



ISPS WEEKLY

NEWSLETTER

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DATES FOR YOUR DIARY

October

- 19 End of Q1 MS/HS
- 19 Last Day of School
- 22-26 Mid Term Break Begins
- 27 ACTs
- 29 School Resumes
- 31 Blood Bank

November

- 1 HS Field Trip (Digicel IMAX)
- 2 MS/HS Q1 Reports
- 2 G8 Field Trip (NIHERST)
- 3 PTO Garage Sale
- 6 Divali (National Holiday)

MISSION

ISPS is a vibrant learning community dedicated to developing passionate learners who strive for excellence and pursue their unique potential.

We encourage resilience, innovation and collaboration, preparing students to act with confidence and integrity as caring global citizens.

VISION

Inspiring thinkers and doers to shape a better world.

MOTTO

Difference Makers,
Future Shapers

ISPS Contact #: 633-4777

FROM THE DIRECTOR

Dear Parents,

We are finishing up what has been a very busy week. Your children have been in summative assessments, and we have been hosting the AdvancEd visiting team.

While the team was here, they met with students, parents and staff. They met with 88 people and visited 39 classrooms. We will be receiving a full report from AdvancEd in mid November. This report will be shared with the entire community when it arrives. However, before their departure, they met with the Administration at the end of the visit.

In summary, their classroom observation "data" on the tool used, matched our own observation data which was verification for them, and us, that the experiences that children are receiving in the classroom are consistent, with students receiving lessons in well managed and supportive environments.

The team was impressed with our human and physical resources as well as with our commitment to what they called "personalizing learning opportunities". They also identified areas which are not yet "embedded" practices at ISPS. In our own analysis, these same areas have been identified and have been in our School Improvement Plan, which we will continue

to work on in the coming years.

There are several areas that we are currently working on which will help us develop our next School Improvement Plan and these are, developing a Strategic Plan and developing a plan to make data analysis more systematic in order to inform our decision making. These items and the AdvancEd report will help us focus our energies on target that are most important to us.

We are committed to the continuous improvement model and we will continue to build on our strengths and focus energy in areas we recognize need improvement.

I would like to take this opportunity to thank all parents who took part in the AdvancEd visit. Your input was beneficial to the process. I would also like to thank the ISPS team that helped make the visit a success. Thank you to Jackie and her team, Suzette, Angela Shahien, Alicia Solozano, Gabrielle Wiltshire, and Frank Huerta.

I hope you enjoy your break and if you are travelling, safe travels. Please remember that we begin again on Monday, October 29th.

Barney Latham
Director



MARK YOUR CALENDAR



Parade of Nations:
November 15

International Food Festival:
November 16



ELEMENTARY NOTES

October 18, 2018

Volume 17, Issue 5

Dear Parents,

Thank you to all the parents, faculty, and students who participated in the many interviews and class observations that took place on Monday and Tuesday. All these sessions were conducted by the AdvancED team. At dismissal time, all grade one through five students are to proceed to the front of the school at 2:30 p.m. pick up. Students are not allowed on the Green Court without their parents at 2:30 p.m. Students for After-School Activity should assemble in the cafeteria and wait for Mr. Ali, or their coach. All other students should not be on campus if they do not have an activity. Parents will be called if we find students roaming around the building after 2:30 p.m.

Measurement for Academic Progress (MAP) parent information session was well attended on Tuesday, and we encourage parents who were unable to attend to contact us for a one-on-one session to learn more about their child's progress.



Parent Toolkit for MAP: <https://www.nwea.org/parent-toolkit/>
The MAP scores as well as teachers' assessments will be used to track students' progress. In addition, we encourage all parents to learn more about Lexile levels for reading. Our library staff can assist with this. Students should check out books on a regular basis as all students are expected to be read to or read independently daily at home.

If your child has been identified for the early morning programs (reading and math) that begin at 7:15 a.m., please ensure that your child arrives on time.

All class teachers, principal and two specialists (PE and Media) are on a two-phased Next Generation Science Standards (NGSS) program. The first phase will end next Tuesday (14 hours of online training held from 7:00 to 9:00p.m.) and the second phase will be monthly sessions that will begin in November 2018 until May 2019. These workshops will assist the elementary teachers in how to unpack the NGSS that lead to better planning and instruction for all students.

