## Carlton Cafetorium Menu

**Monday, Sept 23. 2019** 

Breakfast	Kaiser
Lunch	Pork Schnitzel with egg noodles and roasted vegetables
Soup / Salad	Coconut Curry Soup
Dessert	Triple Berry Bars

### MEDIA CLUB

Are you interested in photography and/or videography? Do you want to attend Carlton events and capture the action? Maybe shoot portraits for the Human of Carlton project? Would you like to help shape Carlton's social media feeds?

We Meet Every

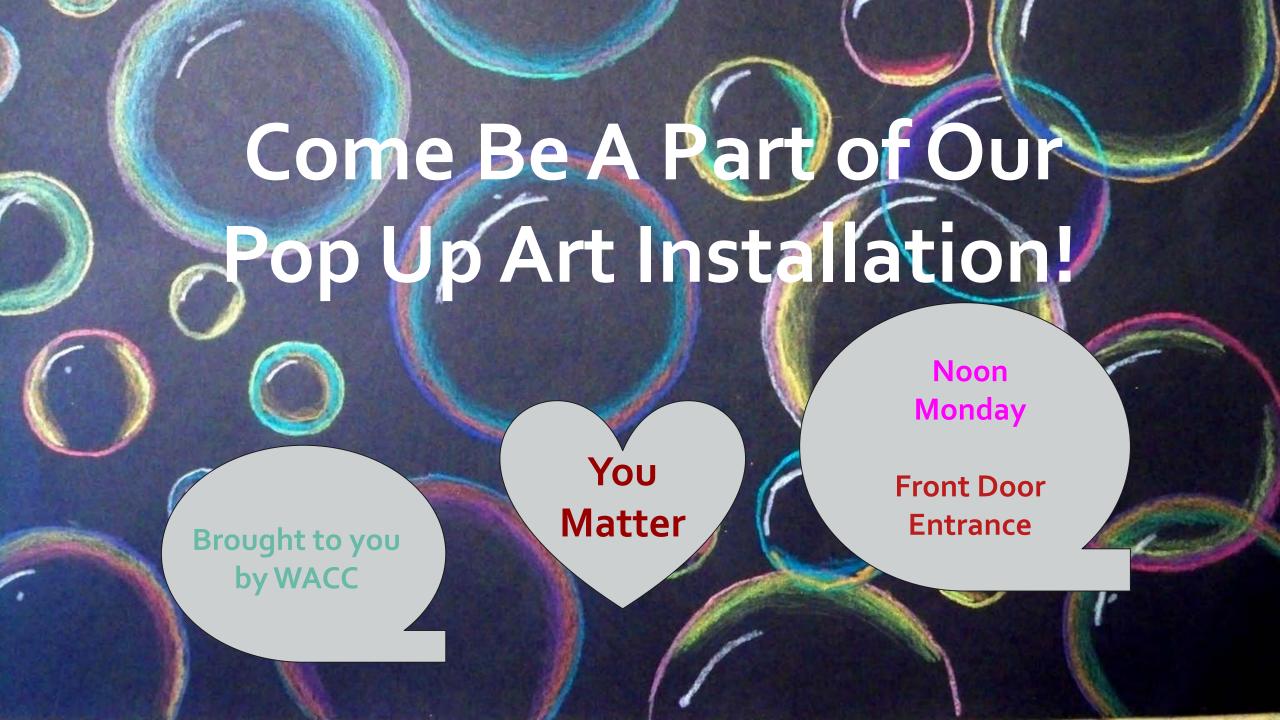
TUESDAY @ LUNCH

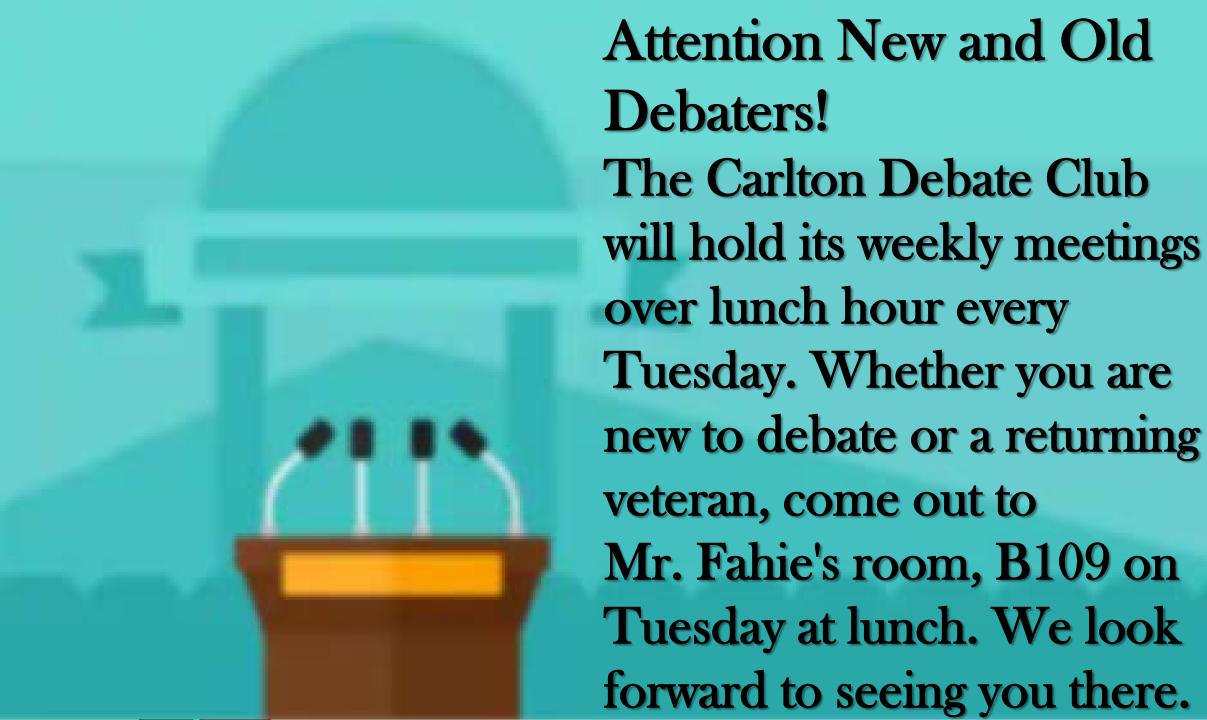
In the

STUDENT LOUNGE

(by the garden area)











