

# Woodford's Family Services Residential Program

## Weekly Menu Plan Sheet

**CT's Plan**

**Week of: June 26 to July 2**

**Weekly Weigh-In:**

[illegible]

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<input type="checkbox"/> yes <input type="checkbox"/> no [ 56 ] 2 eggs over easy   2 pieces of toast /w jelly	<input type="checkbox"/> yes <input type="checkbox"/> no [ 113 ] Bran Flakes and Yogurt	<input type="checkbox"/> yes <input type="checkbox"/> no no [ 54 ] 2 Blueberry Pancakes and 2 eggs	<input type="checkbox"/> yes <input type="checkbox"/> no [ 113 ] Bran Flakes and Yogurt	<input type="checkbox"/> yes <input type="checkbox"/> no [ 48 ] Egg and Cheese on Wheat English Muffin   Orange Slices   Yogurt	<input type="checkbox"/> yes <input type="checkbox"/> no [ 110 ] OPTION: Oatmeal & Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee	<input type="checkbox"/> yes <input type="checkbox"/> no [ 56 ] 2 eggs over easy   2 pieces of toast /w jelly
Lunch	<input type="checkbox"/> yes <input type="checkbox"/> no [ 12 ] Italian Sub in a Wrap	<input type="checkbox"/> yes <input type="checkbox"/> no [ 63 ] Turkey & Cheese Wrap   tomato   carrots	<input type="checkbox"/> yes <input type="checkbox"/> no no [ 11 ] Chicken Caesar Salad	<input type="checkbox"/> yes <input type="checkbox"/> no [ 63 ] Turkey & Cheese Wrap   tomato   carrots	<input type="checkbox"/> yes <input type="checkbox"/> no [ 63 ] Turkey & Cheese Wrap   tomato   carrots	<input type="checkbox"/> yes <input type="checkbox"/> no [ 64 ] Leftover Pork Roast /w Apple Salad	<input type="checkbox"/> yes <input type="checkbox"/> no [ 65 ] 1 Grilled Cheese sandwiche w/ tomato   apple slices
Dinner	<input type="checkbox"/> yes <input type="checkbox"/> no [ 0 ]	<input type="checkbox"/> yes <input type="checkbox"/> no [ 3 ] Bean Quesadillas	<input type="checkbox"/> yes <input type="checkbox"/> no no [ 108 ] Subway Meal	<input type="checkbox"/> yes <input type="checkbox"/> no [ 20 ] Garlic Chicken and Zucchini	<input type="checkbox"/> yes <input type="checkbox"/> no [ 82 ] Pork Roast /w Apple Salad	<input type="checkbox"/> yes <input type="checkbox"/> no [ 80 ] Homemade Pizza with side salad	<input type="checkbox"/> yes <input type="checkbox"/> no [ 81 ] Turkey Burger /w tomato & sweet potato fries
Snacks	[ #91 ] Carrots /w Humus    [ #92 ] Cucumbers /w Humus    [ #106 ] Cottage Cheese    [ #36 ] 1 Banana						
Excercise (activity time)	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no

# Woodford's Family Services Residential Program

## Weekly Menu Plan Sheet

**CT's Plan**

**Week of: July 10 to July 16**

**Weekly Weigh-In:**

[illegible]

# Woodford's Family Services Residential Program

## Weekly Menu Plan Sheet

**CT's Plan**

**Week of: July 17 to July 23**

**Weekly Weigh-In:**

[illegible]

# Woodford's Family Services Residential Program

## Weekly Menu Plan Sheet

**CT's Plan**

**Week of: July 24 to July 30**

**Weekly Weigh-In:**

[illegible]