



NOVEMBER 2, 2016
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Head of School

The World Remembers Vigil in the Alan Brown Great Hall

In preparation for Remembrance Day on November 11, and our Remembrance Day Ceremony that will be held in the Senior School gymnasium on November 10th beginning at 10:15 am, Southridge has been supporting the World Remembers Vigil over the past five weeks.

Created by Canadian television, stage and film actor, R.H. Thomson, the World Remembers Vigil project is a privately-funded venture that strives to commemorate and honour the people who lost their lives during the First World War. The project is organized in a way that allows schools and communities across the world to display the names of soldiers who were killed in 1916, the third year of the war.

Beginning on September 29, we've been displaying the name of each Canadian soldier who was killed in 1916. By the time November 11th arrives, we will have displayed the names of all 598,000 people who died as a result of the war in 1916. Each name is being projected prominently onto the fire place in the foyer of the Alan Brown Great Hall.

Each Canadian name is surrounded by six other names. The other names commemorate soldiers from other participating nations who also died in the war – United Kingdom, France, Germany, Turkey, Belgium, Australia, the Czech Republic, Italy, New Zealand, Slovenia and the former British Indian Army.

Last year, Southridge displayed the names of the 519,000 people who died during the second year of the war – 1915, and the year before that we displayed the names of the 293,000 people who lost their lives in the first year of the war. The names of those killed after 1916 will appear in subsequent years, each name appearing in the 100th year after their death. All names will appear in all displays in all countries that are participating in the vigil, and the names will appear at the same time relative to their time zone. Displays will run for just under 11 hours each day and each name will appear on a precise day, hour and minute. To find out more about the World Remembers Vigil, please visit <http://www.theworldremembers.org>.

We are proud to be participants in the World Remembers Vigil, and I invite you into the Senior School foyer at any time to see how Southridge has made an effort to remember



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those men and women who died during the First World War. Please also join us for our Remembrance Day Ceremony on November 10 at 10:15 am in the Senior School gymnasium.

Please note that Southridge supports our veterans by providing poppies to all of our students to wear during our Ceremony. I encourage you to remind your children to make a modest donation to the Poppy Fund when they receive their poppy from their homeroom teacher (Junior School) or advisor (Senior School).

Have a wonderful week!

Drew Stephens
Head of School

Important Dates

Event	Date	Time	Location
Open House	Thursday, November 3	6:00 pm	Both Schools
"A" Boys' Soccer Provincial Tournament	November 7 – 9	9:00 am – 4:00 pm	Southridge School & South Surrey Athletic Park
University Essay Workshop	Tuesday, November 8	3:00 – 4:00 pm	Senior School Library
Full School Assembly (Remembrance Day Ceremony)	Thursday, November 10	10:15 am	Senior School Gym
Remembrance Day (No School)	Friday, November 11	All Day	Both Schools
Auditions with Coffee House (AUWH)	Thursday, November 17	7:00 pm	Alan Brown Great Hall
Grades 6 & 7 Dance	Friday, November 18	7:00 pm	Junior School Gym
"We Are All One" Gala	Saturday, November 19	6:00 pm onward	Senior School Gym
Grade 8 & New Parent Coffee Morning	Wednesday, November 23	7:30 am	Cafeteria
Scholastic Book Fair	November 23 – 24	7:45 am - 3:30 pm	Junior School



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Junior School News

Head of Junior School

Looking, Listening, Feeling and Soaring...

Every day our school vision, *a community where every spirit soars*, lives itself out loud in the Junior School. In my role, I have the great privilege of being able to witness this on a daily basis in a variety of spaces and ways. When our spirits are soaring, there is an energy or vibrancy that cannot help but to flow, even in those times when the spirit may be challenged or stretched. There are many ways for spirits to soar at Southridge - some more visible than others, but if you look and listen closely, you can see it, hear it, and most importantly, feel it. Here are just a few of the ways I've noticed spirits soaring in Junior School recently:

- The passionate and inspiring call to action from Grade 4 students, Andy S., Samuel Y., Shubham S. and Sanskriti S., to support the needs of homeless people in our community, followed by the overwhelming response of donations of warm clothing that flowed into the Junior School Great Hall on Friday morning.
- The introduction of our school mascot, Sal, and the recognition of the contribution of the five Junior School students now in Grade 6 who helped to conceptualize the design. Thank you Camille H., Bonnie Z., Maya D., Lizzie L., and Asya Z-S for your contribution to a Southridge legacy.
- The gold-medal "nail-biter" victory of our Grade 7 boys' soccer team at the ISEA B Championships. After a season of being challenged on the field, they played their team learning forward and found great success in the end. Congratulations boys on your resilience and teamwork, and special thanks to Coach Rachel Carlson for her enthusiastic leadership of the team.
- MYP students using powerful imagery to convey their understanding and perspectives of war and remembrance.
- The art adorning the Junior School walls that represents creative and joyful spirits engaging in the artistic process.
- The growing confidence of our Term 1 Grade 7 House Captains and ambassadors as they lead assemblies and contribute to Junior School life each week.



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- The very creative array of pumpkins that arrived on Friday morning for Pumpkin Day, and the joy on children's faces as they placed them on display. No doubt these pumpkins also represent the spirits of you parents too!
- The thankfulness of teachers every Friday at morning recess as they enjoy the delicious treats that parents prepare for them to enjoy.
- The powerful conversations between teachers and parents about each child's learning, growth and goals at our recent Parent-Teacher Interviews.

As I reflect on all I've seen and heard over this last week or so, I am filled with gratitude knowing that every spirit is being nurtured in its own way in a caring community that is committed to bringing out each person's best through experiences, challenge, action and support. Truly, that makes my spirit soar!

Tanya de Hoog
Head of Junior School

Remembrance Day Ceremonies - Thursday, November 10

On Thursday, November 10, our community will pause to remember and honour those who have and continue to pave the path of freedom in our country and the world. Grade 3-7 students will attend the full school Remembrance Day assembly in our Senior School gym from 10:15 - 11:15 am. K-2 students will have their own age-appropriate ceremony in the Junior School Great Hall at the same time.

Remembrance Day Observance - Friday, November 11

In observance of Remembrance Day, there will be no school on Friday, November 11. School will resume on Monday, November 14 at 8:00 am (no late start).

MYP Arts Day in the City

We are very excited that the second annual Southridge MYP Arts Day in the City is now just a couple of days away! On Friday, November 4, all Grades 5, 6, and 7 students will have a chance to experience the arts in action in Vancouver.

We will leave Southridge at 8:30 am and travel by school bus as we head to the Orpheum Theatre to listen to a concert by the Vancouver Symphony Orchestra. We will then enjoy



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lunch downtown before visiting the Vancouver Art Gallery for a tour of their exhibits. At the end of the day, we will return to Southridge by school bus, with a plan of arriving for 3:00 pm dismissal.

Students will need to bring a bag lunch or money (\$10-15) to purchase lunch, their school sweater/blazer and track jacket, and their Arts Process Journal (APJ) folder or binder for this day. There is no additional cost for this day, as it is included with tuition, although students are welcome to bring spending money if they would like to visit the gift store at the art gallery.

We are very excited to experience the wonderful music and visual art that is just a short drive from Southridge, and we know that it will be a memorable day for the students! If you have any questions, please let us know.

Thank you!

Kevin Bespflug & Linda MacHolm
Junior School Music and Art Teachers

Grade 7 Girls' A Volleyball Team Update

The Grade 7 A Girls' Volleyball Team had a great regular season. We started with a trip to Anaheim, California and participated in a Grade 7/8 volleyball tournament which had 16 teams. Though we lost all our games, we had a great experience and showed good growth playing against some top notch volleyball teams losing our last game 21-25. When we returned, we started playing in our ISEA volleyball league. So far, we have played 6 league matches and have a record of 3-3. We defeated Stratford Hall (25-13, 25-21), Collingwood (25-13, 25-18), Mulgrave (25-16, 25-20) and lost to Crofton House (22-25, 25-20, 13-15), York House (23-25, 21-25) and WPGA (18-25, 19-25). This places the girls in 4th going into the ISEA Championships at Crofton House, starting today (November 2).

Good Luck Girls!

Kirby Gallant
Junior School Athletic Director



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Grade 7 Boys' Soccer Team Win Gold at ISEA "B" Championships!

The Grade 7 Boys' Soccer Team completed their season last week by winning the ISEA "B" Championships! The boys progressed throughout the year, and entered the championships without any wins under their belt. They won the first game 4-3 against Stratford Hall, then won a nail-biter in the semi finals against St. George's by going to shoot outs. In the finals, they played Meadowridge and after a 1-1 tie in overtime, they once again went to shoot outs. Our four shooters stepped up and our goalie made some excellent saves and we were able to take home the Gold!