These first two months have been hectic with activities and events related to our programs, and we thank all our teachers, students, and parents for their contributions.

Have a safe and fun vacation with your family and friends.

Regards,

Suzette Julien

Elementary Principal

Dates to Remember:

October 22-26 Mid Term Break

October 31– Halloween activity

November 6– Divali

November 16-17– Teacher Training (Nov. 16, 11:30 a.m. early dismissal for ES only)

November 22—End of Term One

November 30—Parent Conferences, 12:00noon—3:30 p.m.

Primary Years Program (PYP)

Class teachers are into their second unit, and we encourage parents to ask them about the concepts that they are discussing in class. Our class teachers who have been attending the NGSS online workshop have been learning about the central role of phenomena; what are phenomena in science and engineering? The NGSS have shifted from learning about to figuring out. This shift will allow our students to engage more in critical thinking and deeper understanding. This shift will be integrated within our units of study.

Our words for discussion at home are the following: Cooperation, Tolerance and Knowledgeable.

Parents we encourage you to participate in our units, and this can be done through presentations or simply sharing your expertise with our students. Do you know what your child's unit is about? Ask them!

Angela Shahien
PYP Coordinator

United Nations theme for this year: The International Year of the Reef (IYOR



2018) is designed to raise awareness about the importance of, and threats to, coral reefs and associated ecosystems. It is also designed to promote partnerships between governments, the private sector, academia and civil society, and share information on best practices for the sustainable coral reef management (United Nations). [COP23 President Appeal](#)

This theme: *The International Year of the Reef* (IYOR 2018) will be discussed within our units of study throughout the year. The theme will be launched at our International Week assembly on November 15, and during that assembly we celebrate our diversity, and there will be many other days to not only celebrate our diversity, but also to think about our environment and how can we as global citizens make a contribution to saving our reefs.

Change in ES Production 2018

There has been an issue with the license for the *Lion King* production, thus, the *Nutcracker* will be this year's production. Mr. Low Chew Tung will be notifying all those who were cast for the *Lion King* production.



INTERNATIONAL WEEK NOVEMBER 12 –NOVEMBER 16



International Year of the Reef

This Year We Highlight Goal 14

Each year, around October 24, United Nations Day, the International School of Port of Spain celebrates “International Week”. The school welcomes the opportunity to honor the diversity of our community with special events that highlight the work of the United Nations. Due to the school break this October (Oct 22– 26), this year at ISPS, November 12 to November 16 has been declared “International Week”.

The Sustainable Development Goals (SDG), otherwise known as the Global Goals, are a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity.

Here at ISPS and The UN, the SDG, in particular Goal 14, Life Below Water – International Year of the Reef, will be highlighted at the Parade of Nations Assembly during our International Week celebrations on Thursday November 15, 2018 at 1:00 pm in the School’s gymnasium. The school is using this week to show our support of this global initiative and to encourage everyone in the community to become involved: How do we do this? What can we do?



Coral reefs represent some of the world's most spectacular beauty spots, but they are also the foundation of marine life: without them many of the sea's most exquisite species will not survive

Sheherazade Goldsmith

Environmentalist

How do we sustain what we do? Over the past few weeks at school our teachers and students have been brainstorming ideas on what can we do. It was decided that we will continue conservation efforts with our annual

beach-cleanups and we will engage in various other projects that will demonstrate our commitment to this Goal. Please look out for further details on this, or ask your child what ideas they have been involved in in how ISPS is supporting this initiative!

In addition, for our “International Week”, our students, our staff and our community are invited to join us in making a statement by adopting our dress themes for that week. We all look forward to the Parade of ISPS Nations Assembly, and all of our parents and guardians are invited to attend.

“National Dress” is the theme wear for that day. We will be inviting representatives from the Diplomatic Missions in Trinidad.

Do not miss the culminating event, The International Food Festival (IFF), spearheaded by our hard working PTO. We thank our parents who have stepped forward to coordinate a booth, assist with decorating and helping in many other ways to highlight our diverse community. This event will be held on Friday November 16th, from 6:00pm - 9:00pm. It promises to be once again, an event to remember!

“Be a global citizen. Act with passion and compassion. Help us make this world safer and more sustainable today and for the generations that will follow us. That is our moral responsibility.”

