



# ISPS WEEKLY

NEWSLETTER

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**DATES FOR YOUR DIARY**

**September**

- 17-21 ES MAP Testing
- 20 MYP New Parent Session; 7:30-8:30am
- 24 Republic Day (National Holiday)
- 25-28 MS MAP Testing
- 27 PYP New Parent Session; 7:30-8:30am
- 28 PTO Welcome Back BBQ: Dads that Cook; 5-8 pm

**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**

Dear Parents

We have now completed all of our Coffee Mornings and we had good attendance for all of them. We would like to thank those parents who did attend and I hope that the information received was useful to you. For those of you who did not attend, there were several themes that came up at every meeting.

The PTO is a vibrant group that provides a lot of activities during the school year that enhance the experience of your children. The PTO has a full calendar of events for the year and they are looking for volunteers to help them. Parents can sign up to be a class rep, to help with a particular event, or become a member of the PTO. Please consider helping them out. If you would like to help, please contact Ms. Fung Kee Fung or a member of the PTO.

The second theme that came up was communication and the importance of parents to stay connected. Most importantly, it is very important to make sure you are logged into Skyward, our student information system. It is through Skyward that the school will be communicating with you, that you will be able to follow the academic performance of your son/daughter, and that you will receive student reports. If you have not yet logged into Skyward, please let us know and we can get you some one on one training.

We have now almost completed all of our Curriculum Nights, where parents were able to meet class teachers, receive information about each class, and meet parents of other students in the class. If you were not able to come to the Curriculum nights, please make it a point to set up an appointment with your child's class teacher.

We encourage open communication at ISPS and please don't wait for parent/teacher conferences to speak with the classroom teacher. Communication with teachers should be on an as needed basis. If there is something you would like to speak with the teacher about, please e-mail them whenever a concern arises.

On a final note for the week, it has come to my attention that there are a lot of bike riders along Columbus Circle. I also understand that many of those riders are very young and are difficult to see. I ask motorists to be very cautious when driving on Columbus circle, being very vigilant of cyclists. I ask parents who are allowing their children to ride on Columbus Circle, to be very careful where your children ride. There are construction crews that will be making repairs to La Fontaine and La Riviera and larger trucks are expected to be using Columbus Circle for quite some time. Both parties, please be careful.

I hope you enjoy the weekend.

J Barney Latham  
Director





JOIN US FOR A  
**BAR-B-Q**

**PTO & ISPS DADS**

invite you to our

**WELCOME BACK BAR-B-Q**

on

**FRIDAY SEPT 28TH**

**5 - 7 pm**

**Come join in the fun**

\*Bounce House

\*Face painting

\*Cotton candy

\*Ice cream

\*Plus special activities for our older kids!

