.5	9.0	56.5	4.5	84.0	45.3	38.0	1747.5	23.5	6.0
W 16 oz skim milk	1265	42.5	12.625	177.5	1526.3	152.3	17.5	66.5	9	74.5	34.5	84	45.25	88	2547.5	93.5	206

Menu E 08/18/2025

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 & Feta Tart	300	17	7	140	520	26	4	11	0	14	2	6	6	10	220	4	0
Bacon & Cheddar Clafoutis	340	15	4	30	340	32	3	6	0	16	10	50	25	20	1190	15	8
Morning Protein Plate	430	21	6	195	360	47	6	21	3	18	2	30	25	20	460	6	0
Bacon & Egg Bagel Sandwich	330	12	3	160	530	42	6	12	0	21	2	80	15	6	540	4	0
Chicken Gyro Bowl	410	13	1.5	65	480	40	4	2	0	30	2	25	20	10	310	4	0
Pecan-Cranberry Mixed Green Salad	460	33	4.5	15	160	33	7	19	15	10	4	10	10	20	280	8	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	510	51	11	16	9	16	2	10	20	10	740	2	0

BBQ Meatloaf & Cheddar Mash	400	19	5.5	60	470	39	4	13	6	21	2	15	15	10	690	20	6
Tortellini Pomodoro	280	10	3.5	50	560	35	5	12	3	12	2	15	15	20	370	4	0
Cajun Shrimp Etoufee	350	13	4.5	140	530	39	4	7	1	22	2	20	8	8	570	8	2
Chicken Matzo Ball Soup	520	20	5.5	85	370	53	4	18	10	33	4	6	30	4	810	6	2
Average	387.5	17.0	4.3	84.6	430.8	41.0	5.3	13.3	4.6	19.8	3.0	22.9	17.0	12.0	552.5	8.0	1.7
Daily Average	1163	51.0	12.9	253.8	1292.5	123.0	15.8	39.8	13.8	59.3	9.0	68.8	51.0	36.0	1657.5	24.0	5.0
W 16 oz skim milk	1323	51	12.875	263.75	1492.5	147.0	15.75	63.8	13.75	77.25	39	68.75	51	86	2457.5	94	205

Menu G 08/25/2025

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)	(%)	(%)
Wheat Croissant with Brie	480	25	8	40	350	57	7	31	4	13	0	8	15	10	520	15	0
Superfood Brioche French Toast	250	10	3.5	30	220	33	3	18	6	7	2	2	30	6	180	2	2
Swiss Cheese Egg Bake	230	6	3	20	440	18	2	4	0	20	0	6	10	25	380	0	0
Potato Pancakes with Smoked Veggie Cre	280	15	5	100	660	32	5	12	1	8	2	6	2	6	600	4	0
Broccoli Cheddar Fritter	340	14	4.5	20	430	44	7	24	7	12	2	35	15	15	520	10	2
Capri Chicken with Quinoa Pilaf	440	18	4.5	115	740	24	5	6	0	44	4	45	10	25	940	15	2
Loaded Quesadilla & Tortilla Soup	380	19	4	55	810	34	4	4	0	21	2	6	10	25	250	15	2
Pecan and Poppyseed Chicken Salad	370	19	2	35	290	25	3	9	0	25	2	4	10	6	290	4	0
Mediterranean Lunch Box	410	21	3.5	80	610	20	5	4	1	35	0	4	15	8	470	20	2
Pierogi in Mushroom & Tomato Gravy	310	7	3	20	400	53	3	8	3	11	2	35	15	6	530	6	2
Salmon with Creamy Dill Sauce	370	13	4.5	65	440	34	4	6	0	30	2	40	10	6	830	10	4
Herbed Turkey Bake	330	13	4	45	290	37	4	9	4	16	2	4	10	4	370	6	2
Average	349.2	15.0	4.1	52.1	473.3	34.3	4.3	11.3	2.2	20.2	1.7	16.3	12.7	11.8	490.0	8.9	1.5
Daily Average	1048	45.0	12.4	156.3	1420.0	102.8	13.0	33.8	6.5	60.5	5.0	48.8	38.0	35.5	1470.0	26.8	4.5
W 16 oz skim milk	1208	45	12.375	166.25	1620.0	126.8	13	57.8	6.5	78.5	35	48.75	38	85.5	2270	96.75	204.5

