

Waterbridge Program

Snack Menu

Summer Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cereal And Milk	Whole Wheat English Muffins with Applesauce	Cheese Biscuits And Sliced Apples	Whole Wheat Toast and Melon Slices	Oat, Yoghurt Muffins Baked From Scratch
Lunch	Cherry Tomatoes Whole Wheat Mac and Cheese with Steamed Peas Bananas Milk	Carrot Sticks Greek Salad with Diced Tofu and Feta and Toasted Pita Wedges Plums Milk	Broccoli Egg Salad Sandwiches on Whole Wheat Bread and Pickles Oranges Milk	Red Pepper Sticks Quinoa Pizza Bites with Mixed Veggies and Crackers Pineapple Milk	Sugar Snap Peas Chilled Thai Noodle Bowls with Seared Tofu Apples Milk
Afternoon	Sliced Fruit and Mini Rice Cakes	Black Bean Nacho Dip and Whole Grain Tortilla Chips	Yoghurt Sundaes with Berries and Crumbles	Sliced Apples and Wowbutter Dip	Fresh Cut Veggies with Dip and Gold Fish Crackers

Morning and Afternoon Snacks are served with Water

Menus subject to change on short notice in order to meet the needs of the programs, or due to ingredient supply. Any change will be posted at the time of the change.

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Snack Menu

Summer Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cereal And Milk	Oatmeal	Waffles With Berries	Bagels with Cream Cheese	Oat, Yoghurt Muffins Baked From Scratch
Lunch	Red Pepper Sticks Scrambled Eggs Roasted Potatoes Sliced Tomatoes Apples Milk	Broccoli Black Bean and Veggie Grilled Burritos Banana Milk	Cucumber Tofu Chow Mein with Steamed Peas Kiwi Milk	Cauliflower Falafel and Veggie Whole Wheat Stuffed Pitas Melon Slices Milk	Carrots Whole Wheat Spaghetti with Veggie Ground Round Tomato Sauce Home Made Bread Pears Milk
Afternoon	Whole Grain Tortilla Chips and Salsa	Sliced Fresh Fruit with Graham Crackers	Pretzels with Cream Cheese Ranch Dip	Shredded Cheese and Marinara Sauce MYO Pizza Crackers	Popcorn With Apples

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Snack Menu

Summer Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cereal And Milk	Fruity Morning Rounds	Sliced Bananas with Milk and Home-Made Granola	Greek Yoghurt with Berries	Oat, Yoghurt Muffins Baked From Scratch
Lunch	Broccoli Pho with Tofu Cubes, Rice Vermicelli and Veggies Apples Milk	Carrot Sticks Cheddar and Apple Grilled Cheese on Whole Wheat Tortillas with Snap Peas Oranges Milk	Cauliflower Moroccan Whole Wheat Couscous with Garlic Chickpeas Pears Milk	Cucumber Black Bean Burgers and Garden Salad with Dressing Pineapple Milk	Pepper Sticks Veggie Surprise and Smokey Tofu Pizza With Carrots Melon Milk
Afternoon	Bits 'n Bites with Fresh Fruit	Fresh Hummus with Pita and Veggies	Seasonal Fresh Fruit and Yoghurt Dip	Crackers with Herbed Cream Cheese and Grapes	Flavour Your Own Popcorn and Sliced Fresh Fruit

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