Woodford's Family Services
Residential Program

AW's Plan

Week of: June 26 to July 2

Weekly Weigh-In:	

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	-	yes no [113] Bran Flakes and Yogurt	yes no [34] Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe	yes no [113] Bran Flakes and Yogurt	yes no [49] 2 Eggs w/ Cheese jelly toast apple	yes no [110] OPTION: Oatmeal & Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee	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 [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 [17] Roasted Tomato and Artichoke Flatbread Pizza	yes no [7] Banh Mi Hot Dog /w peas
Snacks	[#43] Triscuits	/w Humus [#89] F	Raisins [#109] Me	dium Granny Smith	Apple [#90] P	retzels & PB [#36] 1 Banana	
Excercise (activity time)	yes no	yes no	yes no	□ yes □ no	yes no	yes no	yes no

Woodford's Family Services
Residential Program

AW's Plan

Week of: July 3 to July 9

Weekly	Weigh-In:

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	yes no [56] 2 eggs over easy 2 pieces of toast /w jelly	yes no [113] Bran Flakes and Yogurt	yes no [54] 2 Blueberry Pancakes and 2 eggs	-	, , ,	yes no [110] OPTION: Oatmeal & Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee	yes no [56] 2 eggs over easy 2 pieces of toast /w jelly
Lunch	yes no [12] Italian Sub in a Wrap	yes no [63] Turkey & Description [63] Turkey & Description [63] Turkey & Description [64] Turkey & Description [65] Turkey & Description [66] Turkey & Description [67] Turkey & Description [68] Turkey & Description	[11] Chicken	yes no [63] Turkey & Description [63] Turkey & Turk		yes no [64] Leftover Pork Roast /w Apple Salad	yes no [65] 1 Grilled Cheese sandwiche w/ tomato apple slices
Dinner	yes no [0]	yes no [3] Bean Quesadillas	yes no [108] Subway Meal		yes no [82] Pork Roast /w Apple Salad	yes no [80] Homemade Pizza with side salad	yes no [81] Turkey Burger /w tomato & sweet potato fries
Snacks	[#91] Carrot	s/w Humus [#9	92] Cucumbe	rs/w Humus [#	106] Cottage Cheese	[#36] 1 Banana	
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Services
Residential Program

AW's Plan

Week of: July 10 to July 16

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	Raisins	yes no [35] English Muffin /w Peanut Butter/w Banana	yes no [110] OPTION: Oatmeal & Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee	
Lunch		yes no [70] PB&J on Wheat Bread Carrots Orange	yes no [71] BLT Turkey Wrap peas	L 3	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 [108] Subway Meal		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	ackers /w PB [#	96] Sugar snap pear	s/w Humus [#9	97] Trail Mix [#3	6] 1 Banana	
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Services
Residential Program

AW's Plan

Week of: July 17 to July 23

Weekly Weigh-In:	

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	yes no [25] Veggie Omelet		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 [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	yes no [110] OPTION: Oatmeal & Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee	yes no [56] 2 eggs over easy 2 pieces of toast /w jelly
Lunch	yes no [4] Spinach, Egg and Cheese Breakfast Wrap	Wrap Banana	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [112] LEFTOVERS: Roasted Tomato and Artichoke Flatbread Pizza
Dinner	yes no [0]	yes no [15] Chicken-and- Veggie Stir-fry/w Brown Rice/w Salad	yes no [108] Subway Meal	yes no [6] Chicken Breast With Mixed Vegetables	yes no [84] Liver and Onion /w Chopped Spinach	Artichoke Flatbread Pizza	yes no [26] Black Bean Veggie Burgers /w Sweet Potato Fries
Snacks	[#99] Pean	uts [#46] Orang	e [#100] Celery	and Ranch Dressin	g [#36] 1 Banana	ı	
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Services
Residential Program

AW's Plan

Week of: July 24 to July 30

Weekly Weigh-In:	

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	yes no [52] 2 Pancakes Yogurt Banana	yes no [113] Bran Flakes and Yogurt	yes no [48] Egg and Cheese on Wheat English Muffin Orange Slices Yogurt	yes no [113] Bran Flakes and Yogurt	yes no [50] Raisin Bran (1 cup) /w skim milk (1/2 cup) Wheat English muffin /w peanut butter	yes no [110] OPTION: Oatmeal & Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee	yes no [51] 2 Eggs 1 orange Yogurt
Lunch	yes no [3] Bean Quesadillas	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 [77] Tunafish and relish Wrap Spinach	yes no [11] Chicken Caesar Salad
Dinner	yes no [0]	yes no [1] BLT Turkey Wrap	yes no [108] Subway Meal	yes no [86] Turkey Burger Stuffed Bell Pepper /w peas /w salad	yes no [87] Fish Chowder/w salad	yes no [102] BBQ Pulled Pork /w Brown Rice /w corn	yes no [4] Spinach, Egg and Cheese Breakfast Wrap
Snacks	[#101]	Salsa /w tortil	lla chips [#42] Whol	e Grain Rice Cake	s [#103] Apples with PB	[#36] 1 Banana	
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no