Congratulations on a hard-fought season, boys! Your dedication and hard work was appreciated. It was a pleasure coaching all of you!

Rachel Carlson
Grade 7 Boys' Soccer Coach

Cross Country News

Congratulations to all of the runners who participated in our final meet of the season. It was held at Jericho Beach Park on Thursday, October 27, on a very soggy day! This is the most competitive of all the meets and the course was slick due to the rain. The following athletes placed within the top 16, which is an amazing accomplishment, and received ribbons:

Grade 3

Joel Spence – 13th
Aleksa Dolecki – 15th

Grade 4

Cannon Nylene – 2nd
Talia Partovi – 4th
Jady Choi – 7th
Owen Lister – 16th



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Grade 6

Jordyn Reed – 8th

A short presentation recognizing the cross country team was held during the Junior School assembly this morning.

Samara Ridley-Thomas & Cindy Khangura
Junior School Cross Country Team Coaches

Grade 6 Boys' Soccer Team Update

The Grade 6 Boys' Soccer team had a great season. As time progressed, they learned how to effectively communicate and function as a team. At the start of the season, the boys were quick to point out each other's "mistakes", however, as the season continued to unfold, they learned the value of teamwork and the power of a positive and supportive attitude. We finished the season with a record of 5-3. Way to go, boys! It was a pleasure to coach these young boys as they commence their journey from boys to men.

Nathan Gates
Grade 6 Boys' Soccer Coach

Senior School News

Head of Senior School

My Trip to Exeter

Over the past three days, I had the privilege of touring and visiting classes at [Phillips Exeter Academy](#) in New Hampshire along with Mr. Stephens, Ms. Kim and Ms. McNeil. It was an amazing visit to an incredible school. Our visit began on Monday morning with a student-led tour of the campus which is unlike any high school campus I have ever seen. It is the size of a mid-sized college with a history spanning more than two centuries.

Of course, as most of you know, Southridge has a strong connection to Exeter, as we have adopted the Harkness method of teaching and learning that originated there. For the past six years we have sent teams of teachers from Southridge to observe classes and meet with faculty at Exeter who have vast experience with teaching in the Harkness style.



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The classes I visited included two Grade 12 Writing courses, a Religious Studies class and an Introductory Physics class. The most obvious difference between a Harkness class and the classroom most people are accustomed to is the fact that students sit at an oval-shaped table with their teacher. In this manner, teacher and students are physically and symbolically at the same level. This leads to perhaps the most transformative approach to learning that I have ever witnessed in my career as an educator.

As is the case with students at Southridge, students in a Harkness classroom at Exeter are instantly more engaged with their learning. They come prepared and ready to discuss and share their understanding. In a creative writing class students were required to read the short stories that two classmates had written and the discussions centred on giving the authors feedback on their work. The students were to take the formative feedback and rework their final draft. The thing I was perhaps most struck by was the respect students had for each other as they shared their thoughtful feedback.

In the Religious Studies class, where Grade 9 students were tackling tough questions dealing with faith, doubt and what makes us human, students new to Harkness tended to ask their questions or make their comments to their teacher rather than to each other. A much different scenario unfolded in the Physics class, where Grade 10 and 11 students wrestling with difficult problems that deal with Newton's Laws spoke to each other and looked to fellow students for support when they struggled – their teacher only interjected to throw out the odd question or to have them consider another angle.

In every class I observed, what stood out to me the most was the respect the students had for one another, and how invested they were in their own learning as well as the learning of their peers. I left Exeter very excited, knowing that the Harkness method engages students in a way that is far superior to the classrooms I grew up in and taught in earlier in my career. Harkness engages students in their learning and equips them with the skills needed for life beyond high school.

Brad Smith
Head of Senior School



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Auditions for December Concerts - November 17, 7:00 pm

Our annual Senior School Music Department concerts, *An Evening in December*, on Tuesday and Wednesday, December 6 & 7, are fast approaching! Each year at the concerts, several students successfully audition to be a part of the show as student-directed small groups or solos. These musical numbers always add a nice breadth to our concerts, as well as reveal some of the amazing talents that our students have.

Auditions for these spots will take place in the form of a coffee house during the evening of Thursday, November 17 in the Alan Brown Great Hall at 7:00 pm. The show is open to any audience members who want to attend. This will be a performance, so those auditioning should have their pieces fully prepared. There will be refreshments available!

