Woodford's Family Services	S
Residential Program	

JH's Plan

Week of: 3-13-16 to 3-19-16

W	eek	lv	We	igh	-In:

Day Date	Sunday 3/13	Monday 3/14	Tuesday 3/15	Wednesday 3/16	Thursday 3/17	Friday 3/18	Saturday 3/19
Breakfast	yes no [34] Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe	cup) with skim milk	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 [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
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	yes no [63] Turkey & Description of the second of the se	yes no [63] Turkey & Damp; Cheese Wrap tomato carrots	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 [25] Veggie Omelet	yes no [80] Homemade Pizza with side salad	yes no [7] Banh Mi Hot Dog/w peas
Snacks	[#106] Cottag [#36] 1 Banar		Triscuits /w Humus	[#89] Raisins [#10	9] Medium Gra	nny Smith Apple	
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Service	es
Residential Program	

JH's Plan

Week of: 3-20-16 to 3-26-16

Weekly Weigh-I	n:	

Day Date	Sunday 3/20	Monday 3/21	Tuesday 3/22	Wednesday 3/23	Thursday 3/24	Friday 3/25	Saturday 3/26
Breakfast	cup) with skim milk	Peanut Butter/w	cup) with skim milk		cup) with skim milk		[47] Raisin Bran (1 cup) with skim milk
Lunch	yes no [12] Italian Sub in a Wrap		yes no [11] Chicken Caesar Salad	Cheese Wrap cucumbers and	yes no [118] Turkey & Damp; Cheese Wrap cucumbers and humus/dressing	Pork Roast /w	yes no [116] 1 Grilled Cheese sandwich apple slices (low acid)
Dinner	yes no [0]	1	yes no [81] Turkey Burger /w sweet potato fries		yes no [82] Pork Roast /w Apple Salad	yes no [29] Bean Soup With Kale	yes no [12] Italian Sub in a Wrap
Snacks		Fruit/Berry Smooth t/Low Sugar Yogurt	ie [#92] Cucum [#36] 1 Banana	<u>-</u>	117] Granola Bar (h	ealthy)	
Excercise (activity time)	yes no	yes no	yes no	yes no	□ yes □ no	yes no	yes no

Woodford's	Family Services
Residential	Program

JH's Plan

Week of: 3-27-16 to 4-2-16

W	eel	ly	We	igh	-In:

Day Date	Sunday 3/27	Monday 3/28	Tuesday 3/29	Wednesday 3/30	Thursday 3/31	Friday 4/1	Saturday 4/2
	yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	/w Peanut Butter/w	yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	yes no [35] English Muffin /w Peanut Butter /w Banana	[54] 2	yes no [35] English Muffin /w Peanut Butter /w Banana	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 [70] PB&J on Wheat Bread Carrots Orange	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]	1	yes no [14] Chicken Burger /w Broccoli	[5] One per Ground	yes no [83] Chef Salad		yes no [16] Chicken Cutlets with Sesame Broccoli Slaw
Snacks	[#95] Crackers /v	v PB [#96] Sug	ar snap peas /w Hum	nus [#97] Trail]	Mix [#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

Weekly Menu Plan Sheet

JH's Plan

Week of: 4-3-16 to 4-9-16

Day Date	Sunday 4/3	Monday 4/4	Tuesday 4/5	Wednesday 4/6	Thursday 4/7	Friday 4/8	Saturday 4/9
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	yes no [35] English Muffin /w Peanut Butter /w Banana	cup) with skim milk	1 2 0	yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt
Lunch	yes no [4] Spinach, Egg 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		Cheese on Spinach	yes no [65] 1 Grilled Cheese sandwiche w/ tomato apple slices
Dinner	yes no no [0]	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	yes no [6] Chicken Breast With Mixed Vegetables	yes no [84] Liver and Onion /w Chopped Spinach	yes no [17] Roasted Tomato and Artichoke Flatbread Pizza
Snacks	[#107] Frozen	Fruit/Berry Smoot	hie [#99] Peanu	ts [#46] Orange	[#100] Celery a	nd Ranch Dressing	[#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

JH's Plan

Week of: 4-10-16 to 4-16-16

| Weekly Weigh-In:

Day Date	Sunday 4/10	Monday 4/11	Tuesday 4/12	Wednesday 4/13	Thursday 4/14	Friday 4/15	Saturday 4/16
Breakfast	15 3		[49] 2 Eggs w/ Cheese	yes no [33] Cheerios with Raisins	yes no [49] 2 Eggs w/ Cheese jelly toast apple	Raisins	yes no [51] 2 Eggs 1 orange Cottage Cheese
Lunch	With Spicy Chicken	and relish Wrap	[65] 1 Grilled Cheese	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			[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	Veggie Burgers /w	yes no [88] Tuna Melt /w 2 hard boiled eggs
Snacks	[#101] Yummy Salsa /w tortilla chips [#102] BLANK [#42] Whole Grain Rice Cakes [#103] Apples with PB [#36] 1 Banana						
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no