## Woodford's Family Services Residential Program

## AW's Plan

## Weekly Weigh-In:

Weekly Menu Plan Sheet

## Week of: 3-13-16 to 3-19-16

Day Date	Sunday 3/13	Monday 3/14	Tuesday 3/15	Wednesday 3/16	Thursday 3/17	Friday 3/18	Saturday 3/19
Breakfast	□ yes □ no [4]Spinach, Egg and Cheese Breakfast Wrap	□ yes □ no [113]Bran Flakes and Yogurt	□ yes □ no [34]Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe		□ yes □ no [49]2 Eggs w/ Cheese   jelly toast   apple	□ yes □ no [113]Bran Flakes and Yogurt	yes no [113]Bran Flakes and Yogurt
Lunch	□ yes □ no [58]Tunafish Sandwich   Mixed Berry & Yogurt Parfait	□ yes □ no [59]Turkey and Cheese on wheat wrap   Apple   Cucumber	□ yes □ no [60]Turkey & Cheese Wrap   peanuts   carrots	□ yes □ no [59]Turkey and Cheese on wheat wrap   Apple   Cucumber	□ yes □ no [60]Turkey & Cheese Wrap   peanuts   carrots	□ yes □ no [60]Turkey & Cheese Wrap   peanuts   carrots	□ yes □ no [61]Leftover Pizza
Dinner	yes no [0]	□ yes □ no [1]BLT Turkey Wrap	□ yes □ no [108]Subway Meal	□ yes □ no [19]Spaghetti and Turkey Meatball /w salad	yes no [79]Sloppy Joe /w green pepper and onion /w salad	yes no [80]Homemade Pizza with side salad	yes no [7]Banh Mi Hot Dog /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	yes no