Meal and Excercise Related Feedback for NS

Please note any (big or small) adjustments, suggestions, ideas relating to the meal and excercise plan. Please note in particular any preferences and interests voiced by the NS

Date	Note
20160322	NS may become defensive if staff *press* the plan too much. But, he will respond well generally to *suggestions* from stuff.

Woodford's Family Services Residential Program

Weekly Menu Plan Sheet

NS's Plan

Week of: April 17 to April 23

Weekly Weigh-In:	

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	1	yes no [113] Bran Flakes and Yogurt			1 20	yes no [113] Bran Flakes and Yogurt	yes no [113] Bran Flakes and Yogurt
Lunch	Sandwich Mixed	yes no [59] Turkey and Cheese on wheat wrap Apple Cucumber	yes no [60] Turkey & Cheese Wrap peanuts carrots	Cheese on wheat wrap	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 [22] Spinach Quiche		yes no [79] Sloppy Joe /w green pepper and onion /w salad	yes no [17] Roasted Tomato and Artichoke Flatbread Pizza	yes no [7] Banh Mi Hot Dog /w peas
Snacks	[#43] Triscuits [#36] 1 Banana		L 3	edium Granny Smith	Apple [#90] Pr	retzels & PB	
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Services
Residential Program

NS's Plan

Week of: April 24 to April 30

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Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		and Yogurt	yes no [54] 2 Blueberry Pancakes and 2 eggs	yes no [113] Bran Flakes and Yogurt	yes no [48] Egg and Cheese on Wheat English Muffin Orange Slices Yogurt		yes no [56] 2 eggs over easy 2 pieces of toast /w jelly
Lunch	a Wrap	Cheese Wrap	[11] Chicken	yes no [63] Turkey & amp; Cheese Wrap tomato carrots	yes no [63] Turkey & Damp; Cheese Wrap tomato carrots	yes no [64] Leftover Pork Roast /w Apple Salad	yes no [65] 1 Grilled Cheese sandwiche w/ tomato apple slices
Dinner	yes no [0]	Quesadillas	yes no [81] Turkey Burger /w sweet potato fries	yes no [20] Garlic Chicken and Zucchini	yes no [82] Pork Roast /w Apple Salad	yes no [80] Homemade Pizza with side salad	yes no [12] Italian Sub in a Wrap
Snacks	[#91] Carrots [#94] Tea wit	-	2] Cucumbers	/w Humus [#10	6] Cottage Cheese [#3	6] 1 Banana	
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no no 1920 X 971

Woodford's Family Services
Residential Program

NS's Plan

Week of: May 1 to May 7

Weekly Weigh-In:	

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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	yes no [33] Cheerios with Raisins	yes no [35] English Muffin /w Peanut Butter /w Banana	yes no [33] Cheerios with Raisins	yes no [51] 2 Eggs 1 orange Yogurt
Lunch	yes no [7] Banh Mi Hot Dog/w peas		yes no [71] BLT Turkey Wrap peas	yes no [72] PB&J on Wheat Bread Carrots Apple	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 [26] Black Bean Veggie Burgers /w Sweet Potato Fries		yes no [83] Chef Salad	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] Cra	ickers /w PB [#96]	Sugar snap peas /w	v Humus [#97]	Trail Mix [#36]	1 Banana [#94] T	ea with Honey
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Services	S
Residential Program	

NS's Plan

Week of: May 8 to May 14

Weekly Weigh-In:	

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	yes no [25] Veggie Omelet	yes no [111] Oatmeal (choice of flavoring) & Toast /w Jelly	(choice of flavoring)	()	(choice of flavoring)		yes no [56] 2 eggs over easy 2 pieces of toast /w jelly
Lunch		yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	Cheese on Spinach Wrap Banana	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	Cheese on Spinach Wrap Banana	Cheese on Spinach Wrap Banana	yes no [112] LEFTOVERS: Roasted Tomato and Artichoke Flatbread Pizza
Dinner	yes no [0]	yes no [26] Black Bean Veggie Burgers /w Sweet Potato Fries		yes no [6] Chicken Breast With Mixed Vegetables		Tomato and	yes no [65] 1 Grilled Cheese sandwiche w/ tomato apple slices
Snacks	[#99] Pear	nuts [#46] Oran	ge [#100] Celery	and Ranch Dress	ing [#36] 1 Bana	ana [#94] Tea w	ith Honey
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Services
Residential Program

NS's Plan

Week of: May 15 to May 21

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 [33] Cheerios with Raisins	yes no [48] Egg and Cheese on Wheat English Muffin Orange Slices Yogurt	yes no [33] Cheerios with Raisins		yes no [33] Cheerios with Raisins	yes no [51] 2 Eggs 1 orange Yogurt		
Lunch	yes no [3] Bean Quesadillas		sandwiche w/ tomato apple	yes no [77] Tunafish and relish Wrap Spinach		yes no [77] Tunafish and relish Wrap Spinach	yes no [11] Chicken Caesar Salad		
Dinner	yes no [0]	yes no [1] BLT Turkey Wrap		yes no [86] Turkey Burger Stuffed Bell Pepper/w peas/w salad	/w Sweet Potato Fries	yes no [102] BBQ Pulled Pork /w Brown Rice /w corn	yes no [88] Tuna Melt /w 2 hard boiled eggs		
Snacks	[#101] Yummy Salsa /w tortilla chips [#42] Whole Grain Rice Cakes [#103] Apples with PB [#36] 1 Banana [#94] Tea with Honey								
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no		