**FREE FOOD! FREE DRINKS!**



# ES Counselor's Corner



## New Staff



**Gean Marie**

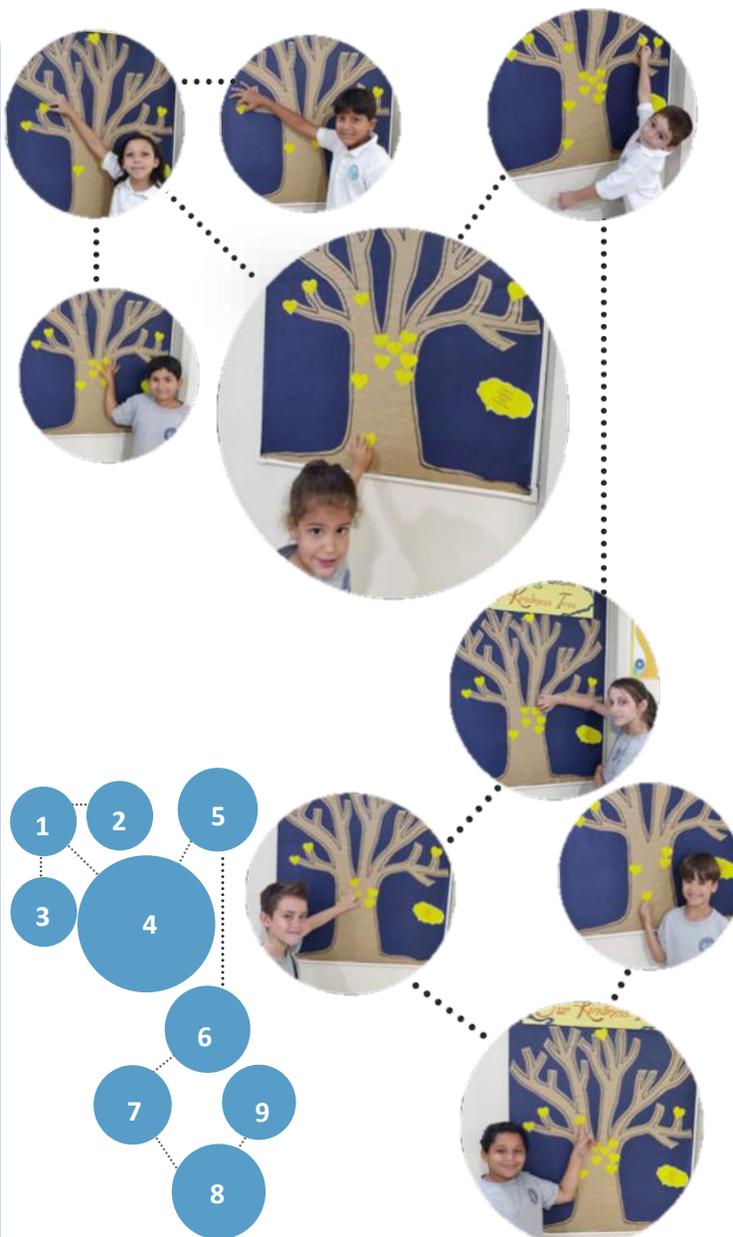
My name is Gean Marie Sheppard. I have my Bachelors in Special Education, I graduated in 2003 and lived and worked in Florida until I returned home to Trinidad in 2007.

When I moved home I opened my own private remedial practice which I operated for many years. I have also worked at The Morris Center, Trinidad and Tobago, where they followed a trans-disciplinary team approach to treating children diagnosed with learning disabilities.

The clinic opened last year September modeled after The Morris Center in Florida owned by Dr. Conway.

I have a passion for teaching and believe that each child is a unique individual, who benefits from a safe, caring and learning-rich environment. I feel that each child has his/her own needs, which will be enriched on an individual basis to pursue their unique potential. For me, both learning and teaching are a lifelong process and can be maximized through utilizing all resources which include learning from parents, the community, colleagues and from students.

I joined the Student Support Team headed by Alicia Solozano. I am excited to have joined



1. Addyson & 2. Alexander—4B — Used Portuguese and French words in their presentations to include their French and Portuguese classmates. 3. Norman—4G—Promptly returned \$200 that he found on the floor outside of a teacher's office. 4. Estela—Pk3—When she saw a student sitting outside of a circle activity, she left her spot and brought him into the circle. 5. Louis—KKh—Sat next to a new student on the first day of school and asked, "Can I be your friend?" The student said it made all the difference!
6. Camila, 7. Nicholas, and 8. Tyler—4G—Helped a classmate to participate and feel very included in their group project by giving her the courage to present.
9. Felipe—2J—Reached out to a new student in his native language to include him in a game of soccer during lunch break.

the ISPS community, everyone I have interacted with so far has been helpful, supportive, warm and friendly. I have felt extremely welcomed in a short space of time.



**Ketisha Williams**

Greetings ISPS, My name is Ketisha Williams I am a holder of a Bachelor of Arts Degree in Theatre Arts from the University of the West Indies, Trinidad. During my High School period I discovered my love for the arts. My favorite quote being "Love art in yourself and not yourself in art!" - Stanislavski.

More about me:

I wear many hats — Teacher/Actress/ Director/ Model, and I love traveling the world using the arts to educate young people on various topics. I am very much involved in the Arts and Culture Industry in Trinidad and Tobago. I also do a lot of tutoring and volunteer work with many Ministries and Educational institutions throughout Trinidad and Tobago within my field. I love working with children because I believe they are future shapers and Drama can be therapeutic and help with overall growth.

One of my main aims and objectives in life is to create a platform for young artists to be able to showcase their work (art, music, theatre, dance etc.), and to learn and grow in their art form. I am very excited to be here and look forward to growing with ISPS.



Hello Everyone,

Vision screening went smoothly if you did not get a phone call from me it means that your child's vision screening was good.

Speech and hearing screening will be conducted on Friday October 5th by Wendy Senior Gomez Speech-Language Clinician.

