

# Attention

**all Dovercourt Summer Campers:**

## Lunch **HELP** is **HERE!**

**Did you know that Adam's Apple Café offers weekly lunch specials for all Summer Camps?**

**For only \$30 a week**, you can be worry-free when it comes to lunches and know that your children are eating fresh and healthy food every day at camp.

**Your child will enjoy varied & healthy food!**

**Included daily:**

- 2 snacks including veggie sticks & a fruit
- A fresh and healthy sandwich
- 1 snack for the sweet tooth
- A fruit drink or bottled water

For kids who are at the Centre on Wednesdays, they will have the choice of the packaged lunch or a hot dog lunch from the barbecue!!

**Contact Ozzie to reserve!**

**Space is limited**

**Email: [adamsapplecafe@rogers.com](mailto:adamsapplecafe@rogers.com)**

**Phone: 613-798-8950 ext. 303**



**adams** Breakfast  
Lunch  
Healthy snacks  
Daily specials  
Take home meals

**apple** 

**cafe**

613 798-8950 ext 303  
411 Dovercourt Avenue  
Dovercourt Recreation Centre  
Upstairs

- You must reserve for the week no later than the Friday before.
- Only full weeks are offered.
- Payment options are cash or cheque payable to Adam's Apple Café.

Note: you cannot register through Dovercourt!

## LET US WORRY ABOUT THE LUNCHES!