

Woodford's Family Services Residential Program			AW's Plan			Weekly Weigh-In:	
Weekly Menu Plan Sheet			Week of: 2-28-16 to 3-5-16				
Day Date	Sunday 2/28	Monday 2/29	Tuesday 3/1	Wednesday 3/2	Thursday 3/3	Friday 3/4	Saturday 3/5
Breakfast	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[25]Veggie Omelet</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[110]OPTION: Oatmeal &amp; Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[110]OPTION: Oatmeal &amp; Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[110]OPTION: Oatmeal &amp; Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[110]OPTION: Oatmeal &amp; Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[110]OPTION: Oatmeal &amp; Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[56]2 eggs over easy   2 pieces of toast /w jelly</div>
	Lunch	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[4]Spinach, Egg and Cheese Breakfast Wrap</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[75]Turkey and Cheese on Spinach Wrap   Banana   Pretzels</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[75]Turkey and Cheese on Spinach Wrap   Banana   Pretzels</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[75]Turkey and Cheese on Spinach Wrap   Banana   Pretzels</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[75]Turkey and Cheese on Spinach Wrap   Banana   Pretzels</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[75]Turkey and Cheese on Spinach Wrap   Banana   Pretzels</div>
Dinner		<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[0]</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[15]Chicken-and-Veggie Stir-fry /w Brown Rice /w Salad</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[26]Black Bean Veggie Burgers /w Sweet Potato Fries</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[6]Chicken Breast With Shaved Brussels Sprouts</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[84]Liver and Onion /w Chopped Spinach</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[17]Roasted Tomato and Artichoke Flatbread Pizza</div>
	Snacks	[#99]Peanuts    [#46]Orange    [#100]Celery and Ranch Dressing    [#36]1 Banana					
Excercise (activity + time)	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div>