Please complete and sign the permission form and return to me or to Hazel Walker at the front desk by **Wednesday 3rd October, 2018**. The cost is \$80.00. Please make cheques payable to: **Wendy Senior Gomez**

I am beginning to notice a few students with flu like symptoms, sore throat, headache and stomachache. Please encourage your child/children to wash hands often and to cover mouths and noses with tissue and discard or cough or sneeze into sleeve or neck of shirt.

Flu shots will be available to our families soon. Please pay Irene Akien in the business office. The cost is \$90.00 per person. When I get the list of persons I will order the shots, then I will give you a call to arrange when you can make it for me to give it to you.

Be safe and have a good weekend.

# "Playground Parents"

Supervisory support during Elementary School Lunch break...

## TRAINING SESSION

Thursday 27th September 2018

Green Room (upstairs from Ms. Hazel)

7:40 – 8:30am

Program will include:

- Guidelines (do's & don'ts)
- Scheduling, signing in procedures, etc

Teacher Committee

- Ms. Celeste Johnson, Ms. Allison Johnson, Ms. Teleshia Joseph, Ms. Hyndman

We would love to have in our Lunch-time team!

So come join us in strengthening our home-school connection.

Questions?

email [phyndman@isps.edu.tt](mailto:phyndman@isps.edu.tt)



### Speech & Hearing Screening

Friday 5th October, 2018

TTD \$80.00 per student

I want my child/children to have Speech & Hearing Screening

Name/Grade \_\_\_\_\_

Name/Grade \_\_\_\_\_

Name/Grade \_\_\_\_\_

Name/Grade \_\_\_\_\_

-----Parent/Guardian



**HEARING SCREENING**

Speech and Hearing screening are NOT complete assessments. They provide a measure to determine if further assessment is necessary.

Speech screening mainly targets the articulation of phonemic sounds. Children are shown pictures which include speech sounds at the beginning, middle and end of words. Children are then engaged in a short conversation to screen their connected speech.

Hearing is screened at 500 Hz, 1000 Hz, 2000 Hz and 4000 Hz at 20dB in both ears. If the child does not respond at any of these frequencies, a complete audiological evaluation (hearing test) is recommended. This is done in an office setting with a controlled environment.

During screening, the child is observed for discrepancies in their language, vocal quality and fluency. Language is understood, expression and use. Voice Is quality. If the child is hoarse in the absence of congestion a referral is made to an Ear, Nose & Throat Specialist for examination of the larynx. Fluency is ease of talking and if "stuttering" is noted, the child is referred for further testing.

# SCIENCE CORNER

By Maeve O'Donovan  
Science Dept. Head

## WELCOME

Welcome to the first Science Corner of the new academic year!

First, I would like to welcome two new teachers to the Science Department.

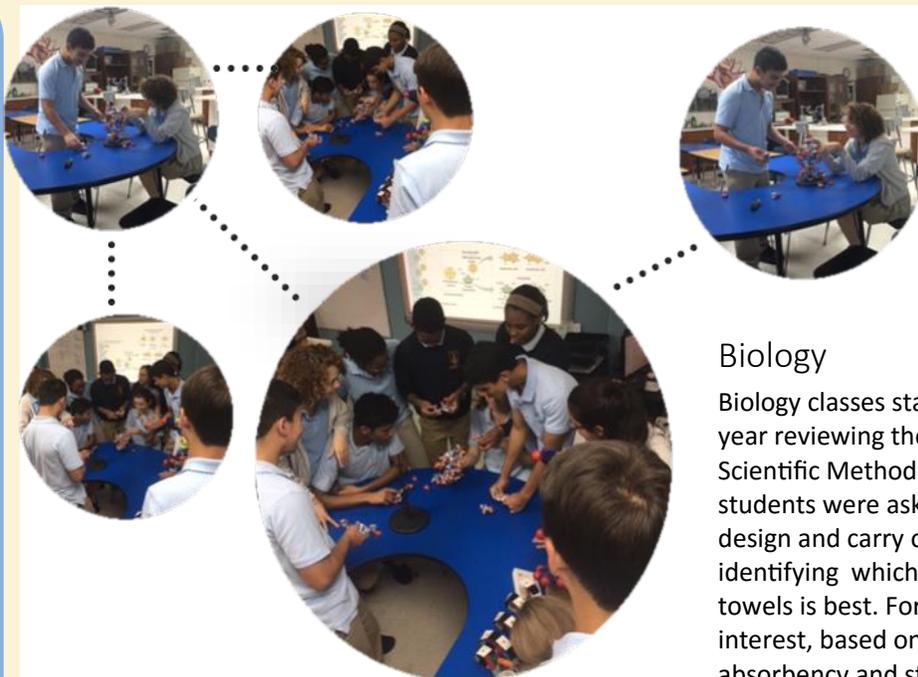


**Mr. Ken Shaw** originally from New York joins us after 3 ayears in Mexico and will teach grade 9 Integrated Science, Chemistry and AP Chemistry.



