Meal and Excercise Related Feedback for JH

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 JH

Note							
Does not like brussel sprouts							
Does not like tomatoes very much.							
equested Veggie Lasagna							
Requesed Apple sauce for a snack							
Requested Turkey meatball sub on plan.							
Does not like tomatoes.							
Does eat tomatoes or drink Orange Juice or other highly acident juices due to acid reflux.							

Woodford's Family Services
Residential Program

Weekly Menu Plan Sheet

JH's Plan

Week of: April 17 to April 23

Weekly Weigh-In:	
------------------	--

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	yes no [34] Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe	yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	yes no [34] Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe	yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	Cheese jelly toast apple	[47] Raisin Bran (1 cup) with skim	yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt
Lunch	yes no [58] Tunafish Sandwich Mixed Berry & Yogurt Parfait	yes no [59] Turkey and Cheese on wheat wrap Apple Cucumber	yes no [63] Turkey & Damp; Cheese Wrap tomato carrots	yes no [59] Turkey and Cheese on wheat wrap Apple Cucumber	[63] Turkey & amp; Cheese Wrap tomato	15 3 5	yes no [61] Leftover Pizza
Dinner	yes no [0]	yes no [22] Spinach Quiche	yes no [115] Sloppy Joe (White Sauce) /w green pepper and onion /w salad (LOW ACID)	yes no [114] Spaghetti (white sauce) and Turkey Meatball /w salad (low acid)	[25] Veggie Omelet	yes no [26] Black Bean Veggie Burgers /w Sweet Potato Fries	yes no [7] Banh Mi Hot Dog/w peas
Snacks	[#106] Cottaş [#36] 1 Bana	-	3] Triscuits /w Humus	[#89] Raisins [#2	[109] Medium C	Franny Smith App	ple
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

JH's Plan

Week of: April 24 to April 30

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	cup) with skim milk	yes no [35] English Muffin /w Peanut Butter/w Banana	yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	I I	cup) with skim milk (1/2 cup) Yogurt	[35] English	yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt
Lunch	yes no [12] Italian Sub in a Wrap	yes no [118] Turkey & Damp; Cheese Wrap cucumbers and humus/dressing	yes no [11] Chicken Caesar Salad	Cheese Wrap cucumbers and	Cheese Wrap cucumbers and	[64] Leftover Pork Roast /w	yes no [116] 1 Grilled Cheese sandwich apple slices (low acid)
Dinner	yes no [0]	yes no [3] Bean Quesadillas			Apple Salad	yes no [29] Bean Soup With Kale	yes no [12] Italian Sub in a Wrap
Snacks		n Fruit/Berry Smoot t/Low Sugar Yogurt		mbers /w Humus a	[#117] Granola Bar	(healthy)	
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

JH's Plan

Week of: May 1 to May 7

Weekly Weigh-In:	

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	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 [54] 2 Blueberry Pancakes and 2 eggs	/w Peanut Butter/w	yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) 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 [11] Chicken Caesar Salad	yes no [14] Chicken Burger /w Broccoli	[5] One pot Ground Turkey, Rice and Corn	yes no [16] Chicken Cutlets with Broccoli Slaw		yes no [7] Banh Mi Hot Dog /w peas
Snacks	[#95] Crackers /w 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: May 8 to May 14

Weekly	Weigh-In:	

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	cup) with skim milk	/w Peanut Butter /w	yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt		cup) with skim milk	/w Peanut Butter /w	yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt
Lunch	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 [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	Spinach Wraps pretzels	Cheese on Spinach Wrap Banana	yes no [65] 1 Grilled Cheese sandwiche w/ tomato apple slices
Dinner		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		Veggie Burgers /w	yes no [84] Liver and Onion /w Chopped Spinach
Snacks	[#107] Frozen [#103] Apples	n Fruit/Berry Smoo s with PB	thie [#100] Cel	ery and Ranch Dre	essing [#36] 1 E	Banana [#89] Rai	isins
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

JH's Plan

Week of: May 15 to May 21

Weekly Weigh-In:	Week	V	Wei	gh-In:
------------------	------	---	-----	--------

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	no	yes no [33] Cheerios with Raisins		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	no [3] Bean	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 [77] Tunafish and relish Wrap Spinach	yes no [11] Chicken Caesar Salad		
Dinner	no	yes no [1] BLT Turkey Wrap	yes no [85] BBQ Chicken /w Brown Rice /w corn	yes no [86] Turkey Burger Stuffed Bell Pepper/w peas/w salad	yes no [4] Spinach, Egg and Cheese Breakfast Wrap	yes no [26] Black Bean Veggie Burgers /w Sweet Potato Fries			
Snacks	Inacks [#120] Hummus /w tortilla chips [#103] Apples with PB [#36] 1 Banana [#107] Frozen Fruit/Berry Smoothie [#89] Raisins								
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no		