Students, if you would like to be added to the "Audition List", please email Luke (lzhang@southridge.bc.ca) or Isabelle (ilei@southridge.bc.ca) with all the details about your piece and technical requirements.

Chris Mitchell
Senior School Band Teacher

Senior Boys' Soccer Win Gold at Fraser Valley Tournament

This past Thursday, the Senior Boys' Soccer Team were involved in the Fraser Valley finals, for the second consecutive year. Their opponents for the final were the top seed of the regular season, Credo Christian.

The Senior Boys had a lot of motivation and inspiration heading into the finals, as they had lost to Credo 1-0 at home, a week earlier. This amped up much of the team, as the thought of revenge was riding on the team's shoulders. The match began with high intensity and spirit as both teams were destined to win. The hostile environment for both teams played a factor in the early stages of the match, as neither team had the beneficial "home field advantage." A very dominant start to the game turned sour as the Senior Boys went down 1-0, after an own goal from a free kick. The high spirits went into hiding after the mesh had rippled for the away team. However, great leadership and determination shown by some senior members of the team seemed to have lifted many of the players heading forward.

With arguably the turning point in the match, heading right into halftime, Southridge Keeper, Landon Gill, came up with an outstanding diving save. A great shot by the Credo captain was knuckling into the top corner of the net until Landon stuck out a fist



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and cleared it away. The big save gave the team momentum heading into the second half. The determination of defending the Fraser Valley title was in the back of the team's head, knowing they had a good chance at winning it. 10 minutes into the second half, Rowan Frost equalized the score with a massive header from a corner kick. The momentum of the big save and the equalizing goal had a snowball effect heading into the latter of the second half. With numerous amounts of goal scoring opportunities, the go ahead goal came from no other than Rowan Frost. A great delivery by Jacob Baxter from the corner, putting it on a silver platter for Rowan to put the ball in the back of the net. This would be the game winning goal, as the Senior Boys defended the title and came home with Fraser Valley banner for the second year in a row.

Southridge will be hosting the 'A' BC Boys' Soccer provincials next week from November 7-9.

Nick Strecker
Senior Boys' Soccer Coach

Senior Swim Team Update

Last Thursday, the senior swimmers raced in 13 relays and many individual events at Fleetwood Pool in the Fraser Valley Championships. At the end of the day, they finished third out of 48 high schools and were only beaten by two AAA schools, Earl Marriott Secondary and South Delta Secondary. They won many relays and some individual events and seemed to have a lot of fun!

Before listing the top three finishers, we need to add a second place finish at ISAs from October 14th that we missed:

- Yik Jun Wong placed second in his 50m breaststroke event.

At the Fraser Valleys, the following won their respective races:

- Catherine Grimme, Lauren Toy, Isabelle Lei and Stephanie Lee won the 4x50 Girls Open Medley Relay
- Emma Lawson won the 100m IM B and the 50m Backstroke B events
- Catherine Grimme won the 100m Girls Backstroke Open
- Stephanie Lee, Katherine Toy, Catherine Grimme and Isabelle Lei won the 4x100m Girls Open Freestyle Relay
- Ryan Kniel, Lauren Toy, Emma Lawson and Malcolm Beaton won the B Mixed Medley Relay
- Yik Jun Wong, Catherine Grimme, Cindy Shu and Mark Liu won the 4x50 Mixed Open Freestyle Relay



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- Stephanie Lee, Cindy Shu, Katherine Toy and Isabelle Lei won the 4x50 Girls Open Freestyle Relay
- Stephanie Lee won the 50m Open Freestyle

The following placed second:

- Ryan Kniel, Emma Lawson, Lauren Toy and Malcolm in the 4x50 Mixed B Freestyle Relay
- Cindy Shu in her 100m Girls Butterfly

And here are the third place finishes:

- Kevin Liu, Yik Jun Wong, Young Ye and Karl Rumm in the 4x50m Open Boys Medley Relay
- Lauren Toy in the 50m B Girls Breaststroke
- Kevin Liu, Yik Jun Wong, Cindy Shu and Katherine in the 4x50 Open Mixed Medley Relay
- Karl Rumm, Kevin Liu, Mark Liu and Young Ye in the 4x50 Open Boys Freestyle Relay

Madi Renner, Mia Cender, Nick Tang, Aiden Magee and Nick Wallenburg also had some great swims at the competition. And finally, thank you to Duncan and Melanie Magee for timing at both the ISA and the Fraser Valley Swim Meet!

