Woodford's Family Services
Residential Program

# **Weekly Menu Plan Sheet**

## AW's Plan

### Week of: June 5 to June 11

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast	yes no [9] Krusteaz Blueberry Pancakes	yes no [ 33 ] Cheerios with Raisins	yes no [ 35 ] English Muffin /w Peanut Butter /w Banana	Raisins		yes no [ 110 ] OPTION: Oatmeal & Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee		
Lunch	yes one of the peas of the pea		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] Crackers /w PB [#96] Sugar snap peas /w Humus [#97] Trail Mix [#36] 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**

## AW's Plan

Week of: June 12 to June 18

Weekly Weigh-In:	

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 [ 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] Peanuts [#46] Orange [#100] Celery and Ranch Dressing [#36] 1 Banana							
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no	

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# **Weekly Menu Plan Sheet**

## AW'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	milk (1/2 cup)   Wheat English		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 [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		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	