



MARCH 2, 2016
ISSUE #23

Head of School

The Country Fair is Closer than You Think

I realize our annual Country Fair is still 2 months away, but I wanted to bring it to our community's collective attention because it is THE event at Southridge that requires an all hands-on-deck frame of mind in order to make it a success. So, please mark your calendars now, if you haven't already done so, and let your neighbours and friends know that you already have a date on Saturday May 7th.

You may or may not know that Southridge has hosted a Country Fair every year since our school opened its doors back in September 1995. This year's iteration of the event will be our 21st, which positions it as one of the biggest and longest-standing traditions at our school. Indeed, the Country Fair has helped to define the spirit of community at Southridge.

Simply put, the Country Fair would simply not be possible without everyone pitching in. In very straightforward terms, (amazingly) it takes more than 900 volunteer shifts to orchestrate an event of the Fair's magnitude, and with roughly the same number of parents at our school we really do call on everyone to volunteer for at least one shift. That equates to two shifts per family with at least one of those shifts taking place on the day of the Country Fair itself – that's the Saturday.

In not so straightforward terms, the Country Fair underscores and re-enforces the spirit of parent involvement at Southridge, and it helps to define the special quality of our community. The history of Southridge is filled with examples and stories of parents contributing their time and energy to make our school possible. Right from the get-go, our families jumped in when they heard the call acting on the belief that their contributions would make a difference, and what a difference those contributions made.

To this day, visitors to our school comment on our sense of community and the special "feeling" at Southridge. Some visiting Heads of School can't believe we've been able to sustain such an engaged group of parents for two decades. I have to admit that I am extremely proud of Southridge in this regard and am always invigorated when I see and feel the excitement and energy that leads up to the Fair – energy that comes from our generous and supportive parents joining together enthusiastically to make a difference.



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So, don't delay; visit our website and sign-up to volunteer today. The shifts have just recently opened so the faster you act the more likely it will be that you'll get the shift that works best for you and your family.

Thank you for your support and have a wonderful week!

Drew Stephens
Head of School

Important Dates

Event	Date	Time	Location
Junior House Captains' Theme Day	Friday, March 3 rd	All Day	Junior School
Junior School AR Term 2 Deadline	Friday, March 3 rd	All Day	Junior School
Last Day of Term 2	Friday, March 3 rd	All Day	Senior School
Junior School Sex Education	Thursday, March 10 th	All Day	Junior School
PYP Exhibition Parent Meeting	Thursday, March 10 th	6:00 – 7:00 pm	Junior Great Hall
Grandparents' Tea	Tuesday, March 15 th	12:30 pm	Senior Gym
PYP Musical	Tuesday, March 15 th	1:15 pm	Junior Great Hall
PYP Musical	Wednesday, March 16 th	6:30 pm	Junior Great Hall
Speech Day	Wednesday, March 16 th	All Day	Senior School
Spring Break	Saturday, March 19 th – April 4 th		Both Schools
Late Start	Monday, April 4 th	10:25	Both Schools
Country Fair	Saturday, May 7 th	9:00 am – 4:00 pm	Junior and Senior Schools



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Junior School News

Head of Junior School

Seeking the Elusive State of Balance

The goal of finding balance in a busy life is an elusive one. It is a good and important goal but one that proves quite difficult to achieve or master. In theory, it makes perfect sense that it should be everyone's top priority to achieve balance in life because when you are balanced you are capable of functioning at your best. Finding balance is not a one-size fits all approach. What balance looks like for me might look very different for someone else. As I was doing some research for another project I am working on, I came across an article on Forbes.com entitled, "*Creating Life Balance to Achieve Success*". This article highlighted some key points to focus on when searching for a balanced state, and I have summarized them below:

- Know yourself and how much rest, food and exercise you need to function at your best.
- Manage your time effectively
- Stay connected with family and friends.
- Have a role model
- Make time for yourself. (Unwind Time)