**Ms. Juliana Neira** originally from Colombia joins us as middle school Science teacher. Already these two Science teachers have made an impressive start and I look forward to working with them.

For those of you who are new to the school, the Science Corner is a monthly article that will give you a little insight into the great things that are happening in our Science classes from K- 12. So here goes for September!



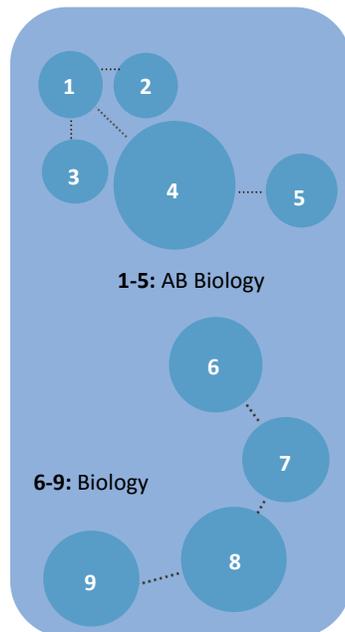
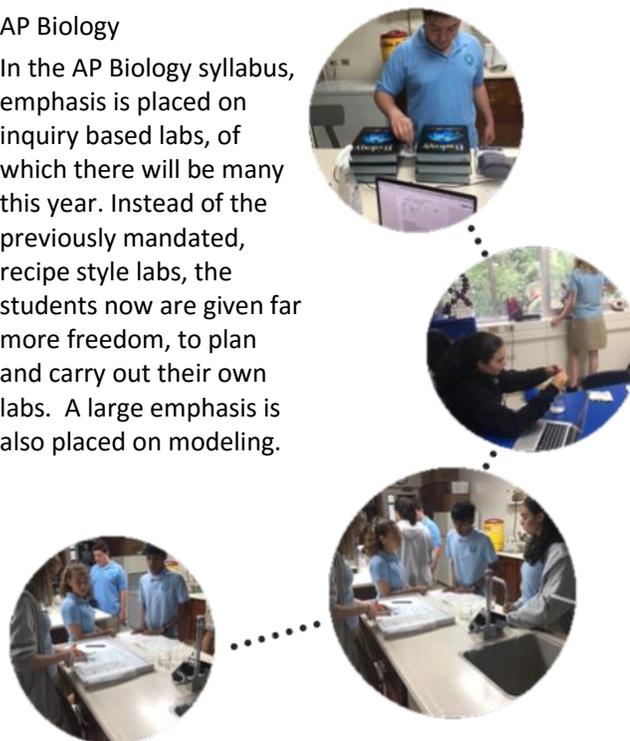
## Biology

Biology classes started the year reviewing the Scientific Method and students were asked to design and carry out a lab identifying which paper towels is best. For your interest, based on absorbency and strength, Bounty came out tops followed by Viva!

## High School

### AP Biology

In the AP Biology syllabus, emphasis is placed on inquiry based labs, of which there will be many this year. Instead of the previously mandated, recipe style labs, the students now are given far more freedom, to plan and carry out their own labs. A large emphasis is also placed on modeling.



Well that just gives you a little insight into the commitment of our Science teachers to enhance the learning process here at ISPS.

You can look forward to more in the coming articles. Until next month, keep safe!



# Hosay's Bitter History

Here is an excerpt from a newspaper article that I wrote.

If you haven't experienced Hosay in Trinidad, I highly recommend it. Hosay is a moving ritual rich in history. Hosay should be around September 20 this year.



## Library Corner

By Debbie Jacob

St James and Cedros.

Every year when Hosay rolls around, the conflict between those who openly commemorate the martyrdom of the Muslim prophet Mohammed's grandsons, Hassan and Hussein. comes to this: tassa drummers

marching in the street, colourful, sequined tadjahs (tombs) and men in their stockinged feet dancing the moon.

