

Woodford's Family Services Residential Program

Weekly Menu Plan Sheet

AW's Plan

Week of: June 26 to July 2

Weekly Weigh-In:

[illegible]

| Day | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------|--|--|--|--|--|---|--|
| Breakfast | <input type="checkbox"/> yes <input type="checkbox"/> no [56] 2 eggs over easy 2 pieces of toast /w jelly | <input type="checkbox"/> yes <input type="checkbox"/> no [113] Bran Flakes and Yogurt | <input type="checkbox"/> yes <input type="checkbox"/> no no [54] 2 Blueberry Pancakes and 2 eggs | <input type="checkbox"/> yes <input type="checkbox"/> no [113] Bran Flakes and Yogurt | <input type="checkbox"/> yes <input type="checkbox"/> no [48] Egg and Cheese on Wheat English Muffin Orange Slices Yogurt | <input type="checkbox"/> yes <input type="checkbox"/> no [110] OPTION: Oatmeal & Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee | <input type="checkbox"/> yes <input type="checkbox"/> no [56] 2 eggs over easy 2 pieces of toast /w jelly |
| Lunch | <input type="checkbox"/> yes <input type="checkbox"/> no [12] Italian Sub in a Wrap | <input type="checkbox"/> yes <input type="checkbox"/> no [63] Turkey & Cheese Wrap tomato carrots | <input type="checkbox"/> yes <input type="checkbox"/> no no [11] Chicken Caesar Salad | <input type="checkbox"/> yes <input type="checkbox"/> no [63] Turkey & Cheese Wrap tomato carrots | <input type="checkbox"/> yes <input type="checkbox"/> no [63] Turkey & Cheese Wrap tomato carrots | <input type="checkbox"/> yes <input type="checkbox"/> no [64] Leftover Pork Roast /w Apple Salad | <input type="checkbox"/> yes <input type="checkbox"/> no [65] 1 Grilled Cheese sandwiche w/ tomato apple slices |
| Dinner | <input type="checkbox"/> yes <input type="checkbox"/> no [0] | <input type="checkbox"/> yes <input type="checkbox"/> no [3] Bean Quesadillas | <input type="checkbox"/> yes <input type="checkbox"/> no no [108] Subway Meal | <input type="checkbox"/> yes <input type="checkbox"/> no [20] Garlic Chicken and Zucchini | <input type="checkbox"/> yes <input type="checkbox"/> no [82] Pork Roast /w Apple Salad | <input type="checkbox"/> yes <input type="checkbox"/> no [80] Homemade Pizza with side salad | <input type="checkbox"/> yes <input type="checkbox"/> no [81] Turkey Burger /w tomato & sweet potato fries |
| Snacks | [#91] Carrots /w Humus [#92] Cucumbers /w Humus [#106] Cottage Cheese [#36] 1 Banana | | | | | | |
| Excercise (activity time) | <input type="checkbox"/> yes <input type="checkbox"/> no | <input type="checkbox"/> yes <input type="checkbox"/> no | <input type="checkbox"/> yes <input type="checkbox"/> no no | <input type="checkbox"/> yes <input type="checkbox"/> no | <input type="checkbox"/> yes <input type="checkbox"/> no | <input type="checkbox"/> yes <input type="checkbox"/> no | <input type="checkbox"/> yes <input type="checkbox"/> no |

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Weekly Menu Plan Sheet

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|---|
| <p>AW's Plan</p> <p>Week of: July 10 to July 16</p> |
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Weekly Weigh-In:

[illegible]

Woodford's Family Services Residential Program

Weekly Menu Plan Sheet

AW's Plan

Week of: July 17 to July 23

Weekly Weigh-In:

[illegible]

Woodford's Family Services Residential Program

Weekly Menu Plan Sheet

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|---|
| <p>AW's Plan</p> <p>Week of: July 24 to July 30</p> |
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Weekly Weigh-In:

Day Sunday Monday Tuesday

[illegible]