As you can appreciate, the swimmers were very successful and should be proud of their races. Many of them will now compete at the upcoming Provincial Championships in Kamloops. We are looking forward to another couple of days of excitement in the water.

Many congratulations to all who raced! Well done, Storm!

And many thanks to Wendy Lei for always helping out with driving, reserving bleacher space at very early morning hours, and volunteering to do stroke and turn.

Cecilia Rodriguez-Lang & Heike Beer
Senior Swim Team Coaches



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Both Schools

Last Reminder – Open House is Tomorrow Night!

One final reminder that our much-anticipated **Open House** is being held tomorrow night from **6:00 - 8:30 pm**. Thank you to all the students and parents who are helping out with this event at this busy time of year. We know that the best way to attract great students and families is to have great students and families at Open House to greet them. We look forward to showing the local community what it means to be a part of the Southridge community. Remember that pre-registration is not required, so if you have a last minute invitation to give out, you still have time!

Renée Lepp and the Admissions Team

Gala Needs Your Support Now!

With just over three weeks until November 19th, the Gala Committee is busy making sure everything is in place for THE event of the year! But, it takes more than just the Gala Committee to make sure the event is a success and **we need full support from all our school families** to donate silent auction items and purchase guest tickets - **here's how you can help:**

Donate items: The more items we have, the more money we can raise for the school – it's that simple. The **deadline to donate an auction item or service is Thursday, November 10**, so please [click here](#) for your donation form. Your item and form can be dropped off to either the Junior or Senior School reception desk.

Purchase tickets: Tickets are selling fast, so to avoid disappointment, buy your tickets now! Seating is limited to 300 people, and as of today, we are almost sold out. Once the tickets are gone, that's it, so please [click here](#) to confirm your seat!

A sincere **thank you** to everyone who has already supported the event. It's going to be a fabulous evening all in support of our kids, so please donate an item and purchase your tickets – we look forward to seeing you on November 19th!

2016 Gala Committee



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Charting our Journey Forward - Survey Reminder

You should have received an important email last week prompting you to complete an anonymous survey, in support of Southridge School's strategic planning process.

As we embark on the final year of our current strategic plan, *Making Southridge Even Better*, we also begin the exciting process of planning for our future. Our next strategic plan will guide Southridge forward, ensuring our school's long-term strength and sustainability and will support new programs and initiatives to allow our students to continue achieving remarkable things and making a difference in the world.

The Board of Governors and the School's senior leadership team recognize that in order for Southridge to remain the vibrant, healthy community we are today, it is imperative that our planning process be open, collaborative and engaging – and that we provide all parts of our community with the opportunity to have a voice.

Please [click here](#) to start or continue the survey. We look forward to ongoing collaboration with our community as we continue the exciting work of charting our journey forward!

Strategic Planning Committee

Students Receive BC Junior Development Awards

Southridge students, Jordyn Reed and Roy Jiang, were recognized on Sunday, October 30, with BC Junior Development Awards for obtaining a Provincial standard in Track and Field in 2016. This is a very challenging and prestigious award to obtain as athletes are measured against the best Track and Field performances of all time in their respective age groups. It was nice to see Jordyn and Roy on stage accepting their awards as proud Southridge students!

Video Training for Schoology

Ms. Mosher, our Senior School Education Technology Leader, has created a series of videos to show you how to use Schoology. In the videos, she demonstrates everything from how to login to how to navigate the Schoology mobile application. [Click here to view the videos.](#)

Alan McInnes
Web and AV Services Manager



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Video Training for Vidigami

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Alan McInnes
Web and AV Services Manager

Southridge Café

Come and visit the Southridge Café!

Please see the **attached** menus for November.

Uniform Shop News

The Uniform Shop has introduced a Ladies' Blast Fleece Jacket as a Spirit Wear item (not uniform). This hooded jacket is water repellent and has bonded micro fleece to keep you comfortable and warm. Only a limited supply is available, so if you are interested, come to the shop to try one on!