After reading the article, it was clear that the advice offered is common sense; something that we all know but can easily lose track of during the busy or stressful times. This advice is a great reminder to me in my own life but more importantly, it served as a reminder to me of how we have a responsibility to our students and children to help them find balance. If the adults in a child's life are stressed or not feeling balanced there is a good chance that the child feels this too. Children are incredibly perceptive, and they are also an excellent resource. A child will tell you when they think you are not getting enough sleep, or that you did not really leave enough time to go between skating and hockey practice. Lately, I have been thinking of balance in terms of a family goal and not just a personal one. Each member of the family needs help to achieve their personal balance but they also act as a support network to other members of the family at the same time. Of course, as the adults, we have a greater responsibility to our children but it is uncanny how a child seems to know just the right time to give you a hug or ask you to have a lightsaber battle.

I can make the same parallel to a classroom. It is a class goal to have balance not just a personal one. I have witnessed teachers take cues from their students that signal they



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need a break so they choose an activity that allows for some “unwind time”. I have also witnessed students show care and concern if a teacher is eating lunch on the run. It is a great asset to have these caring “checks” in place in our community to keep a focus on balance. These “checks” come from the relationships that we build with each other and the student voice in these relationships is really important. The saying “wise beyond their years” comes to mind. Achieving balance is tough, and I think it is an ever-changing, never-ending goal; however, sharing the goal within a family or within a classroom seems to add a layer of accountability and support making the goal of achieving balance a little less elusive.

Ms. Alison Graham
Interim Head of Junior School

Spring Break - Term Two Report Cards - FSA Booklets

For those anticipating the Spring Break, the last day of school is Friday, March 18th, with a return to school on Monday, April 4th, (late start). Report cards will be distributed at dismissal on Friday, March 18th. To maintain consistency for all our students, the report cards will not be distributed any earlier than dismissal time. Students in Grade 4 and 7 will have their FSA booklet and final FSA report sent to them in the mail and should receive this in early April.

Communicating Absences/Late arrivals

Just a friendly reminder to please communicate all absences or late arrivals to the following address attendance@southernridge.bc.ca

Country Fair Gift Baskets

The collection date for new gift basket items with a minimum value of ten dollars has been extended to March 4th. The categories for each grade can be found in the flyer attached to *The Wednesday*. Please place the items in the collection bins which are outside each classroom from now to March 4th. Please have your child/children bring in their new items by March 4th.

Thank you for your support!
Gift Baskets Committee



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Grandparents' Tea - Tuesday, March 15, 2016 @12:30 p.m. in the Junior School Gymnasium

Grandparents you are all an important part of your grandchildren's lives. We want to honor you by inviting all of the grandparents in our Southridge family to join us for coffee, tea and cake before the PYP Musical. This year PYP students will be performing the musical: 'Treasure Island'. It will be held on Tuesday, March 15th at 1:30 pm in the Junior School Great Hall.

Before the musical the Grade three students will serve you tea and coffee at 12:30 pm in the Junior School Gymnasium. They will greet you the front doors, help you select and reserve your seat for the performance before escorting you to have tea and cake in the gym.

Be sure to let your grandchild know you will be coming before March 12th. (We would like to have an idea of how many grandparents will be attending and we will be asking your grandchild.) They will be delighted to see you!

Everyone is welcome to attend this PYP matinee performance but we respectfully request that unless you are with a grandparent there is no reserving of seats or seat saving. We also ask that you do not come and sit in the seats before 1:00 pm. The performance begins at 1:30 pm. We want to give priority please to the grandparents for this performance. Thank you so much for your support in accomplishing this.

Thank you for all you do for your grandchildren,

Rowena Raber

7A Girls Basketball Team are ISEA Champions

Last Thursday, the 7A Girls basketball team entered the ISEA Championship tournament with a number one seed and some momentum coming from the regular season. Throughout the year, the girls only got better with every opportunity they had to improve. Despite some closer wins against the same opponents, this day would prove to be one where Southridge would make their mark as the league's best.

