



Carihi Announcements

Thursday, September 21st, 2023

Good Morning, Bonjour, Buenos Dias and Gilakas'La Carihi

Carihi Clothing:

Only two weeks left to order Carihi clothing! This is the only order available this year, so do not miss out. Orders are due in by Thursday, October 5th and forms can be found at the office.

See Ms. Perras in F102 for limited sample sizes available.



Carihi Recreation Soccer Team:

Carihi Recreation Soccer team starts today after school at 3:00pm on the field.

All grades welcome! We will practice every Thursday and play in 2 multi-game days, here and in Courtenay. Bring your cleats and shin guards please.

Sports Leadership:

Reminder to Sports Leadership students that we have a meeting today at 11:35am in room B101.

Please bring your course outlines signed and your money for a t-shirt.

Carihi Drumming Group:

Reminder to those students who are in the drumming group with Will Henderson, our first practice will be tomorrow, Friday, September 22 at 12 noon in the band room. Please see Jodi or Natasha in E124 if you need more information.



Carihi Swim Team:

Any competitive swimmers interested in competing at the Vancouver Island School Swimming Championship please come to a quick meeting in E110 at lunch tomorrow.

GSA (Gender/Sexuality Alliance):

GSA group gathering today at lunch in C110, bring your lunch and a friend for a social gathering





CARIHI KITCHEN

Wraps

Crunch Chicken Wrap \$4.50

Chicken, Tomato, Lettuce, Cheese, Ranch

Spicy Crunchy Chicken Wrap \$4.50

Chicken, Tomato, Lettuce, Cheese, Ranch, Hot Sauce

Vegan Wrap \$4.50

Curried Sweet Potato & Chickpea

Pizza

\$2.50 per slice

Cheese—Marinara & Mozzarella

Pepperoni—Marina, Mozzarella & Pepperoni

Fries

Small \$3.00

Large \$4.00

Poutine Small \$4.50

Poutine Large \$5.50

Soup, Sandwich & Salads

Soup of the day: Mushroom and Lentil or
Potato Bacon with dinner bun \$3.00

Feature Salad \$3.50

Feature Sandwich:

Grill Cheese & Ham \$4.00

Combination Deals

Sandwich & Soup \$5.00

Sandwich & Salad \$5.00

Salad & Soup \$5.00

Meal of the Week \$5.00

LASAGNA (Vegetarian or Meat)

Served with Caesar salad & crazy bread

From the Bakeshop

Chocolate Chip Cookie \$1.00

Drinks

PowerAid/Gatorade \$2.50

Canned Drinks \$2.00