Menu I 09/01/2025

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)	(%)	(%)
Brioche Breakfast Sandwich	400	18	6.5	170	500	34	5	14	6	23	4	50	15	20	540	8	0
Chocolate Pancake with Citrus Mascarpone	330	15	5.5	20	135	45	3	23	9	7	0	2	15	8	300	10	2
Blueberry Almond Torta	410	15	3	55	390	57	5	40	13	14	0	70	10	10	400	4	2
Open-Faced Breakfast Sandwich	300	18	6	180	580	19	2	5	0	15	10	15	8	15	320	0	0
Tex-Mex Fish Taco	350	13	3.5	40	550	37	5	4	2	22	0	4	10	15	650	6	0
Smoky Chicken Salad Pita	330	11	1.5	60	420	38	7	9	1	25	2	20	15	10	680	8	0
Fresh Fruit and Cottage Cheese Plate	320	9	4	25	620	37	4	19	0	21	4	40	10	25	660	8	2
Loaded Potato Soup	380	15	7	45	460	48	4	6	1	15	4	10	15	25	520	20	10
Spaghetti Bolognese	320	11	1.5	0	200	43	8	6	0	11	2	8	20	6	500	8	0
Thai Coconut Chicken	440	14	6	40	550	56	2	9	3	20	2	15	30	8	500	4	0
Sundried Tomato & Italian Sausage Flatbread	420	21	4	20	860	41	7	3	2	24	4	35	20	25	630	0	0
Salisbury Steak	330	10	3	65	380	36	7	8	1	25	2	15	20	6	770	25	6
Average	360.8	14.2	4.3	60.0	470.4	40.9	4.9	12.2	3.2	18.5	2.8	23.7	15.7	14.4	539.2	8.4	1.8
Daily Average	1083	42.5	12.9	180.0	1411.3	122.8	14.8	36.5	9.5	55.5	8.5	71.0	47.0	43.3	1617.5	25.3	5.5
W 16 oz skim milk	1243	42.5	12.875	190	1611.3	146.8	14.75	60.5	9.5	73.5	38.5	71	47	93.25	2417.5	95.25	205.5

Seattle Sutton's Healthy Eating

1200 Calorie Plan 4-Day MONDAY 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 A 08/04/2025	1270.0	49.0	13.2	265.0	1453.3	139.3	14.0	61.7	12.0	73.7	39.3	59.7	46.3	91.3	2313.3	98.0	206.0
Menu C 08/11/2025	1220.0	43.7	12.3	110.0	1401.7	146.7	19.0	67.7	8.0	67.0	34.7	99.0	43.7	85.7	2520.0	95.7	206.0
Menu E 08/18/2025	1270.0	49.0	13.2	265.0	1453.3	139.3	14.0	61.7	12.0	73.7	39.3	59.7	46.3	91.3	2313.3	98.0	206.0
Menu G 08/25/2025	1230.0	44.3	12.8	158.3	1680.0	129.7	13.3	59.0	7.0	82.3	34.7	60.3	43.3	92.0	2340.0	101.0	205.3
Menu I 09/01/2025	1266.7	42.3	11.8	153.3	1608.3	153.3	15.3	66.3	12.0	73.7	36.0	81.3	48.3	92.3	2420.0	88.7	202.0



For questions regarding this nutritional analysis, please contact the dietitians at
Seattle Sutton's Healthy Eating
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1200 Calorie Plan Monday 4-Day Plan Including 2 servings of Non-Fat Milk/Day	
Calories	1251 kcal
Total Fat	45.7 g
Saturated Fat	13 g
Trans Fat	0 g
Cholesterol	190.3 mg
Sodium	1519 mg
Total Carbohydrates	141.7 g
Dietary Fiber	17.2 g
Total Sugars	63.3 g
Added Sugars	10.2 g
Protein	74.1 g
Vitamin D	205.1 mcg
Calcium (%)	90.53 %
Iron (%)	45.60 %
Potassium	2381.3 mcg
Macronutrient Breakdown	
Fats	33%
Carbohydrates	45%
Protein	24%

1200 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1091.3 kcal
Total Fat	45.7 g
Saturated Fat	13 g
Trans Fat	0 g
Cholesterol	180.3 mg
Sodium	1319 mg
Total Carbohydrates	117.7 g
Dietary Fiber	17.2 g
Total Sugars	39.3 g
Includes Added !	10.2 g
Protein	56.1 g
Vitamin D	5.1 mcg
Calcium (%)	40.53 %
Iron (%)	45.60 %
Potassium	1581.3 mcg
Macronutrient Breakdown	
Fats	37%
Carbohydrates	43%
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