Woodford's Family Service	es
Residential Program	

Weekly Menu Plan Sheet

BS's Plan

Week of: 4-3-16 to 4-9-16

Weekly Weigh	-In:	

Day Date	Sunday 4/3	Monday 4/4	Tuesday 4/5	Wednesday 4/6	Thursday 4/7	Friday 4/8	Saturday 4/9
Breakfast	yes no [25] Veggie Omelet	yes no [56] 2 eggs over easy 2 pieces of toast /w jelly		2 pieces of toast /w	[49] 2 Eggs w/ Cheese jelly	yes no [56] 2 eggs over easy 2 pieces of toast /w jelly	yes no [25] Veggie Omelet
Lunch	yes no [4] Spinach, Egg and Cheese Breakfast Wrap	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [63] Turkey & Damp; Cheese Wrap tomato carrots		Spinach Wraps pretzels	[75] Turkey and Cheese on Spinach	yes no [65] 1 Grilled Cheese sandwiche w/ tomato apple slices
Dinner	yes no [0]	yes no [15] Chicken-and- Veggie Stir-fry/w Brown Rice/w Salad	yes no [26] Black Bean Veggie Burgers /w Sweet Potato Fries	yes no [21] Ham & Cheese Quiche	yes no [6] Chicken Breast With Mixed Vegetables	/w Chopped Spinach	yes no [17] Roasted Tomato and Artichoke Flatbread Pizza
Snacks	[#107] Froz [#36] 1 Ban	en Fruit/Berry Smoo nana	othie [#92] Cucui	mbers /w Humus [[#46] Orange	[#100] Celery and I	Ranch Dressing
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Services Residential Program

Weekly Menu Plan Sheet

BS's Plan

Week of: 3-13-16 to 3-19-16

Week	lv	Weigh-In:
VVCCN	ı.y	WCIZII-III.

Day Date	Sunday 3/13	Monday 3/14	Tuesday 3/15	Wednesday 3/16	Thursday 3/17	Friday 3/18	Saturday 3/19
Breakfast	yes no [33] Cheerios with Raisins	yes no [34] Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe	yes no [33] Cheerios with Raisins	yes no [34] Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe	yes no [33] Cheerios with Raisins	yes no [49] 2 Eggs w/ Cheese jelly toast apple	yes no [33] Cheerios with Raisins
Lunch	Cheese Wrap	yes no [59] Turkey and Cheese on wheat wrap Apple Cucumber	yes no [63] Turkey & Damp; Cheese Wrap tomato carrots	yes no [59] Turkey and Cheese on wheat wrap Apple Cucumber	yes no [63] Turkey & Damp; Cheese Wrap tomato carrots	yes no [63] Turkey & Damp; Cheese Wrap tomato carrots	yes no [61] Leftover Pizza
Dinner	yes no [0]	yes no [22] Spinach Quiche	yes no [79] Sloppy Joe /w green pepper and onion /w salad	yes no [19] Spaghetti and Turkey Meatball /w salad	yes no [25] Veggie Omelet	yes no [80] Homemade Pizza with side salad	yes no [7] Banh Mi Hot Dog /w peas
Snacks	[#106] Cottage [#36] 1 Banana		ar snap peas /w Hu	mus [#89] Raisins	[#109] Medium	Granny Smith App	le
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Services Residential Program

