Woodford's Family Services
Residential Program

Weekly Menu Plan Sheet

AW's Plan

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

Weekly Weigh-In:		

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 [4]Spinach and Egg Breakfast Wrap with Avocado and Pepper Jack Cheese	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 [60]Turkey & Cheese Wrap peanuts carrots	yes no [59]Turkey and Provolone cheese on wheat wrap Apple Cucumber	yes no [60]Turkey & Cheese Wrap peanuts carrots	yes no [61]Leftover Pizza	yes no [60]Turkey & Cheese Wrap peanuts carrots	
Dinner	yes no [0]	yes no [1]BLT Turkey Wrap	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	[#43]Triscuits /w Humus [#89]Raisins [#109]Medium Granny Smith Apple [#90]Pretzels & PB [#36]1 Banana							
Excercise (activity + time)	yes no	yes no	yes no	□ yes □ no	□ yes □ no	yes no	ges no	