



RAPID READ

DATE: MONDAY, MARCH 9th



EVENTS & ANNOUNCEMENTS

WEEKLY CAFETERIA SPECIALS

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée: Chicken Alfredo. Apple and Cinnamon stuffed Chicken Cordon Bleu, Creamy Basil infused Fettuccine pasta. Served with house made Focaccia	Entrée: Prawn rolls. Creamy Spiced Tiger Prawn Salad. Crisp lettuce, Tomato, Soft Hoagie Buns. Served with Wedge Fries	Entrée: Pork Panini Sandwich. Maple and Glazed Pork Tenderloin, Apple Dijon Gastrique, Swiss Cheese, Apple Chips. Served with Wedge Fries	Entrée: Beef Steak and Mash Potatoes. Smoked and Braised AAA Beef Brisket, Creamy Garlic Mash Potatoes, Seasonal Vegetables, and Demi-Glaze	Entrée: Riverside House Made Beef Burger or Chicken Burger Served with French Fries
Pizza: Pepperoni	Pizza: BBQ Chicken	Pizza: 4 Cheese	Pizza: Pesto Chicken	Pizza: Pepperoni
Soup of the day: Broccoli	Soup of the day: Broccoli	Soup of the day: Fire Roasted Red Pepper	Soup of the day: Fire Roasted Red Pepper	Soup of the day: Fire Roasted Red Pepper

HOUSE MADE SANDWICHES AND BAKED GOODS ARE MADE DAILY AND AVAILABLE FOR PURCHASE

GRADS

- Hey grade 12's! Did you not get a GRAD T-shirt? Do you still want one? Good news, you can enter a draw to **WIN** a grad shirt. Go to room 124 and enter your name. Draw will be made March 9-12.

ATHLETICS

- Pickleball Team meeting in portable 4 today at lunch

CLUBS

- Ski and Snowboard club is heading to Whistler on April 2nd and there are still spots available! No prior skiing or snowboarding experience is necessary! If you are interested, come and see Ms. Staples in room 200 for more information.

- Come out for a good cause! The Covenant House club is hosting a pizza sale! Come down to the foyer at lunch on March 12 and grab a slice or two. All Proceeds will support youth experiencing homelessness. That's March 12 at lunch.
- Come down to the foyer tomorrow at lunch! The Green Hearts Animal Club is having a Krispy Kreme fundraiser. Donuts are \$2 each, 2 for \$3 or a full box for \$15. All proceeds support our club and the animals we help. Hope to see you there!
- Rainbow Alliance- Celebrate Spring with the LGBTQ+ Rainbow Alliance members and your allies. Come for a free pizza lunch on Friday, March 13th in Monicas room to celebrate spring.
- Hey Frenchies. Looking to review ahead of your exams this week? Pop by Room 207 at lunch all week to work with a tutor if you need a little extra help!

Have a great day, Rapids!