

WOTCH CENTRE MEAL CALENDAR – March 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 LUNCH: Rubeen sandwiches with fruit and yogurt SUPPER: Homemade pizza	2 LUNCH: Roast beef sandwiches and coleslaw SUPPER: Fish and mixed veggies with Caesar salad	3 LUNCH: Grilled cheese with bean and bacon soup SUPPER: Chicken burgers and salad	4 LUNCH: Soup and rolls SUPPER: Meat pies, veggies, and sweet potatoes	5 LUNCH: Pizza bagels and fruit SUPPER: Penne and meat casserole with garlic bread	6 WOTCH Centre Closed Saturdays	
7 SUPPER: Spaghetti and meat sauce	8 LUNCH: Meatball souvlaki SUPPER: Sloppy Joes and veggie sticks	9 LUNCH: BLT's with veggie sticks SUPPER: Fettuccini Alfredo	10 LUNCH: Egg salad sandwich with salad SUPPER: Cheesy chicken and broccoli over rice	11 LUNCH: Turkey sandwiches and veggie sticks SUPPER: Chicken Caesar salad wrap with fruit	12 LUNCH: Taco salad SUPPER: Sausage on a bun and potato salad	13	
14 SUPPER: Ham and cheese pasta salad	15 LUNCH: Chili with rolls SUPPER: Bacon and tomato presto pasta	16 LUNCH: Mexican pizza SUPPER: Mozzarella spaghetti	17 LUNCH: BBQ beef wrap SUPPER: Sweet potato shepherd's pie	18 LUNCH: Subs and cucumber salad SUPPER: Tacos with vegetable rice	19 LUNCH: Tuna melts with fruit SUPPER: Chicken strips with sweet potatoes and brown beans	20	
21 SUPPER: Meatball subs with salad	22 LUNCH: Hotdogs and veggie sticks SUPPER: Tex Mex fusilli	23 LUNCH: Fried egg and ham on a bagel SUPPER: Flat bread lasagna	24 LUNCH: Bruschetta and salad SUPPER: Broccoli and cheese quiche with brown beans	25 LUNCH: Veggie wraps with fruit SUPPER: Beef burger stew and rolls	26 LUNCH: Ham sandwich and spinach salad SUPPER: Smoked sausage, green beans and sweet potatoes	27	
28 SUPPER: Chicken stir fry	29 LUNCH: Club house sandwich SUPPER: Chicken Fajitas	30 LUNCH: Perogies with salad SUPPER: Mozzarella Spaghetti	31 LUNCH: Tuna Casserole SUPPER: Broccoli and sausage penne	MEAL TICKETS Cost: \$16.00 Available at the Bistro. An economical way to stretch your food dollars. 8 Meals for \$16.00			MEAL COST Clients: \$.25 per meal. Visitors / Guests of clients: \$2.75 per meal. Staff: \$3.00 per meal. *last minute substitutions are possible*