

Woodford's Family Services Residential Program

Weekly Menu Plan Sheet

JH's Plan

Week of: June 26 to July 2

Weekly Weigh-In:

| Day | Sunday | Monday | Tuesday |
|--------------------------|--|--|--|
| Breakfast | <input type="checkbox"/> yes <input type="checkbox"/> no [34] Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe | <input type="checkbox"/> yes <input type="checkbox"/> no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt | <input type="checkbox"/> yes <input type="checkbox"/> no [34] Toast |
| Lunch | <input type="checkbox"/> yes <input type="checkbox"/> no [58] Tuna-fish Sandwich Mixed Berry & Yogurt Parfait | <input type="checkbox"/> yes <input type="checkbox"/> no [59] Turkey and Cheese on wheat wrap Apple Cucumber | <input type="checkbox"/> yes <input type="checkbox"/> no [124] Wrap |
| Dinner | <input type="checkbox"/> yes <input type="checkbox"/> no [0] | <input type="checkbox"/> yes <input type="checkbox"/> no [22] Spinach Quiche | <input type="checkbox"/> yes <input type="checkbox"/> no [115] Sauce onio |
| Snacks | [#106] Cottage Cheese [#43] Triscuits | | |
| Exercise (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 |

| Tuesday | | Wednesday | | Thursday | |
|---------------------------------|--|---------------------------------|---|---------------------------------|--|
| yes <input type="checkbox"/> no | [47] Two Eggs Scrambled W/ t & 1/2 Banana Recipe | yes <input type="checkbox"/> no | [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt | yes <input type="checkbox"/> no | [49] 2 Cheese apple |
| yes <input type="checkbox"/> no | [59] Turkey & Cheese o cucumber carrots | yes <input type="checkbox"/> no | [59] Turkey and Cheese on wheat wrap Apple Cucumber | yes <input type="checkbox"/> no | [124] Turkey & Cheese Wrap carrots |
| yes <input type="checkbox"/> no | [114] Sloppy Joe (White e) /w green pepper and n /w salad (LOW ACID) | yes <input type="checkbox"/> no | [114] Spaghetti (white sauce) and Turkey Meatball /w salad (low acid) | yes <input type="checkbox"/> no | [25] Veggies |
| [#89] Raisins | | [#109] Medium C | | [#114] Medium C | |
| yes <input type="checkbox"/> no | | yes <input type="checkbox"/> no | | yes <input type="checkbox"/> no | |

| Thursday | | Friday | | Saturday | |
|---|---|---|--|----------|--|
| <input type="checkbox"/> yes <input type="checkbox"/> no Eggs w/ jelly toast | <input type="checkbox"/> yes <input type="checkbox"/> no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt | <input type="checkbox"/> yes <input type="checkbox"/> no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt | | | |
| <input type="checkbox"/> yes <input type="checkbox"/> no Turkey Cheese cucumber | <input type="checkbox"/> yes <input type="checkbox"/> no [124] Turkey & Cheese Wrap cucumber carrots | <input type="checkbox"/> yes <input type="checkbox"/> no [61] Leftover Pizza | | | |
| <input type="checkbox"/> yes <input type="checkbox"/> no Veggie Omelet | <input type="checkbox"/> yes <input type="checkbox"/> no [26] Black Bean Veggie Burgers /w Sweet Potato Fries | <input type="checkbox"/> yes <input type="checkbox"/> no [7] Banh Mi Hot Dog /w peas | | | |
| Granny Smith Apple [#36] 1 Banana | | | | | |
| <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

JH's Plan

Week of: July 3 to July 9

Weekly Weigh-In:

[illegible]

Woodford's Family Services Residential Program

Weekly Menu Plan Sheet

JH's Plan

Week of: July 17 to July 23

Weekly Weigh-In:

Week of: July 17 to July 23

[illegible]

Woodford's Family Services Residential Program

Weekly Menu Plan Sheet

JH's Plan

Week of: July 24 to July 30

Weekly Weigh-In:

[illegible]