

# REYNOLDS SALAD BAR 2017-18

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Dear Reynolds Staff and Students;

We are continuing with our two sets of 10 locally sourced [much of our produce comes from our very own courtyard garden], healthy and delicious salad bars for this school year (one set a semester). If you would like to participate now is the time to sign up!

Each Thursday salad bar day three recipe salads (including greens, veggies, grains, pasta), home-made dressings and an "extra" (baked item, potato wedges, home-made soup, apple sauce, ice cream with chocolate sauce as some examples...) will be served in the lower foyer by the gym entrance. Ingredients are posted with the salads. Unfortunately, we cannot recommend the salad bar to anyone with extreme allergies as we cannot guarantee that cross-contamination will not occur in the kitchen preparation.

Semester 1:

1. Th Oct. 5

\*Note no salad bar on Th Oct. 12 due to parent-teacher conferences

2. Th Oct. 19

3. Th Oct. 26

4. Th Nov. 2

5. Th Nov. 9

6. Th Nov. 16

7. Th Nov. 23

8. Th Nov. 30

9. Th Dec. 7

10. Th Dec. 14

Semester 2:

1. Th Mar. 15

SPRING BREAK

2. Th April 12

3. Th Apr. 19

4. Th Apr. 26

5. Th May 3

6. Th May 10

7. W May 16

\*Note that the salad bar on May 16<sup>th</sup> is on a WEDNESDAY due to District Orientation Day on the Thursday

8. Th May 24

9. Th May 31

10. Th June 7

**Please pay by cash or cheque (made out to Reynolds Secondary School) for \$50 (\$5x10) one semester or \$100 (\$5x20) for two semesters**

\*salad bar members who bring their own reusable containers & cutlery will get their name put in a raffle each salad bar they do as a thank you for being extra Eco-conscious :) Once a semester a name will be drawn for a \$50 cash prize

\*staff can arrange to pick up their order early if needed (usually by 11am).. Talk to Heather

\*more salad bar information including recipes can be found at: <http://coyleadership.weebly.com/salad-bar-team.html>

Any questions, please contact Heather Coey [hdcoey@gmail.com](mailto:hdcoey@gmail.com). Thank you

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**Salad Bar Order Form** (please attach with payment and return to the office or Heather Coey by Thursday Sept. 21, 2017).

Name: \_\_\_\_\_ Staff or Student (circle) Grade \_\_\_\_\_

Check as appropriate

\_\_\_\_ Sem 1 Payment (\$50)

\_\_\_\_ Sem 2 payment (\$50) (may post-date to Mar. 1, 2018)

\_\_\_\_ Full Year Payment (\$100)