Starting the day off well, the girls put up a commanding 34-16 win over the WPGA Wolves. The girls had jumped out to an early lead that proved too much for the girls from Point Grey. Up next in the league Semi-Final, Southridge faced a physical team from Mulgrave. The game started tight and held that way for most of the first half.



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However, it was once again, our girls who elevated their game to another level that was too difficult for Mulgrave to handle. Southridge won the Semi 33-18.

With Crofton House beating Collingwood in overtime to advance to the final, it was our job to break the momentum and emotional high Crofton would have entering the game. As it would turn out, this didn't take long. Jumping out to an early 8-2 lead, the girls never looked back as they cruised to a 34-19 final; a Championship ending to an amazing season, 9-0 in league play, and an overall record on the season of 15-1.

It was awesome to be a part of such an amazing season with a great group of players!

Congratulations girls, you did it!

Perry Harder

Senior School News

Head of Senior School

Never Grow Up

Last week the yearly production preparations ramped up towards the performances at the end of the week, and as it has become a tradition, the cast and crew wear t-shirts promoting and showing their membership. This year, as many of you know, the production was Peter Pan and the t-shirts depicted a silhouetted Peter across a full moon along with the words "Never Grow Up" surrounding it. As the students and teachers walked the halls many people mentioned how much they liked the shirts and the important message that the play brings.

At the same time, we are in the midst of asking students to decide on course selection for next year. This involves some serious conversations with Advisors and teachers about their choices as well as at home with their families. We always strive to ensure that students are hitting the right balance of a challenging and rigorous course load and not taking on one that is too overwhelming. Throughout the process, the students learn about career choices and the prerequisites necessary for university acceptance into these programs. One would argue we are asking our students to "grow up".

Last week especially, I found it was interesting to notice this obvious tension between the two messages.



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After considering this for a time, I wondered if the two messages had to be so opposite from each other. Do we compartmentalize growing up with a lack of enjoyment? Or that being young can't involve too much responsibility?

If you went to the production you certainly will have witnessed many students showing amazing levels of responsibilities in their roles on the stage. Equally impressive were the incredibly capable stage managers, prop and set designers, hair and makeup crew and our incredible Tech crew that handled very difficult assignments under the pressure of live performance. So, this certainly didn't strengthen the idea of a young person being less responsible!

I think the key might be in finding one's passion and following it towards your career. Anyone that is passionate about an area of their life rarely explains what they do as "work". It is often with terms such as: joyful, fulfilling and their calling. I notice individuals that are passionate look youthful and seem to exude energy. In many ways they retain the child in them and have a little bit of "Peter Pan". I notice this especially in many of our teachers and I think they model a wonderful example for the students.

As our founding Head of School coined about Southridge that is was a "Lighthearted place of serious purpose." And I believe this brings the two ideas together very well. Having a sense of play in your learning allows you to be creative and innovative and the idea of never growing up helps to remember that the journey is as important as the destination. Even being a little mischievous at times might be alright!

So, as you help you son or daughter to choose their classes for the next year, perhaps retain the ideas the production of Peter Pan that Mr. Pope and the cast and crew so wonderfully presented to us. There needs to be play and passion along with rigour and hard work.

Don't grow up this week...too quickly, anyways!

Doug Palm
Head of Senior School



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Country Fair Gift Baskets

Thank you to all the Senior school students for your donations on casual day for the purchase of Country Fair gift basket items! Your support is much appreciated!

Gift Baskets Committee

Thank You from Peter Pan – Video Now Online!

Thank-you to everyone who attended Peter Pan and watched our cast and crew who put their heart and soul into the show. I was personally thankful and impressed by their talent and incredible effort.

Thank you again to all staff, parents and community members who helped out. A production of this size could not happen without the support of many people. Although the end is bitter sweet, hopefully they can rest a little now and then rest more at spring break.

The final performance on Saturday night was video recorded and can be [viewed here](#).

