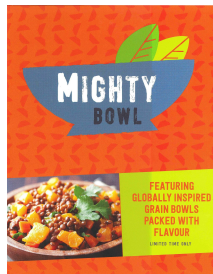


Monday - Chicken Tinga Poutine Supreme - **\$6.00**

NRG - Pasta & Meatballs - **\$6.00**

Tuesday - Chickpea Curry with Rice **OR** Curry Fries **\$6.99**

NRG - Popcorn Chicken with fries **OR** salad **OR** cookie **\$6.00**



Wednesday - Orange Ginger Chicken Grain Bowl **\$6.99**

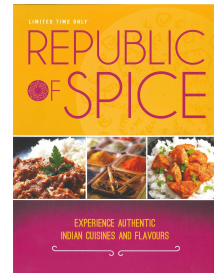
NRG - Pulled Pork Sandwich with fries **OR** salad **\$6.00**

Thursday - Chicken Souvlaki with choice of **2** sides **\$6.99**

NRG - Chicken Shawarma with fries **OR** salad **\$6.00**

Friday - Falafel Pieces with choice of **2** sides **\$6.99**

NRG - Chicken Burger with fries **OR** salad **\$6.00**





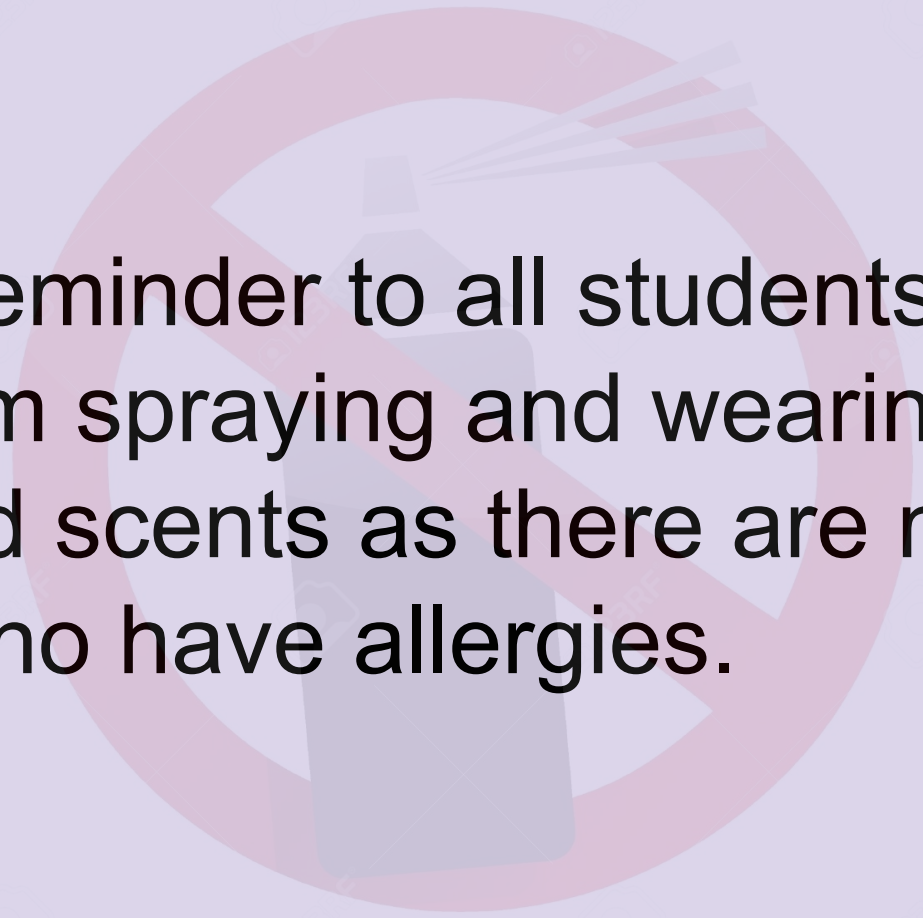
**Do you want to laugh? Do you want to support your fellow Langstaff bears? Come out to see the fall play, Departures and Arrivals, this evening at 7pm in the drama room. Tickets can be purchased at the doors. \$5 for students and \$10 for adults.**



Hey Bears, homeroom competitions are back! Many families are left hungry during the holidays, so Langstaff wants to give back to our community. This month, from Dec 5<sup>th</sup> to 17<sup>th</sup>, Red Cross will be running a food drive. Boxes will be placed in all homerooms and the homeroom class that collects the most non-perishable food items will win a ice cream/ waffle breakfast. The food will be sent to Richmond Hill Food Bank, so give generously"



Hello Langstaff! Do you want to win a free Pizza party in January 2019 for 15 friends? Bring in your best decorated Gingerbread house to the cafeteria to display from Nov. 30 to Dec 15, 2018. Winner will be announced on December 16, 2018. Stop by the Caf and see Milva for contest details.



This is a reminder to all students to please refrain from spraying and wearing perfumes, sprays and scents as there are many in the building who have allergies.