Woodford's Family Services
Residential Program

Weekly Menu Plan Sheet

CT's Plan

Week of: June 5 to June 11

Weekly	Weigh-In:		

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	yes no [9] Krusteaz Blueberry Pancakes	yes no [33] Cheerios with Raisins		Raisins	yes no [35] English Muffin /w Peanut Butter /w Banana	yes no [110] OPTION: Oatmeal & Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee	
Lunch	[7] Banh Mi	yes no [70] PB&J on Wheat Bread Carrots Orange	yes no [71] BLT Turkey Wrap peas		yes no [71] BLT Turkey Wrap peas	yes no [73] PB&J on Wheat Bread Pretzels Cucumbers	yes no [74] Turkey Burger small salad
Dinner	yes no [0]	yes no [11] Chicken Caesar Salad	yes no [108] Subway Meal		yes no [5] One pot Ground Turkey, Rice and Corn	yes no [18] BBQ Chicken Pizza	yes no [16] Chicken Cutlets with Broccoli Slaw
Snacks	[#95] Cra	ackers /w PB [#	96] Sugar snap pear	s/w Humus [#9	97] Trail Mix [#3	[6] 1 Banana	
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

CT's Plan

Week of: June 12 to June 18

	Weekly Weigh-In:
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Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	yes no [25] Veggie Omelet	yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	yes no [110] OPTION: Oatmeal & Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee	yes no [56] 2 eggs over easy 2 pieces of toast /w jelly
Lunch	yes no [4] Spinach, Egg and Cheese Breakfast Wrap	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [112] LEFTOVERS: Roasted Tomato and Artichoke Flatbread Pizza
Dinner	yes no [0]	yes no [15] Chicken-and- Veggie Stir-fry/w Brown Rice/w Salad	yes no [108] Subway Meal	yes no [6] Chicken Breast With Mixed Vegetables	yes no [84] Liver and Onion /w Chopped Spinach	yes no [17] Roasted Tomato and Artichoke Flatbread Pizza	yes no [26] Black Bean Veggie Burgers /w Sweet Potato Fries
Snacks	[#99] Pear	nuts [#46] Orang	e [#100] Celery a	and Ranch Dressin	g [#36] 1 Banana	ì	
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

CT's Plan

Week of: June 19 to June 25

Weekly	Weigh-In:
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Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast	yes no [52] 2 Pancakes Yogurt Banana	yes no [113] Bran Flakes and Yogurt	yes no [48] Egg and Cheese on Wheat English Muffin Orange Slices Yogurt	yes no [113] Bran Flakes and Yogurt	yes no [50] Raisin Bran (1 cup) /w skim milk (1/2 cup) Wheat English muffin /w peanut butter	yes no [110] OPTION: Oatmeal & Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee	yes no [51] 2 Eggs 1 orange Yogurt	
Lunch	yes no [3] Bean Quesadillas	yes no [77] Tunafish and relish Wrap Spinach	yes no [65] 1 Grilled Cheese sandwiche w/ tomato apple slices	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	yes no [108] Subway Meal	yes no [86] Turkey Burger Stuffed Bell Pepper /w peas /w salad	yes no [87] Fish Chowder/w salad	yes no [102] BBQ Pulled Pork /w Brown Rice /w corn	yes no [4] Spinach, Egg and Cheese Breakfast Wrap	
Snacks	acks [#101] Salsa /w tortilla chips [#42] Whole Grain Rice Cakes [#103] Apples with PB [#36] 1 Banana							
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no	