Cheers,

Glen Pope

Forum for Young Canadians Trip to Ottawa

Earlier this month, I had the opportunity to travel to Ottawa for the Forum for Young Canadians. This program is for youth aged 15-19, and it aims to educate students about Canada's political system by giving them first-hand experience. While at the forum, I had many incredible experiences, including participating in mock trials, watching a House of Commons proceeding, meeting a number of cabinet ministers and, most notably, meeting Prime Minister Justin Trudeau. I also had the chance to develop close friendships with students from across the country. Forum for Young Canadians was an amazing experience that I'll never forget.

Angad Maan
Grade 12



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BC and Alberta Guide Dogs Visit

Many universities and secondary schools have created their own “Puppy Rooms” as a place to de-stress and for student relaxation. Dogs are becoming an increasingly popular relaxation tool, as playing with or petting a dog has been proven to increase levels of oxytocin, a stress-reducing hormone, and decrease the brain’s production of cortisol, a stress hormone.

We are excited that we can provide the same experience for some senior students during this hectic time of the school year. On Tuesday March 8th the local BC and Alberta Guide Dogs chapter will be visiting the school with puppies who are in training to become professional guide dogs. All Grade 11 and 12 students will be able to sign up for a 10-minute play session with the pups. The dogs will be kept in the spin room in order to respect members of our community who may have a dog allergy or experience a fear of dogs.

A friendly reminder that the visiting dogs are part of a registered charity, and their visit has been approved by the school. Our school still upholds a policy of not permitting dogs on campus, and we ask that parents and students kindly continue to refrain from bringing their pets into the school. Thank you!

Sophie Wirch

University Counselling News

Join us for coffee and conversation – Mark your calendar!!

University Counselling will also be hosting a series of coffee mornings for Senior School parents to attend and meet with Mrs. Livingston and Mr. Weaver:

- Wednesday, March 9th 8:10 to 9:20 am - Theme: Thinking of U.S. Colleges/Universities?
- Tuesday, March 15th 8:10 to 9:20 am - Theme: U.K. and Ireland – direct entry professional programs in medicine, dentistry, veterinary medicine and law – how does this work?

Mrs. Livingston
Director of University Counselling



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Both Schools

Just Announced:

Southridge Speaker Event Featuring Julie Lythcott-Haims

You should have received an email yesterday announcing an exciting event that Southridge is hosting on **April 19th at 7:00 pm** featuring Julie Lythcott-Haims, author of the *New York Times* bestseller, *How to Raise an Adult*. Southridge is proud to host this special evening which is open to the public as part of our annual speaker series.

How to Raise an Adult is a provocative manifesto that exposes the harms of helicopter parenting and sets forth an alternate philosophy for raising preteens and teens to self-sufficient young adulthood. Julie Lythcott-Haims has appeared on TEDx talks, as well as the *Chicago Tribune*, *Forbes*, *New York Times*, *Slate* and *Time*. Her presentation will provide practical strategies for enhancing our relationships with our children while developing boundaries that allow our kids to make mistakes and learn resilience and determination necessary for success. This is sure to be both engaging and inspirational – a must see for all parents!

Tickets are \$10 and can be purchased through the link below. I hope you will take the opportunity to attend this special presentation which is sure to be of value to all parents. Since this event is open to the public, I encourage you to pass on the link below to friends, family and anyone you think might be interested in attending. I hope to see you there!

[PURCHASE TICKETS](#)

Jasmine Boyes
Community & Alumni Relations Manager

Information Session for Junior and Senior School Parents

Presented by: Darren Laur of Personal Protection Systems Inc.
Junior School Great Hall – Tuesday, April 5, 2016 - 6:30 – 8:30 pm

Parents are the foundation when it comes to youth on-line interactions. Attending this Internet/Social Media Safety presentation will offer you insight into social media use, along with valuable tools needed to help navigate the on-line world when it comes to digital literacy and privacy. Come learn what your children already know!



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Wendy Turriff and Natasha Bains

Last Call for Southridge Sun Run Registration Final deadline is Friday, March 11th!