Please be advised of the following opening hours of the Uniform Shop:

- Monday to Thursday 7:45 – 9:00 am
 2:00 – 4:00 pm
- Fridays Closed

Phala Tan
Business Services Manager



	Mon-31	Tues-1	Wed-2	Thur- 3	Fri- 4
Breakfast	Sausage Egger	Smoothie Day	Bacon Wrap	Berry Scone	Smoothie Day
Chef's Entree	Pizza	Chicken Taco Bowl	Salad Bar	Chicken Fried Rice	Fish Taco
Pasta Bowl	Gnocchi	Cannelloni	Spaghetti Meat Sauce	Mac and Cheese	Pasta Primavera
Grill Central	Beef Soft Taco	Spicy Chicken Brg	Hot Wrap	Salmon Bagel	BBQ Bacon Cheeseburg
Weekly Panini	Chicken Pizza	Chicken Pizza	Chicken Pizza	Chicken Pizza	Chicken Pizza
Great Greens	Grain Salad	Salad Bar	Tossed Salad	Salad Bar	Chef Salad

We always offer our regular menu in addition to our daily specials



Mon- 7

Tues-8

Wed-9

Thur-10

Fri-11

Breakfast

Sausage
Wrap

Smoothie
Day

Pumpkin
Scone

Bacon
Egger

Chef's
Entree

Thai Curry
Rice Bowl

Piri Piri
Chicken

Salad Bar

Lemongrass
Chicken

Lest

Pasta
Bowl

Pasta
Italiano

Chicken
Penne

Macaroni
and Cheese

Pasta
Primavera

We

Grill
Central

BBQ Bacon
Brg

BBQ Ribber

Chicken
Fajita

Pizza

Forget

Weekly
Panini

Chicken Pesto

Chicken Pesto

Chicken Pesto

Chicken Pesto

Great
Greens

Thai Noodle

Salad Bar

Caesar
Salad

Salad Bar

We always offer our regular menu in addition to our daily specials



Mon-14

Tues-15

Wed-16

Thur-17

Fri-18

Breakfast

Blueberry Muffin

Smoothie Day

Sausage Egger

Cheese Scone

Smoothie Day

Chef's Entree

Perogies and Sausage

Greek Chicken

Salad Bar

Beef Taco Bowl

Fish and Chips

Pasta Bowl

Pasta Alfredo

Ravioli

Macaroni and Cheese

Tuna-licious

Pasta Marinara

Grill Central

Pizza

Smokie

Spicy Chicken Brg

Chicken Wrap

BBQ Bacon Cheesebrg

Weekly Panini

BBQ Chipotle Chicken

BBQ Chipotle Chicken

BBQ Chipotle Chicken

BBQ Chipotle Chicken

BBQ Chipotle Chicken

Great Greens

Pasta Salad

Salad Bar

Chef Salad

Salad Bar

Caesar Salad

We always offer our regular menu in addition to our daily specials



Mon- 21

Tues-22

Wed-23

Thur-24

Fri-25

Breakfast

Bacon Wrap

Smoothie Day

Apple Cin Scone

Berry Muffin

Smoothie Day

Chef's Entree

Mexican Burrito

Honey Garlic Stir Fry

Salad Bar

Chicken Adobo

Chicken Pot Pie

Pasta Bowl

Bow Tie with Peppers

Tortellini

Cannelloni

Penne Alfredo

Macaroni and Cheese

Grill Central

Pizza

Japa Dog

Pulled Pork Sub

BBQ Ribber

Fish Burger

Weekly Panini

Ham and Cheese

Ham and Cheese

Ham and Cheese

Ham and Cheese

Ham and Cheese

Great Greens

Chic Pea Salad

Salad Bar

Chicken Caesar

Salad Bar

Tossed Salad

We always offer our regular menu in addition to our daily specials



Mon-28

Tues-29

Wed-30

Thur-1

Fri-2

Breakfast

Sausage
Wrap

Smoothie
Day

Pumpkin
Scone

Bacon Egger

Smoothie
Day

Chef's
Entree

Butter
Chicken

Pizza

Salad Bar

Beef Dip

Fish Taco

Pasta
Bowl

Pasta
Italiano

Mac and
Cheese

Ravioli

Chicken Roll
ups

Pasta
Primavera

Grill
Central

Pizza Bagel

Chicken
Fajita

Philly Cheese
Steak

Spicy
Chicken Brg

Poutine

Weekly
Panini

Turkey Cuban

Turkey Cuban

Turkey Cuban

Turkey Cuban

Turkey Cuban

Great
Greens

Grain Salad

Salad Bar

Caesar
Salad

Salad Bar

Chef Salad

We always offer our regular menu in addition to our daily specials

