

WOTCH CENTRE MEAL CALENDAR – September 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
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: \$2.25 per meal. Visitors / Guests of clients: \$2.75 per meal. Staff: \$3.00 per meal. *Last minute substitutions are possible"		1 LUNCH: Hamburgers and salad SUPPER: Penne and meat casserole	2 LUNCH: Pizza bagels and fruit SUPPER: Meat pies, veggies, and sweet potatoes	3 LUNCH: BBQ beef wrap with fruit SUPPER: Chicken stir fry	4
5 SUPPER: Meatball subs with salad	6 NO LUNCH SUPPER: Cheesy chicken and broccoli over rice	7 LUNCH: Taco salad SUPPER: Sausage on a bun with Tri-pepper salad	8 LUNCH: BLT's with veggie sticks SUPPER: Fettuccini Alfredo	9 LUNCH: Turkey sandwiches and tossed salad SUPPER: Chicken Caesar salad wrap with fruit	10 LUNCH: Veggie Wraps with pasta salad SUPPER: Grilled cheese with creamy corn salad	11	
12 SUPPER: Ham and cheese pasta salad	13 LUNCH: Hotdogs and veggie sticks SUPPER: Flat bread lasagna	14 LUNCH: Meatball Souvlaki SUPPER: Bacon and tomato presto pasta	15 LUNCH: Subs and cucumber salad SUPPER: Tacos with vegetable rice	16 LUNCH: Tuna melts with fruit SUPPER: Chicken strips with sweet potatoes and asparagus	17 LUNCH: Fried egg and ham on a bagel SUPPER: Sweet potato shepherd's pie	18	
19 SUPPER: Chili dogs with veggie sticks	20 LUNCH: Cold plate SUPPER: Tex Mex fusilli	21 LUNCH: Monte Cristo sandwich with fruit SUPPER: Broccoli and cheese quiche with brown beans	22 LUNCH: Multi-layered salad with ½ bagel SUPPER: Mozzarella spaghetti	23 LUNCH: Egg salad with fruit SUPPER: Chicken burgers and watermelon salad	24 LUNCH: Ham sandwich and spinach salad SUPPER: Smoked sausage, green beans, and sweet potatoes	25	
26 SUPPER: Quesadillas	27 LUNCH: Club house sandwich with pickles SUPPER: Chicken Fajitas	28 LUNCH: Rubeen sandwiches with fruit and yogurt SUPPER: Spaghetti with meat Sauce	29 LUNCH: Toasted westerns with fruit SUPPER: Sloppy Joes with veggie sticks	30 LUNCH: : Bruschetta and salad SUPPER: Cheesy chicken and Broccoli over rice			

WOTCH Centre Closed Saturdays