Thank you to everyone who has already joined our school team! We currently have just over 40 members signed up and would love to have even more. **The final deadline to register for the Southridge School Team is Friday, March 11th.** Please note that all ages and levels of runners are welcome – from beginners to experts. There is no pressure to run at a certain pace; in fact, many people walk the Sun Run. It's just fun to run (or walk) knowing that you are a part of a team and are representing our school!

To register:

1. Go to www.vancouversunrun.com and select 'Register' and then click 'Register for a Team'.
2. Our team name is "**Southridge School**" and the code to join the team is "**leteveryspiritsoar**".
3. Fill out your information, choose between the 2.5K Mini Race or the full 10K, and proceed to the checkout. Note: it is free for parents to sign up as an escort for the 2.5K option.

Happy Training Everyone!! If you have any questions, please feel free to send Ms. Morley an E-mail.

Megan Morley
mmorley@southridge.bc.ca

Thank you for the thank you

Recently, a Southridge parent brought me flowers. I'm not her son's teacher or the Head of School and I have nothing to do with the Admissions process. I am the Director of Advancement and I ask our parents for a lot. I ask them to volunteer for everything from playground supervision to baking for teachers. I ask them to support our annual fundraising campaigns, attend the Gala and sponsor our Country Fair. This year, I also asked them to support a special campaign for new playground equipment – because without their donations, we simply could not make this extraordinary purchase. So, when a parent brings me a bouquet of flowers with their annual donation and a card that



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says “Thank you so much for all you do to make this an amazing school”, I am literally moved to tears.

Southridge School is a special place. Our parents, faculty, staff, students, alumni and alumni parents have worked together, aligned in their vision to create a connected, caring and welcoming community for more than twenty years.

The role of Advancement at an independent school is an essential one. Without comprehensive donation and volunteer programs, most schools would not survive. Some people might describe such activities as a ‘necessary evil’, but not here. Southridge is different.

This is my fourth year at Southridge, and by now, I should be used to the thank-you email I inevitably receive in response to sending out a thank-you email. It shouldn’t be such a surprise when parents express their appreciation for an item they contributed towards. But such thoughtfulness continues to amaze me. After all, sending flowers, writing thank-you notes and expressing gratitude is supposed to be **my** job.

As I said, Southridge really is a special place and I am just grateful to be a part of this community and do my own small part in advancing the mission of this school.

So, *thank you* for the thank you...

Christiane Hodson
Director of Advancement

Thanks to you....

Through our fundraising campaigns and events, our community continues to give generously. In fact, thanks to you, our students and teachers have the tools, equipment and facilities they need on a daily basis.

For example:

Earlier this month, new fitness equipment arrived at the Senior School! This equipment was purchased from the proceeds of our 2015 Gala and includes a new treadmill, a Hoist Fitness 4-stack Multi-gym, Back Hyper and bench. This equipment is used on a daily basis by our PE students and athletics teams and was a very welcome addition to our current equipment in the weight room.



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This weekend, our Senior School production of Peter Pan was an overwhelming success thanks, in part, to the equipment and tools at our Tech team's fingertips. The wireless intercom headsets were used extensively by the 'behind the scenes' teams to ensure the play went off without a hitch. The same equipment was used at Tuesday's Full School assembly. In the words of Mr. McInnes, "we simply could not support these events without this technology." These headsets were purchased from funds raised at the 2014 Gala.

Every single day, our Junior School kids can be found on the new playground equipment. Their laughter as they chase each other up the platforms and down the slides can be heard by our neighbours, I'm sure! Thanks to our generous parent donors, Phase 2 of the playground is nearly a reality and our students will have a new swing and additional equipment to enjoy for many years to come.

If you have not yet made a donation to Southridge this year, please consider [making your gift online today](#). Your gift can be directed to an area at the school that means the most to you including Arts, Athletics, the Playground Project, any of our bursary funds, or choose to support our Greatest Need fund.