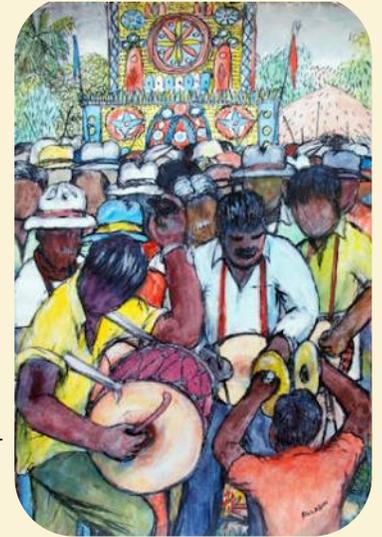
The majority of the Muslim community vehemently objects to the rituals which associated with Hosay. They have stormed out of



Hosay and Tassa, Mixed Media by Sundiata

# The Structure of Hosay

- Flag Night**  
Hosay begins with flag night -- and the tadjahs play a call to battle hand (rhythm). The first four nights start at 9 or 10 pm.
- Small Tadjah**  
On the second day, the small tadjah representing Hassan is paraded through the streets.
- Large Tadjah**  
On the third day, the larger tadjahs are paraded through the streets.
- Dance The Moon**  
On the fourth night, men in stockinged feet "dance the moon", a green one representing Hassan and a red one representing Hussein. The two moons meet in the middle of the street. Four of the hands have played by now. This is the only night the fifth hand, the mourning rhythm plays.
- Parade**  
On the fifth day, there is a parade through the main road in St James



Hosay Festival, mixed media c. 1957, M.P. Alladin

to the sacred Hosay ground which is located inside the Queen's Royal College (QRC) grounds, which was given by the queen of England as a holy ground. There, the moons are planted in the ground. The following day the tadjahs are taken to the sea where they are destroyed so that the souls of Hassan and Hussein can return to the Tigris and Euphrates river.

meetings, held protest marches during Hosay and written numerous articles and letters dissociating themselves from Hosay, charging that the creation of mausoleums, tombs and replicas to commemorate the martyrdom of Imam Hussain by mourning is a mockery and blasphemy of Islam.

Outwardly it all seems to be a battle between separate sects of Islam, the Sunnis and

the Shi'ites. But actually, the roots of the Hosay rituals -- as well as the criticism of them - - can probably be traced back to ancient times. According to William Ridgeway in The Dramas and Dramatic Dances of Non-European Races, some Hosay rituals date back to primitive tribes of Upper Asia and Tibet, which existed long before Islam.

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Ridgeway tells us the Sunnis or orthodox Muslims are so named because of their authority of the Sunna, a body of moral traditions of the sayings and doings of the Prophet, while the Shi'a traditions are laid in mysticism. Shi'as held on to some ancient rituals while they adopted Islam. This infuriated the Sunni Muslims.

Ridgeway says, "Centuries before Hussein fell at the Battle of Kerbala, loud laments and self-inflicted gashes in honour of the Prince of Martyrs (were part of) similar celebrations held year by year in honour of very different beings, of Adonis in Syria, Egypt and Greece, Thammuz in Babyloni, Attis in Phrygia, and Osiris in Egypt."

In Iraq and India, men still wail and beat their chests with chains during Hosay. Sir James Frazer, who spent much time contrasting religion with earlier magical states, finds many rituals



*Tassa and Hosay II by Sundiata*

which help the gods of the region with their struggle of life and death.

Some of this struggle found its way to the tradition of Hosay in the form of the tombs, which we call tadjahs in Trinidad. At the end of the four-day ceremony, these tombs are destroyed and placed in the sea so that the spirit of Hussein can return to its resting place and be resurrected the following year.

Frazer tells us Adonis, a fig-

ure from Greek mythology, was cast into the foaming sea while men sang a piercing dirge and others played shrill notes from a flute. In western Asia and in Greek lands, the death of a God was annually mourned with bitter wailing. The tomb of a hero played an important part in Greek tragedy, frequently forming the centre of the scene, as it does in Hosay.

Hussein, who died at the battle of Kerbala, is Hosay's central figure. He was mar-

tyred 12 years after his brother Hassan was poisoned, supposedly by one of his wives in AD 668.