Weekly Menu Plan Sheet

BS's Plan

Week of: 3-20-16 to 3-26-16

Weekly \	Weigh-In
----------	----------

Day Date	Sunday 3/20	Monday 3/21	Tuesday 3/22	Wednesday 3/23	Thursday 3/24	Friday 3/25	Saturday 3/26
Breakfast	yes no [8] Omelet	yes no [51] 2 Eggs 1 orange Cottage Cheese	yes no [33] Cheerios with Raisins	yes no [51] 2 Eggs 1 orange Cottage Cheese	yes no [33] Cheerios with Raisins	yes no [51]2 Eggs 1 orange Cottage Cheese	yes no [33] Cheerios with Raisins
Lunch	yes no [12] Italian Sub in a Wrap	yes no [118] Turkey & Damp; Cheese Wrap cucumbers and humus/dressing	yes no [11] Chicken Caesar Salad	yes no [118] Turkey & Damp; Cheese Wrap cucumbers and humus/dressing	Cheese Wrap cucumbers	yes no [64] Leftover Pork Roast /w Apple Salad	yes no [65] 1 Grilled Cheese sandwiche w/ tomato apple slices
Dinner	yes no [0]	yes no [3] Soft Tacos With Spicy Chicken/w carrots	yes no [81] Turkey Burger /w sweet potato fries	yes no [20] Garlic Chicken and Zucchini	Salad	yes no [29] Bean Soup With Kale	yes no [12] Italian Sub in a Wrap
Snacks		Triscuits /w Humus [1 Banana	[#119] Apple S	auce (side/snack) [#9	[2] Cucumbers /w Hum	us [#106] Co	ottage Cheese
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Services Residential Program

Weekly Menu Plan Sheet

BS's Plan

Week of: 3-27-16 to 4-2-16

W	eekl	v W	eig	h-I	n
* *	CCIXI	, ,,	CIE	11 1	.11

Day Date	Sunday 3/27	Monday 3/28	Tuesday 3/29	Wednesday 3/30	Thursday 3/31	Friday 4/1	Saturday 4/2
Breakfast	yes no [57] 2 Soft Tacos /w eggs Cucumbers /w Hummus		yes no [57] 2 Soft Tacos /w eggs Cucumbers /w Hummus	Raisins		yes no [33] Cheerios with Raisins	yes no [51] 2 Eggs 1 orange Cottage Cheese
Lunch	yes no [7] Banh Mi Hot Dog/w peas	yes no [59] Turkey and Cheese on wheat wrap Apple Cucumber	yes no [71] BLT Turkey Wrap peas	yes no [59] Turkey and Cheese on wheat wrap Apple Cucumber	yes no [71] BLT Turkey Wrap peas	yes no [59] Turkey and Cheese on wheat wrap Apple Cucumber	yes no [74] Turkey Burger small salad
Dinner	yes no [0]	yes no [11] Chicken Caesar Salad	yes no [14] Chicken Burger /w Broccoli	Turkey, Rice and Corn	yes no [83] Chef Salad	Turkey, Rice and Corn	yes no [16] Chicken Cutlets with Sesame Broccoli Slaw
Snacks	[#107] Frozen	Fruit/Berry Smoothi	e [#96] Sugar si	nap peas /w Humus	[#92] Cucui	mbers /w Humus [#36] 1 Banana
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Services	S
Residential Program	

Weekly Menu Plan Sheet

BS's Plan

Week of: 4-10-16 to 4-16-16

Day Date	Sunday 4/10	Monday 4/11	Tuesday 4/12	Wednesday 4/13	Thursday 4/14	Friday 4/15	Saturday 4/16
Breakfast		yes no [33] Cheerios with Raisins	[49] 2 Eggs w/ Cheese	yes no [33] Cheerios with Raisins	yes no [49] 2 Eggs w/ Cheese jelly toast apple		yes no [51] 2 Eggs 1 orange Cottage Cheese
Lunch	With Spicy Chicken	yes no [77] Tunafish and relish Wrap Spinach	•	yes no [77] Tunafish and relish Wrap Spinach	yes no [78] Turkey Burger small salad	yes no [77] Tunafish and relish Wrap Spinach	yes no [11] Chicken Caesar Salad
Dinner	yes no [0]	yes no [1] BLT Turkey Wrap	Brown Rice /w corn	Stuffed Bell Pepper/w	yes no [4] Spinach, Egg and Cheese Breakfast Wrap	yes no [26] Black Bean Veggie Burgers /w Sweet Potato Fries	yes no [88] Tuna Melt /w 2 hard boiled eggs
Snacks	[#101] Yumm [#36] 1 Banar	y Salsa /w torti na	lla chips [#42] Who	ole Grain Rice Cakes	[#107] Frozen	Fruit/Berry Smoothi	e
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no