If you have any questions about making a gift to Southridge, please don't hesitate to contact me directly at 604-542-2330 or via email at chodson@southridge.bc.ca.

Thank you for your continued support.

Christiane Hodson
Director of Advancement

Learning Something New at the Country Fair

The Volunteer Committee is still looking to fill many vacancies in lead positions for the fair. These are "shadow positions", meaning that you will learn the ropes and observe this year, with lots of support and guidance. Available positions include:

- Recycled Treasures
- Books
- 50/50 Draw

Please email volunteer@southridge.bc.ca with any questions, or to express interest.



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Calling all Bakers!

If you love to bake the Country Fair needs you! The Volunteer Committee is looking for an organized baker to lead the pie-making committee and help provide many pies to the families that flock to our bake table each year. The bake table is also looking for talented bakers to assist in possible new offerings. Please email volunteer@southridge.bc.ca to inquire about pie-making, or cari001@gmail.com to inquire about the bake table. Many families will thank you!

Vyners School: Canadian Rugby Tour Billeting Opportunity

Grade 8 and 9 student-athletes from Vyners, a Secondary School in London, England will be touring British Columbia in late March and early April. During their stay they will be playing rugby games against local public and private schools, including Southridge School. Vyners has visited Southridge several times over the past few years and our rugby teams have been fortunate to have been hosted by them on three of our own UK Rugby Tours.

There is a great opportunity for students and families within our community to host 1 or more Vyners' students. It is only a two night commitment (the afternoon of Wednesday, March 30th to the morning of April 1st) and because their itinerary includes a full slate of daytime activities, host families from Southridge would only be responsible for providing a few meals and a place to stay for these boys.

We are still looking for a few more host families from either the Junior or Senior schools. If you are interested or have any questions, please feel to contact me via email at gsmith@southridge.bc.ca or by phone: 604-542-2339

Thank you,

Gordon Smith
Senior School Athletic Director

Human Resources News

Jenni Watson will be leaving Southridge at spring break to pursue a new opportunity with the North Vancouver School District. Jenni has been with Southridge since 2005 and has held both full-time and part-time positions at our school including teaching Grade three, Elementary Art, Kindergarten and most recently in Learning



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Resources. Jenni has also contributed to our co-curricular program in meaningful ways especially in the area of track and field and soccer. Her commitment and dedication to Southridge will be missed.

Olivia Clayton will be moving from the role of a Teacher on Call to a temporary Learning Resources Teacher in the Junior School as of March 15th. Olivia recently obtained her Bachelor of Education with a minor in learning disabilities and also holds a Bachelors in Physical Education and Psychology. In addition, Olivia has her certificate in Orton Gillingham and has been tutoring in math and language since 2010. Olivia's passion is working with students who have learning differences and enjoys being able to create innovative ways to engage students while providing a supportive place of learning.

Darcie Sagert
Director of Human Resources

Uniform Shop News

The uniform shop has a variety of spirit items that makes perfect gifts. We have 5" x 7" photo frames engraved with "SOUTHRIDGE GRADUATE OMNIS ANIMA VOLET", which can be a memorable gift for a Southridge grad student. Come in and take a look.

Regular Uniform Shop Hours:

Monday – Thursday (closed Fridays) between 7:45 – 9:00 am and 2:00 – 4:00 pm.

Phala Tan
Business Services Manager

Southridge Cafè News

Please see attached menus for the Southridge Cafè for March.



Please note, the collection date for gift basket items has been extended to March 4, 2016. Also, the items must have a minimum value of \$10.00.

Country Fair Gift Baskets

The February 26th Junior school casual day is dedicated to the collection of one **NEW** item per student for Country Fair Gift Baskets. The items must have a minimum value of \$10.00. The items will be placed in the collection bins which are outside each classroom from February 22nd to March 4th. Please have your child/children bring in their **NEW** items between February 22nd and March 4th. If each student brings in a **NEW** item, Gift Baskets will be a great success for Country Fair.