In 686, Mukhtar got his revenge for Hussein by putting to death those who tortured and killed Hussein. In AD 852, the tables turned: Mutawakkil caused the holy shrine at Kerbala to be destroyed and forbade men to visit the spot.

"But all in vain. Once more the blood of the martyrs was the seed of the church," says Ridgeway.

Here, in Trinidad, 1994 marked the 100th anniversary of the Hosay riots, when on October 30, a fierce clash took place in San Fernando. Hundreds of indentured labourers confronted the British over the right to stage the annual Hosay celebrations. Dozen of people were killed. In the end, the British had to concede. No one, it seems, can stop Hosay.

Click [here](#) to read more on the Hosay Riots.



# YEARBOOK PHOTOS



High School	7:45-12:30	Oct 8
Middle School & Staff	7:45-12:30	Oct 9
Elementary School	9:00-12:30	Oct 10

Students must be in the formal school uniform (NOT PE uniform)

# Living Our Mission



Students exhibit open-mindedness and risk taking, demonstrate an ability to work independently and in groups and develop knowledge and skills in a variety of areas.



The JUST BECAUSE FOUNDATION PRESENTS

## JBF Kiddi K 2018

Children's walk against Childhood Cancer



**When and Where?**

Saturday 6th October 2018.  
West Court, Jean Pierre Complex  
12:00 noon to 6:00 pm

**Awesome!! Registration Fee?**

Adults & Ladies \$80...Kids \$60  
Includes a JBF Kiddi K T-shirt

**Get ready for FUN, GAMES, FOOD, ENTERTAINMENT, and lots More!**

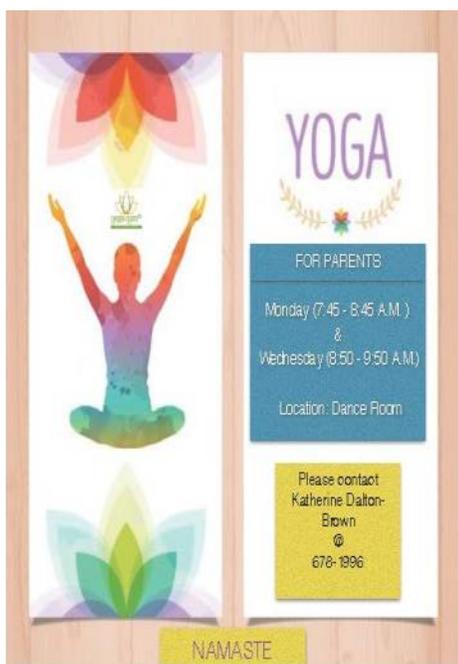
**Can I Win Prizes?**

**Yeah! Real COOL Prizes & Giveaways too!**



Register at Kenny's Sports Centre - Chacon Street, POS, West Mall, Long Circular Mall, Trincity Mall & Carlton Centre San Fernando from September 8th to 30th 2018

☎ 299-4JBF (4523) / 299-2JBF (2523)    📱 /thejustbecausefoundation  
✉ justbecausefoundation07@gmail.com    🏠 www.thejustbecausefoundation.com



**YOGA**

FOR PARENTS

Monday (7:45 - 8:45 A.M.)  
&  
Wednesday (8:50 - 9:50 A.M.)

Location: Dance Floor

Please contact  
Katherine Dalton-  
Brown  
678-1996

NAMASTE

**Yoga Classes**  
at ISPS



Every Tues. 3:40 and Thur. 3:15 (1 hour)  
\$50 drop in. Mats available. All levels welcome

For more information 345 9463

**Secondhand UNIFORMS**

HUNDREDS OF UNIFORMS AVAILABLE FOR SALE

White/Blue Polo Shirt	\$40
Navy Shorts	\$40
Checked Culottes	\$30
Khaki Skirt/Pants	\$60
Sweatshirt (Hooded)	\$60 - \$70
P.E. T-Shirt	\$20 - \$30
P.E. Shorts	\$30
House T-Shirt	\$30

Order Forms available at the reception desk  
or Email: [ndacl@yahoo.com](mailto:ndacl@yahoo.com)

**Help the environment...  
Save money !**

**OPEN CALL FOR MAIN CAST**  
ELEMENTARY SCHOOL PRODUCTION 2018

Disney  
**THE LION KING KIDS**



**Registration open to students in Grades 3 - 5**

Students who are interested, must come in to the Music Room to Register, and receive an Audition Packet. Your Audition Packet, will consist of a permission slip that must be signed by your Parent and an excerpt from the script that you must rehearse before your audition. Once your slip is signed by your parent and returned you will be given a date and time for your Audition.

