Woodford's Family Services	S
Residential Program	

Weekly Menu Plan Sheet

BS's Plan

Week of: June 5 to June 11

Weekly	Weigh-In:
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Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	yes no [57] 2 Tortillas /w eggs Cucumbers /w Hummus	yes no [33] Cheerios with Raisins	yes no [57] 2 Tortillas /w eggs Cucumbers /w Hummus	yes no [33] Cheerios with Raisins	yes no [54] 2 Blueberry Pancakes and 2 eggs	yes no [33] Cheerios with Raisins	yes no [51] 2 Eggs 1 orange Yogurt
Lunch	yes no [7] Banh Mi Hot Dog /w peas	yes no [59] Turkey and Cheese on wheat wrap Apple Cucumber		yes no [59] Turkey and Cheese on wheat wrap Apple Cucumber		yes no [59] Turkey and Cheese on wheat wrap Apple Cucumber	yes no [74] Turkey Burger small salad
Dinner	yes no [0]	yes no [11] Chicken Caesar Salad	yes no [14] Chicken Burger /w Broccoli	1 1	Cutlets with	yes no [26] Black Bean Veggie Burgers /w Sweet Potato Fries	yes no [7] Banh Mi Hot Dog/w peas
Snacks	[#107] Frozen F	ruit/Berry Smoothie	[#96] Sugar snap pe	eas /w Humus [#92] (Cucumbers /w H	umus [#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	S
Residential Program	

Weekly Menu Plan Sheet

BS's Plan

Week of: June 12 to June 18

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 [34] Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe	yes no [56] 2 eggs over easy 2 pieces of toast /w jelly		yes no [56] 2 eggs over easy 2 pieces of toast /w jelly	yes no [25] Veggie Omelet
Lunch	yes no [4] Spinach, Egg and Cheese Breakfast Wrap	on Spinach Wrap Banana	yes no [63] Turkey & Damp; Cheese Wrap tomato carrots	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [76] Turkey- Spinach Wraps pretzels	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [121] 1 Grilled Cheese sandwich w/ apple slices
Dinner	yes no [0]	Stir-fry /w Brown Rice /w	yes no [26] Black Bean Veggie Burgers /w Sweet Potato Fries		[6] Chicken	yes no [17] Roasted Tomato and Artichoke Flatbread Pizza	
Snacks	[#107] Frozen Fruit/Berry Smoothie [#92] Cucumbers /w Humus [#46] Orange [#100] Celery and 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 Service	S
Residential Program	

Weekly Menu Plan Sheet

BS's Plan

Week of: June 19 to June 25

	Weekly Weigh-In:
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Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	yes no [52] 2 Pancakes Yogurt Banana	yes no [33] Cheerios with Raisins	yes no [49] 2 Eggs w/ Cheese jelly toast apple	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	yes no [122] Bean Quesadillas (low acid)	1 1 1		yes no [76] Turkey-Spinach Wraps pretzels	yes no [78] Turkey Burger small salad	yes no [76] Turkey-Spinach Wraps pretzels	yes no [11] Chicken Caesar Salad
Dinner	yes no [0]	Lettuce, Avocado Wrap		Stuffed Bell Pepper/w peas/w salad	Cheese Breakfast Wrap		yes no [17] Roasted Tomato and Artichoke Flatbread Pizza
Snacks		sa /w tortilla chips] Frozen Fruit/Berr		
Excercise (activity time)	yes no	yes uno	yes no	yes no	yes no	yes no	yes no