Woodford's Family Services
Residential Program

JH's Plan

Weekly Weigh-In:

Weekly Menu Plan Sheet

Week of: 2-7-16 to 2-13-16

Day Date	Sunday 2/7	Monday 2/8	Tuesday 2/9	Wednesday 2/10	Thursday 2/11	Friday 2/12	Saturday 2/13
Breakfast	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	yes no [33]Cheerios with Raisins
Lunch	yes no [58]Tunafish Sandwich Mixed Berry & Yogurt Parfait	yes no [59]Turkey and Provolone cheese on wheat wrap Apple Cucumber	yes no [63]Turkey & Cheese Wrap tomato carrots	yes no [59]Turkey and Provolone cheese on wheat wrap Apple Cucumber	yes no [63]Turkey & Cheese Wrap tomato carrots	yes no [61]Leftover Pizza	yes no [63]Turkey & Cheese Wrap tomato carrots
Dinner	yes no [0]	yes no [2]Grilled Pork Fajita	yes no [79]Sloppy Joe /w green pepper and onion /w salad	yes no [19]Spaghetti and Turkey Meatball /w salad	yes no [80]Homemade Pizza with side salad	yes no [22]Crustless Spinach Quiche	yes no [7]Banh Mi Hot Dog on Wrap /w peas
Snacks	[#106]Cottage Cheese [#43]Triscuits /w Humus [#89]Raisins [#109]Medium Granny Smith Apple [#36]1 Banana						
Excercise (activity + time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no