UN Secretary-General Ban-Ki Moon



Using our sponge shapes to create a mural.

Hands-on **L E A R N I N G**



Working on my motor skills by building blocks.



Getting creative with my painting.



Dramatic play center - we love role playing!



I love getting wet in my water play bin!

Art Department

Art



Grade 4: Self portraits. How can we draw a realistic portrait? How do artists alter portraits in an expressive manner?

To complete the tasks, students of grade 4 need to investigate how to map out correct facial proportions in the mirror for a self portrait.



K: Paper composition. Kindergartener Elan Saqui, presents his tissue paper composition in front of the class and discusses his creative experience.



Pre-K4: Clay. Luca Veck created an Ankylosaurus made from foam clay after being inspired from a storybook about dinosaurs.



Pre-K3: Circles. The school's youngest students from PreK3 explore the circle by stamping the rim of a plastic cup dipped in tempera paint

DEPARTMENT OF LANGUAGE ACQUISITION



Newsletter octubre 17 2018

AIM in Action

The Elementary School is in the fifth year of using the Canadian AIM Program (Accelerative Integrated Methodology) and our learners continue to achieve success. In this method learning is achieved through scaffolding techniques which use story-telling, gestures, active collaboration and repetition. The use of high-frequency vocabulary, introduced with gestures and contextualized in stories, drama, songs and dance, allows students to rapidly achieve levels of oral and written proficiency rarely seen with conventional methods. Students love the dynamic method and fun, child-friendly activities.



Grade 3: Students practicing their song and dance of Los tres cerdos pequeños.



Grade 4: Students are working on an activity and practicing their play Un Viaje muy largo.



Grade 5: Students reinforcing vocabulary meaning from the play "Marco el mago" through the practice of gestures in partners.



PK4: Working on the PYP unit "Todo sobre mí". Students from PK4 were classifying their likes and dislikes respect to food.



Submitted by:
Ms. Neva y Ms. Galt



Un año en España

This year the Language Acquisition Department is planning to introduce students to a variety of cultural events from Spain.

As an exciting start to the year Five AP and Pre-AP Spanish Language and Culture students were invited by the Spanish Embassy to attend their reception to celebrate Spain’s National Day on the 12th of October.

It was a sparkling event at the ambassador’s residence where students were able to taste Spanish regional dishes like tortilla española, gazpacho, jamón serrano and paella and also enjoy the Latin music live band.



Photo with his excellency the ambassador of Spain Javier María Carbajosa Sánchez

To introduce the evening the Spanish Ambassador spoke about some of Spain’s global achievements as well as the importance of Spanish as the

second most spoken global language after Chinese. Our students were inspired by his passion for the language and felt honoured to be

especially welcomed in his speech.

In December we will be learning about and celebrating some of

the Spanish cultural traditions connected to Christmas like El Gordo, Nochebuena, Año Nuevo and Día de los Reyes.

Middle and High School piloting TPRS...

Teaching Proficiency through Reading and Storytelling

After attending a TPRS training conference in the Summer, Ms. Moonsammy and Ms. Tompsett are piloting this method in their classes in the Middle and High School.

It is based on a similar philosophy of language acquisition to the AIM program, and introduces high-frequency language structures through reading, storytelling and drama. Students

are reading and listening to stories as well as creating and acting out their own stories.

Most classroom time is spent on communication skills, especially speaking and listening, while grammar is acquired from brief but pertinent analysis of spoken and written text.

Submitted by:
Rebecca Tompsett



- | | | | | |
|----|-----------------------|--|-------------|----------|
| 1. | November 3 | PTO Garage Sale | 8:00-12noon | ISPS Gym |
| 2. | November 12-16 | International Week | | |
| 3. | November 15 | Parade of Nations | 1:00 pm | ISPS Gym |
| 4. | November 16 | The International Food Festival (IFF)
Our theme is ‘Festivals Around the World’ | 6pm-9pm | ISPS Gym |

Seventh Graders 'Sing De Chorus'

The general expectation of the play was not very high at first. We thought it was going to be long and boring as they said the play was going to be about four hours long but it was really good and everybody..... everybody enjoyed it. The play was very amusing up until the last second.