Registration is open from Thursday 12th to Monday 17th September 2018.

All students interested in a role in the main cast of The Lion King KIDS, MUST BE enrolled in the ASA ES Drama Club, held on Thursday afternoons at 2:45 p.m. This is where most Rehearsals will take place (with the odd extra rehearsal closer to showtime).

Students not enrolled in ASA Drama will NOT be able to be on the Main Cast.

Please note: Students who are in Main Cast will most likely be unable to participate in their Class' Performance in the Production.

Lions Club of Port-of-Spain Central & The Grant-A-Wish Foundation  
Present

*Down the Wishing Well*  
"A Tea Party Like No Other" Fundraiser

Sunday 16th September, 2018 • 3PM - 6PM.

LIONS CULTURAL CENTRE • 10 Fitz Blackman Drive, Woodbrook

- Excerpts from **Broadway Musicals** by Caribbean Theatre Productions
- Back in Times performances • Electric Slide
- M.J. Dance Medley
- Classical Indian Dance by Abhinaya Dance Academy
- Kids Zone supplied by Rent-A-Fantasy • Deal-O-Rama Games / Prizes

Ticket Outlets:  
Lions Cultural Centre • 623-7627 • Rent-A-Fantasy • 628-7526 • Party Inn • 223-6457

Contribution: Adults: \$250 Kids: \$100 (12yrs & under)

Proceeds to Lions Club of Port-of-Spain Central, The Grant-A-Wish Foundation & other charities

For further information: Committee Members: 678-1968 • 746-2443

Lions Club of Port of Spain Central | Grant-a-Wish Foundation Santa Claus Parade | Rent-A-Fantasy

**MYP COFFEE MORNING**  
Assessment in the MYP



Thursday 20th September, 2018  
7:30 am  
Mr. Huerta's Room

Hosted by:  
Frank Huerta (MS Principal) & Angela Shahien (IB Coordinator)

**ES MAP Testing**  
September 17-21





# International School of Port of Spain

## 2018 - 2019 Events Calendar



# September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	<b>KG &amp; G1 Coffee Morning</b> 7:30-9:00am  After School Activities Begin 2:30-4:30pm	<b>G2 &amp; G3 Coffee Morning</b> 7:30-9:00am	<b>G4 &amp; G5 Coffee Morning</b> 8:45-10:00am  Open Forum 7:00-9:00am Cafeteria	6	7	8  ACTs 7:30-2:00pm
9	<b>G6 - 8 Coffee Morning</b> 7:30-9:00am Green	<b>G9 &amp; G10 Coffee Morning</b> 7:30-9:00am Green  Vision Screening 7:30am-2:30pm Conference Room  <b>ES Curriculum Night</b> 5:00-7:00pm	<b>G11 Coffee Morning</b> 8:45-10:00am  <b>MS Curriculum Night</b> 5:00-7:00pm	<b>HS Curriculum Night</b> 6:00-8:00pm	13	14
16	<b>ES MAP Testing</b>	<b>ES MAP Testing</b>	<b>ES MAP Testing</b>	<b>ES MAP Testing</b>  MYP New Parent Session 7:30-8:30am	<b>ES MAP Testing</b>	22
23	Republic Day (National Holiday)	<b>MS MAP Testing</b>	<b>MS MAP Testing</b>	<b>MS MAP Testing</b>  PYP New Parent Session 7:30-8:30am	<b>MS MAP Testing</b>  PTO Welcome Back BBQ - "Dads that Cook" 5:00-8:00pm	29
30						



CAIMANS#ATHLETICS

### After School Activities

- Session 1 of 2018-2019 will begin on September 3rd and end on November 30th.
- Pre-Kindergarten students must not register for Session 1 of After School Activities.
- Please register early as spaces are limited. Click [here](#) for registration forms.
- For Lambert School of Dance click [here](#).
- Yoga has been added on a Wednesday from 2:45 to 3:45. This will take place in the Dance room and will cater for students from Grades 2 to 12.
- Please let me know if your child is interested in participating in Swimming classes.

