Woodford's Family Service	S
Residential Program	

Weekly Menu Plan Sheet

JH's Plan

Week of: June 5 to June 11

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Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	with skim milk (1/2 cup)		yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt		1 55 1	yes no [35] English Muffin /w Peanut Butter /w Banana	yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt
Lunch	1	Wheat Bread	yes no [126] Turkey-Bacon, Lettuce, Avocado Wrap peas	yes no [72] PB&J on Wheat Bread Carrots Apple	Lettuce, Avocado	yes no [73] PB&J on Wheat Bread Pretzels Cucumbers	yes no [127] Turkey Burger small salad (low acid)
Dinner	yes no [0]	yes no [11] Chicken Caesar Salad	yes no [128] Chicken Burger /w Broccoli (low acid)	yes no [5] One pot Ground Turkey, Rice and Corn		yes no [26] Black Bean Veggie Burgers /w Sweet Potato Fries	yes no [7] Banh Mi Hot Dog/w peas
Snacks	[#95] Crackers /w	PB [#96] Suga	r snap peas /w Humus	s [#97] Trail Mi	x [#36] 1 Banana	a [#107] Frozen Fi	ruit/Berry Smoothie
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Services	S
Residential Program	

Weekly Menu Plan Sheet

JH's Plan

Week of: June 12 to June 18

Weekly	Weigh-In:	

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	cup) with skim milk	yes no [35] English Muffin /w Peanut Butter /w Banana	1.7	yes no [35] English Muffin /w Peanut Butter /w Banana		yes no [35] English Muffin /w Peanut Butter /w Banana	yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt
Lunch	yes no [4] Spinach, Egg and Cheese Breakfast Wrap	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [60] Turkey & Cheese Wrap peanuts carrots		yes no [76] Turkey-Spinach Wraps pretzels	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [121] 1 Grilled Cheese sandwich w/ apple slices
Dinner	yes no [0]	yes no [15] Chicken-and- Veggie Stir-fry /w Brown Rice /w Salad	yes no [26] Black Bean Veggie Burgers /w Sweet Potato Fries	yes no [21] Ham & Cheese Quiche	yes no [6] Chicken Breast With Mixed Vegetables	yes no [26] Black Bean Veggie Burgers /w Sweet Potato Fries	yes no [84] Liver and Onion /w Chopped Spinach
Snacks	[#107] Frozen F	Fruit/Berry Smoothie	[#100] Celery an	d Ranch Dressing	[#36] 1 Banana [#89] Raisins [#10	3] Apples with PB
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Services	S
Residential Program	

Weekly Menu Plan Sheet

JH'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	[33] Cheerios with	yes no [49] 2 Eggs w/ Cheese jelly toast apple	yes no [33] Cheerios with Raisins	yes no [49] 2 Eggs w/ Cheese jelly toast apple	yes no [33] Cheerios with Raisins	yes no [51] 2 Eggs 1 orange Yogurt
Lunch		yes no [77] Tunafish and relish Wrap Spinach	yes no [121] 1 Grilled Cheese sandwich w/ apple slices	yes no [77] Tunafish and relish Wrap Spinach	yes no [78] Turkey Burger small salad	yes no [77] Tunafish and relish Wrap Spinach	yes no [11] Chicken Caesar Salad
Dinner	yes no [0]		Brown Rice /w corn	Bell Pepper/w peas/w	yes no [4] Spinach, Egg and Cheese Breakfast Wrap	yes no [26] Black Bean Veggie Burgers /w Sweet Potato Fries	yes no [88] Tuna Melt /w 2 hard boiled eggs
Snacks	[#120] Hun	nmus /w tortilla chi	ps [#103] Apples	with PB [#36] 1 Bana	na [#107] Frozen	Fruit/Berry Smoothie	[#89] Raisins
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no