Sophia, Rohit & Ellice

While the Grade 7 study of a 'Sense of Time' through poetry is almost 3 units away, 7th graders jumped at the opportunity of getting an early preview by accepting an invitation to attend Sing de Chorus, a calypso musical, saluting calypso's golden age of the 1930s. They not only enjoyed it, but also learnt quite a bit about how the history and culture of a place can be communicated, in ways they least expected. Below are their candid reflections on what they witnessed and learnt.

Overview

"Sing De Chorus" was a lively entertaining calypsonian musical that gave us a look into the historical background of calypso music and Trinidad's culture. It was a different experience to what many of us are used to, touching on many different aspects of society including the racism at the time and the United States control on many different countries. We were pleasantly surprised by how entertaining and humorous the play was the whole way through. We learned that,

although at the time men were the authority, many of the ladies seemed to almost control the men. This is why our favorite character was Dorothy. She gave us a humorous version of many women's status and perceptions, being almost controlling over their men. She wasn't afraid to stand up for her own rights that she believed women should have. We learned a lot of information from her about how the wives were treated in Trinidad a bit of time ago. Some of our favourite songs were 'Matilda' and 'Sing De Chorus' because they were able to tell us a story and gave us a look into how people lived at that time in an entertaining way. Whilst others enjoyed "Country Club Scandal" because it was absolutely hilarious.

Gabby, Charlotte (Lottie) and Jan

General Impressions

I thought that after the intermission it would be boring from that point on, but I was wrong because new things happened every



second which made it more amusing. And the songs made it more entertaining until the end because of the rhythm and the meaning of the songs that related to the scenes. Also, the jokes up until the very end made it amusing. Also, in my perspective, the actors didn't give you so much history that it was boring. So in the end my perspective changed and I would definitely watch this play again. **Sophia**

"It was very good in my opinion, I was pleasantly surprised by how humorous the play was. 3 hours, that was how long the play was, I thought that I would get bored very soon but that was clearly not the case. The constant flow of jokes kept me interested from start to finish." **Jonathan**

"I thought going into it that it would be extremely boring. Then I went in. It was constant jokes. The play was a little long but it talked lots about the problems in the 1930's. They talked about the racism and the black market and how that was the only way to make the money at the time. It was a great play in general. **Dylan**

About Trinidad

"I learned that calypsonians were treated badly. Also people used to live in shacks or huts." **Sophia**

"Something that I knew that we saw in this play was that the black people were treated horribly while the white people did whatever they wanted. **Omari**

Continued on next Page

In the play we learnt about the perspective of different races and of people in different social classes. Throughout the production there were multiple remarks made on different problems that were going on during the era. Some of these remarks ranged from racial problems to unfair pay. **Rohit & Ellice**

“The songs have a great deal of information about the time period it was set in. For example, they were singing about “4 cents a day, we need more pay”; nowadays, there aren’t jobs where you get 4 cents. In the olden days, money was of a greater value. They

would value \$10 dollars whereas nowadays we would value \$100. Also songs dealt with a lot of the lives they were living. They always backtalked the government, and talked about the issues of their lives. They even sang a song about the war, demonstrating ‘global issues’. **Sophie**

“Songs talked about recession and lack of money during that time. They also talked about the inequality of rights. Also, there were songs that talked about girl troubles and family life, government corruption,



I did not know life was so hard back then. Some people didn’t have enough money to live a sufficiently happy life with proper education, healthcare and enough food on the table living on only 4 cents a day; that’s crazy!” **Victoria**

the culture they came from and how they were mistreated. [They spoke about] Hitler and they talked about how people of darker skin had to do all the work and the people of higher class took all the money and use it for insignificant things like parties and on expensive jewellery.” **Victoria**

“I learned that people that were black were making 4 cents a day at a time in the 1930’s and other white people were making over 7 dollars a day.” **Dylan**

We won’t Forget!