The categories for each grade are:

Kindergarten & Grade 1: Children's Toys and Games (lego, craft kits, crayola sets, hair accessories, activity sets, dolls, games, books, and any other popular children's toys)

Grades 2 & 3: Kitchen and Gourmet Items (oven mitts, tea towels, cloth napkins, cook books, fancy spices, oil, vinegar, garlic presses, cheese harps, coffee, tea, ice cream scoops, salt and pepper grinders, gift certificates)

Grade 4: Gardening Items (garden planters, garden gloves, seeds, watering cans, garden tools, gift certificates)

Grades 5, 6 & 7: Mother's Day (bath products, spa items, candles, perfume, lotions, fancy soaps, bubble bath, scarves, picture frames, gift certificates, and any other popular Mother's Day gifts)

**Thank you for your support!
Gift Baskets Committee**

Feb 29- Mar 4

Specials

Mon 29

Tues-1

Wed-2

Thur-3

Fri-4

Breakfast

Breakfast
Bagel

Smoothie
Day

Pumpkin
Scone

Smoothie
Day

Raspberry
Muffin

Chef's
Entree

Chicken
Strips

Salad
Bar

BBq Pork
Chow Mein

Chicken
Quesadilla

Fish and
Chips

Pasta
Bowl \$3.50

Pasta
Marinara

Mac &
Cheese

Pasta
Alfredo

Spaghetti
W/ Meatsauce

Stuffed
Pasta

Grill
Central

Bbq Bacon
Cheeseburger

Pulled Pork
Sub

Pizza

Chicken
Waffle Burg

Spicy Chick
Burger

Weekly
Panini \$5.50

Sundried
Tomato
Chicken

Sundried
Tomato
Chicken

Sundried
Tomato
Chicken

Sundried
Tomato
Chicken

Sundried
Tomato
Chicken

Great
Greens

Asian
Pasta

Salad
Bar

Chefs
Salad

Chicken
Ceasar

Garden
Salad

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



March 7-11
Specials

Mon-7

Tues-8

Wed-9

Thur-10

Fri-11

Breakfast

Breakfast
Wrap

Smoothie
Day

Sausage
Rolls

Smoothie
Day

Apple Cinn
Muffin

Chef's
Entree

Perogies w/
Sausage

Salad
Bar

Chicken
Fried Rice

Beef/ Bean
Enchalada

Butter chick
pot pie

Pasta
Bowl \$3.50

Penne with
curry cream

Italian Saus
Tortellini

Gemelli
Rose

Mac &
Cheese

Bow Tie w/
Peppers

Grill
Central

Pork
Fajita

Bbq Bacon
Cheeseburg

Pizza

Chicken/
Bacon Sub

Fish
Taco

Weekly
Panini \$5.50

Turkey Pesto

Turkey Pesto

Turkey Pesto

Turkey Pesto

Turkey Pesto

Great
Greens

Grain
Salad

Salad
Bar

Pasta
Salad

Chicken
Ceasar

Chefs
Salad

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



March 14-18
Specials

Mon-14

Tues-15

Wed-16

Thur-17

Fri-18

Breakfast

Breakfast
egger

Smoothie
Day

sausage
Roll

Smoothie
Day

Peach
Muffin

Chef's
Entree

Beef
Dip

Salad
Bar

Chicken
Stirfry

Taco
Salad

Chicken Pot
Pie

Pasta
Bowl \$3.50

Pasta
Alfredo

Tortellini

Pasta
Italiano

Primavera
Pasta

Mac &
Cheese

Grill
Central

Poutine

Pulled Pork
Sub

Pizza

Chicken
Waffle Burg

Fish
Burger

Weekly
Panini \$5.50

BBQ
Chicken

BBQ
Chicken

BBQ
Chicken

BBQ
Chicken

BBQ
Chicken

Great
Greens

Quinoa Rice
Salad

Salad
Bar

Pasta
Salad

Garden
Salad

Chicken
Ceasar

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

