

# 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.

# Waterbridge Program

## 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  Chana Masala with Brown Rice and Peas  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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# Waterbridge Program

## 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	Frozen Yoghurt Sticks and Rice Cakes	Crackers with Herbed Cream Cheese and Grapes	Flavour Your Own Popcorn and Sliced Fresh Fruit

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