My favourite song was not one, not two, but all! I loved all the songs because I love all calypso because when I was small my parents used to play calypso to me when I couldn’t sleep; plus my dad has stacks of cd’s. My favourite character was the young calypsonian from the country.” **Omari**

My favourite song was “Sing de Chorus or Matilda. I really can’t choose. I liked them because they had a good beat and they were funny. Some of them had a good meaning

which I liked. My favourite character was Dorothy because she had good expression and acting skills. She was very amusing to watch because she was very dramatic. She was one of the best singers I thought. Sophia Dorothy was our favorite character because she was very comedic on how she treated her husband. She was also a very powerful character because she was a black woman, and back in that time they were not treated right. It was really amazing how she had a powerful voice and character. Our favorite songs were Sing de Chorus and Matilda because

they were both very catchy and had a great tempo. Sing De Chorus made me (Rohit) full of energy. **Rohit & Ellice** “My favorite song was “Country Club Scandal” because of the amount of humor in the song, and my favorite character was Dorothy because of her jokes.” **Jonathan**

I liked Country Club Scandal because it offended the police and made them feel bad. This is what they deserved after what they did to La Cou Kaiso calypso tent. in my opinion Mr. Wilson (Radio) was the best calypsonian. **Dylan**





ES Counselor's Corner



Max	4G	After a student bumped into him, he showed great caring by being concerned about HER wellbeing...	Ryan H	3W	Comforted a classmate who was upset by being very caring and asking if she was okay.
Grade 3 J	3J	They were all very welcoming and kind to a visiting student last week.	Pedro	3J	Thoughtfully secured a classmate's belongings at the end of the day when everyone had gone out to line up.
Nicole	5W	After finishing first at jogging on the big field, she went back to encourage two classmates to finish their laps.	Maxence	PK4	helped a classmate clean up her cut on her knee/
Felipe	2J	Stopped students walking in the hallway to allow a teacher to pass. His words. "'you guys wait, let the teacher pass". The teacher was touched by his display of manners and consideration.	Anjali	4G	Shared her cucumbers with a classmate who had no snack.

Hello Everyone,

This week was mixed with some students still complaining about sore throats and cough.



For those families who ordered and got their flu shots, thank you, this is one way we can keep the flu away.

The blood bank will be at school on Wednesday 31st October, 2018. If you



would like to donate please let me know when you can come. Students 18yrs and over may donate without permission. Those between 17 years and 18 years. need to get a permission letter from a parent/guardian in order to donate blood.

Have a great break!



ISPS PTO
 3rd NOVEMBER 2018
 8am-12noon
GARAGE SALE
 ISPS GYM



DONATE BLOOD TO SAVE A Life

Please e-mail Nursey (Vanda Gomes: vgomes@isps.edu.tt) if you are interested in donating.



Festivals Around the World

November 16, 2018 (6:00-9:00 pm)

Want to represent your country at the International Food Festival? Contact the PTO for more information

ispspto@isps.edu.tt

AQUATHLON 18
 Atlantic Primary Schools Multi-Sport Series
 National Aquatic Center, Couva

For more information contact Mr. Alexis Wan at 722-8517 or email [wanalexis@yahoo.com](mailto:wanaxlexis@yahoo.com)

Sunday 28th October

tttf

Senior Bake Sale

TUESDAY OCTOBER 30, 2018
 8:30AM - 1:00 PM
 Learning Kitchen

Proceeds go toward senior gift and senior jacket.

National Honor Society presents... **Bingo 2018**

Games • Fun • Prizes

AWESOME PRIZES TO BE WON!

- November 24th, 2018
- ISPS Gymnasium
- 4:00 PM - 7:30 PM

General ticket: \$120 | At the door: \$150
 Tickets available from October 22nd

Accepting all donations!

Contact Us:
 Thomas Lee Young (President) 460-415
 Erin Galt (Secretary) 321-0191



ISPS



2018 - 2019 Events Calendar

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 HS Field Trip Green Screen EnviSci Film Festival 2018 Digicel IMAX 9:15am-12:15pm	2 MS/HS Q1 Reports G8 Field Trip to NIHERST Science Center 7:30am-2:30pm	3 PTO Garage Sale 8:00am-12:00pm Gym
4	5	6 DIVALI (National Holiday)	7 CAISSA - Season 1 Florida Open Forum 7:00-9:00am Cafeteria	8 CAISSA - Season 1 Florida	9 CAISSA - Season 1 Florida	10 CAISSA - Season 1 Florida
11 CAISSA - Season 1 Florida	12 International Week	13 International Week G10 Guidance Parent Information Session 1:00 - 3:30pm Green Room	14 International Week	15 International Week PTO Breast Cancer Talk 8:00 - 10:00am Green Room Parade of Nations 2:00pm Gym	16 International Week 11:30am Early Dismissal for Elementary only ES Teacher Training 12:00-5:pm International Food Fair Holiday Festival 6:00 - 9:00pm Gym	17 ES Teacher Training 8:30am-2:30pm
	18	19	20	21	22 ES End of Term 1	
					23 MS G6 Lock-In starts at 2:30pm	24 MS G6 Lock-In ends 9am NHS Annual Christmas Bingo 4:00-7:30pm Gym
25	26	27	28 ES Term 1 Reports	29	30 11:30am Dismissal for ES only ES Parent Conferences 12:00-3:30pm Classrooms	