# TODAY'S BELL SCHEDULE

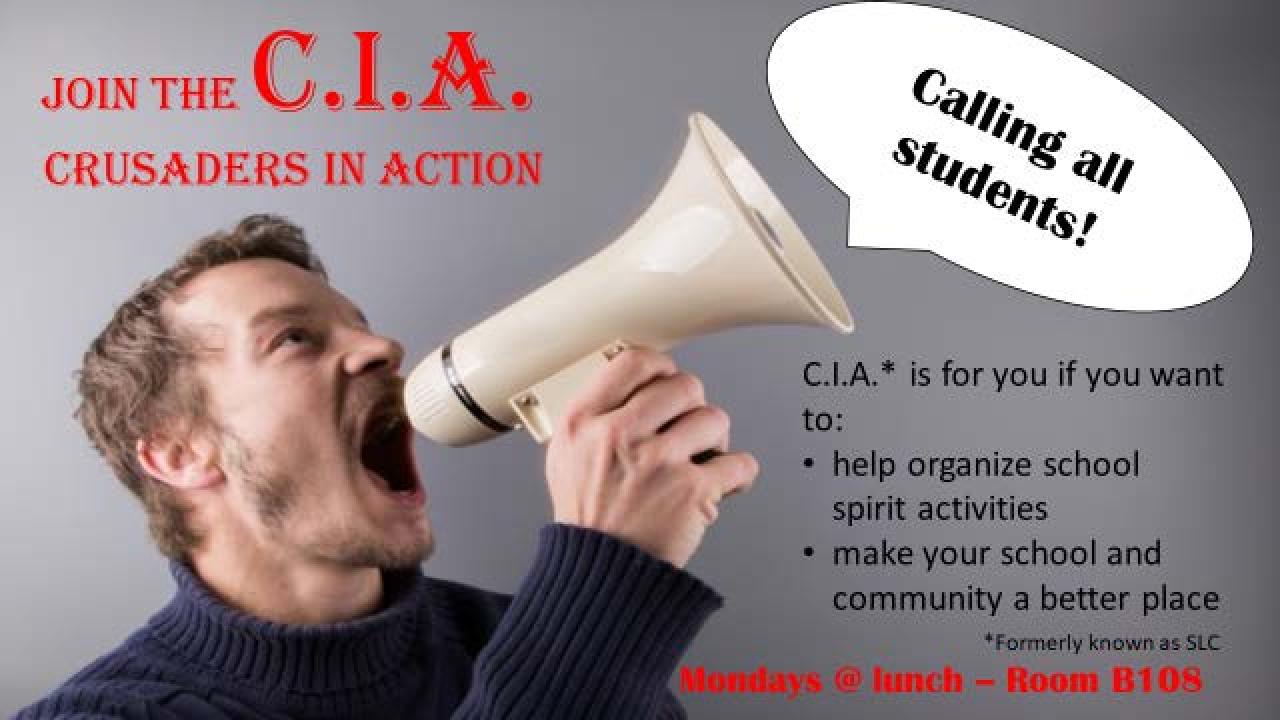
#### **BELL SCHEDULE**

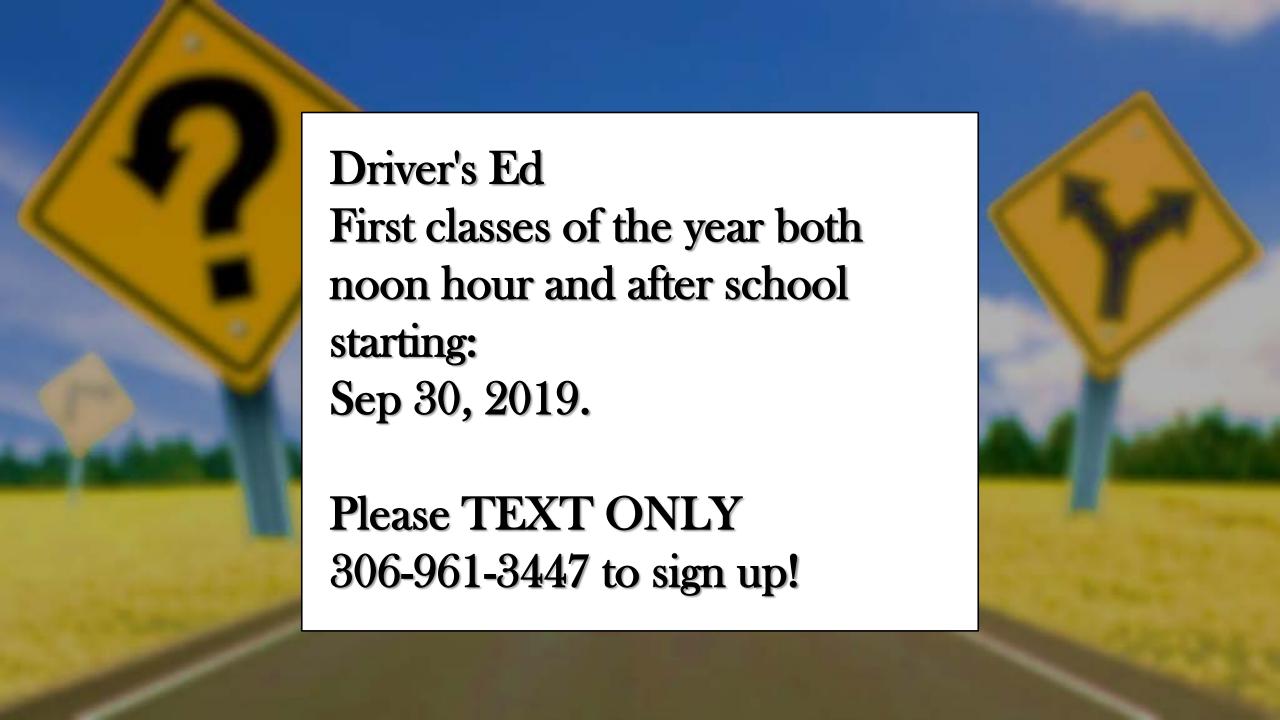
Period 1	8:55 - 9:58
Period 2	10:03 - 11:08
Period 3	11:13 - 12:16
Period 4	1:05 - 2:08
Period 5	2:13 - 3:16





We would like to congratulate our xcountry team on their awesome effort at the Langham meet. Daniel Mccaffery placed first. Rayne Cyr placed third along with Cadence Pellerin, Parker Elphinstone placed fourth, Abraham with a seventh place. Job well done everyone!!







The Carlton Choir will be rehearsing on Mondays and Wednesdays at lunch in room Y100. Anyone that is interested in singing with the choir should attend these practices.

Come join us for meditation on Friday at noon Y103. It is an opportunity to relax and unwind. Everyone is welcome, staff and students!!

### Carlton's Indigenous Days Celebration Friday, Sept. 27th/19 10 am till 3 pm

- Opening Ceremonies 10 AM @ Soccer Pitch
- Powwow @ soccer pitch right after opening ceremonies
- Metis portion of the day will take place in the Cafeteria
- Vendors: lots of things for purchase food to Indigenous items (ribbon skirts, shirts, lanyards, beading, etc) Please bring some \$\$\$ to support our vendors. Adults and Students are welcome to check these out!
- We will have orange shirts for sale \$10 per shirt. Limited numbers.
- Students: please come and sign up to make your own ribbon skirt or ribbon shirt. (we will provide all materials to make your own creation) Limited numbers.