### Important After School Activities Information

- Parents of students who are not taking part in the ASA program must make arrangements to pick up their child no later than 15 minutes after school is dismissed.
- Refunds will not be made after the second week of activities.
- Every effort will be made to contact parents as early as possible if an activity must be cancelled on a particular day. Please ensure that contact numbers given are accurate.
- Parents must pick up their children no later than 4:00pm after activities.
- Parents should not attend classes as there is the tendency to distract the students (especially in Gymnastics, Soccer and Karate classes).
- Students who are disruptive in classes will be given “a strike” and reported to the athletic director and parent.

### Developmental Sports Teams Season 1 Training Schedule September 3rd to November 30th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:45-5:15pm Volleyball Grades 8 -12	3:45-5:15pm Basketball Grades 3 -12	3:45-5:15pm Volleyball Grades 3 -12	3:45-5:15pm Volleyball Grades 3 -12	2:45-4:15pm Basketball Grades 3 -12	
	3:45-5:15 Soccer Grades 3 -12	3:45-5:15pm Rugby Grades 3-12	3:45-5:15 Soccer Grades 3 -12		9:00-10:30am Rugby Grades 3-12
		3:45-5:15pm Field Hockey Grades 3-12		2:45-4:15pm Field Hockey Grades 3-12	

# HEALTH & PHYSICAL EDUCATION WEEK

SEPTEMBER  
25-28

Dear Parents/Guardian:

ISPS will be hosting its first Junior Caiman Warrior competition this year on Wednesday 26th September 2018.

This challenge will be hosted during our Health Week, which is after students have developed some of the key components of fitness such as:

- Cardiovascular Endurance
- Muscular Strength
- Muscular endurance
- Flexibility

While this is an Upper ES activity (boys & girls), because it is a competition, students will have to qualify for the event. All students will have a chance to attempt the course in PE classes at least ONCE.

However, ONLY if they are interested in competing, they will be TIMED. Note that this is a timed event and not just a matter of completion. Meaning, while a student may get through the course, the speed at which they get through is what will be recorded and result in their placing order.

Times will be recorded and listed so students



## JUNIOR CAIMAN WARRIOR COMPETITION

SEPTEMBER 26, 2018

### Key components of fitness test:

- Cardiovascular Endurance
- Muscular Strength
- Muscular endurance
- Flexibility



understand the process of elimination and to ensure that it is FAIR.

All finalist will be able to have a competitor's name, which they can come up with, for example; Two Face or Mr. Famous. They will also be allowed to dress in character for the event.

There will be three different groups which will see grades 3,4 & 5. Each group will have 2 boys & 2 girls per grade.

This is leading up to be an exciting test of mental and physical strength, confidence, risk-taking and so much more.

Please feel free to contact me if you have any question or concerns.

Ms. Joseph

633-4777 ext. 134

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

September 17-September 28

SEPTEMBER 2018	Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
<b>Proteins</b>	Chilli Con Carne	Grilled Chicken Drumsticks	BBQ Chicken Breast	Honey Garlic Chicken Breast	Stewed Chicken
<b>Starches</b>	Spaghetti	Mac & Cheese	Homestyle Pasta Salad	Pumpkin Rice	Vege Peleau
<b>Peas/Veggie</b>	Sour Cream & Chive	Roasted Squash	Corn Grilled	Sautéed Patchoi	Cole Slaw
<b>Vegan</b>	Pumpkin & Red Bean Chilli	Vegetable Chickpea Patties	Lentil Peas	Honey Garlic Tofu	Vege Peleau
<b>Soup of the Day</b>					Pumpkin Bisque
SEPTEMBER 2018	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
<b>Proteins</b>	Caramelized Chicken in Potato Carrots	BBQ Chicken Drumsticks	Sweet & Sour Chicken Tenders	Garlic Chicken Breast	Bake and Shark with Accompaniments
<b>Starches</b>	White Rice	Mac & Cheese Cups	Asian Noodles Salad	Wild Rice Pilaf	(Fried Bake)
<b>Peas/Veggie</b>	Sour Cream & Chive	Roasted Vegetables	Spring Rolls	Sautéed Patchoi	
<b>Vegan</b>	Red Bean Chilli Cakes	Lentil Loaf	Black Beans	Honey Garlic Tofu	Soya Burgers
<b>Soup of the Day</b>					Chilli

If you have a special diet or have any allergic reactions to certain foods, please advise our caterers at your earliest