2018

a·la·cARTe

Breakfast

Ham and Cheese Omelette	\$15.00
Three Cheese Omelette (Cheddar, Parmesan, Pepper Jack)	\$15.00
Garden Omelette (Bell peppers, Tomatoes, Onions)	\$14.00
All omelettes are served with 2 pieces of Toast, Garlic Butter and Roasted Tomatoes	
Choka Trio (pumpkin, spinach, fried aloo) served with Sada or Roast Bake	\$14.00
Salt fish or Smoked Herring served with Sada or Roast Bake	\$16.00
Large Pancake with Eggs and Breakfast Sausages, Butter, Maple Syrup	\$25.00
Pancake	\$ 8.00
Wild Berry Waffles	\$10.00
Extra Syrup	\$ 3.00
Grilled Cheese Melt	\$15.00

Sides

Eggs	\$8.00	Hash Browns	\$13.00	Breakfast Sausage	\$5.00
Maple Bacon	\$9.00	Turkey bacon	\$7.00	Bagel & Cream Cheese	\$14.00
Parmesan rolls	\$10.00	Mushrooms	\$10.00	Toast	\$6.00
Croissants	\$5.00				

Lunch

GCG 4oz Gourmet Burger 3oz fries (Smoked Cheddar, Lettuce, Tomato, Onion, Garlic Mayo)	\$40.00
Crispy Fish Po Boy (Cole Slaw, Pickles, Tomato and Herb Mayo)	\$45.00
Steak & Cheese Melt Press (Bell Pepper, Onions, Chilli Cheddar)	\$45.00
Linguini Pasta Alfredo	\$50.00
Add Chicken \$10	Shrimp \$20
Wings (Cajun, Honey Buttered, Buffalo) Served with French Fries / Waffles	\$35.00



ISPS Lunch Menu

October 29-November 9

October 2018	Monday 29	Tuesday 30	Wednesday 31	Thursday 1	Friday 2
Proteins	Shake "n" Bake Chicken Or Baked Fish with Tomato Sauce	Grilled Italian Chicken Strips Or Italian Baked Fish	Honey Glazed Chicken Legs Or Lemon Fish	Korean Sticky Chicken Or Toriyaki Glazed Fish	Pizza Day Add Chicken Add Pineapple Add Bacon
Starches	Pan-fry Potato Mash	Ratatouille in Tomato Sauce	Scallop Potato Pie	Vegetable Rice	tomato & Mozzarella Pizza
Peas/Veggie	Grilled Vegetables	Spinach Mixed Greens Salad	Steam Broccoli	Chunky Vegetable	Mixed Green Salad
Vegan	Shake "n" Bake Tofu Steak	Italian Vegetable Pita Pockets	Black Beans	Toriyaki Glazed Tofu	Tomato & Mozzarella Pizza
Soup of the Day					Beef in Dumpling Soup

If you have a special diet or have any allergic reactions to certain foods, please advise our caterers at your earliest convenience so that they may prepare a menu that fits your needs.

November 2018	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Proteins	Italian Chicken Parmesan Or Tuscan Baked Fish	Oven Baked Breast Or Pan Fried Fish	Beef Lasagna	Curry Chicken	Burrito Day Mexican Chicken/Fish Strips
Starches	Spaghetti Pasta	Cranberry Wild Rice	Cheesy Garlic Bread	Buss up Shut	White Rice Flour Tortilla
Peas/Veggie	Fresh Salad	Sautéed Vegetables	Green Salad	Mango Masala Potato & Channa	Tomato Sauce Sweet Peppers & Charred Onions Guacamole
Vegan	Grilled Tofu	Roast Lentil Loaf	Vegetable Lasagna	Curry Tofu	
Soup of the Day					Pumpkin Bisque