

Waterbridge Program

Snack Menu

Winter 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Hot Oatmeal	Cereal and Milk	Bagels with Cream Cheese	Raisin Toast and Butter with Fresh Fruit	Morning Rounds
Lunch	Cauliflower Creamy Tomato Soup (with Greek yoghurt) and Wholegrain Crackers Fresh Fruit Milk	Carrot Sticks Cucumber and Cream Cheese Sandwiches with Pita Chips Pineapple Milk	Tomatoes Smokey Four Bean Chili, Avocado and Cornbread Oranges Milk	Green Beans Spaghetti with Veggie Ground Round Tomato Sauce and Home Made Bread Apples Milk	Cucumber Veggie and Tofu Pizza with Steamed Broccoli Grapes Milk
Afternoon	Fresh Veggies with Yoghurt Dip and Gold Fish Crackers	Popcorn and Orange Slices	Pretzels and with Cream Cheese Ranch Dip	Fresh Fruit and Graham Crackers	Mini Cheddar Apple Cracker Sandwiches

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.