



Yezare Samint

Important Notices for All Parents

Visiting Author Coming to ICS Addis!

Our 2012 Author Visit takes place next week! From 30 January through 3 February children's writer, Toni Buzzeo, will spend time working with elementary students and teachers. In support of this special event limited copies of many of Toni's books will be for sale. Time will be set aside during the week for Toni to sign copies. Please see librarian, Martha Langille, for more information or email martha.langille@icsaddis.edu.et.



Extra ICS Calendars Available

If you would like an extra copy of the colorful ICS calendar that all families received in November, you may pick one up at the reception desk or email info@icsaddis.edu.et to have one sent home with your child.

ICS Directory Update

See page 6 of this week's *Yezare* for a two-page update to your ICS directory. You can print out this update to add to your hard copy of the directory. If you would like an updated electronic copy of the full directory, please email info@icsaddis.edu.et to request it.

Cashier's Office Hours Reminder

Please note that the cashier's office hours are 7:30 AM—12 noon, and from 3:00—5:00 PM, Monday through Friday. Payments cannot be received outside of these hours. Please do not ask to leave payments with the reception desk or other offices. We thank you for your understanding.

PTA Meeting and Wine and Cheese Reception

Parents and teachers are cordially invited the PTA meeting on Friday 27 January at 5:00 PM, followed by a Wine and Cheese Reception from 6:00 PM—7:30 PM in the school cafeteria. This will provide the ICS community an opportunity to welcome new families and for all of us to re-connect after the winter break. The Student Council will be providing babysitting service and a movie in the library for children grade five and under. There will be refreshments for adults and children of all ages.

Grade 9 Class Interested in Raising Awareness of Child Labor

In the 9th grade Modern World History class we have been exploring the issue of child labor in both historical and modern times. We have learned that over 215 million children work in today's world and 12 million are trafficked each year, thus preventing them from receiving a proper education. We are currently working on the question, how can we help eradicate child labor? Being a class of 45 students in Ethiopia, we cannot do much about the child labor that is going on around the world, but we can make a difference in the community around us. We know that some of you work for organizations that focus on the eradication and prevention of child labor. We would like to work with you to raise awareness on the issue. If you are willing to help us on our project or to share your knowledge, please contact our teachers: Mr. Greenough at brian.greenough@icsaddis.edu.et or Michael Yimesgen at michael.yimesgen@icsaddis.edu.et.

- *The 9th Grade Class*

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Speakers Needed for International Career Panels on International Day

Friday 24 February is International Day at ICS and we are taking this opportunity to build on the global focus of this event by hosting international career sessions for students. We are looking for panel speakers from the ICS parent community and the wider Addis community, to share their expertise in their international/global careers. This is a wonderful opportunity for high school students to learn, first hand, about international careers that interest them. Each profession will have a panel of speakers to provide a breadth of experience in each career. Speakers will be asked to share their professional experiences as well as the path that led to their current careers. In previous years there has been a wide variety of professions represented: medical, legal, mental health, sports/athletics, development/aid, journalism, engineering, military, and agronomy, just to name a few. This year we want to continue our success and have a larger focus on working internationally.

If you are available or interested in participating in this important event please contact Sienna Burns (sienna.burns@icsaddis.edu.et) as soon as possible.

Tuition and Fee Invoices for Second Semester

The payment for the second semester tuition and fees must be paid by 27 January 2012. A 5% late fee charge will be added starting 30 January. If you have already paid the bill, please provide proof of payment so that we can match your payment to your bill.

Mother Tongue Maintenance Pilot Program

Mother tongue maintenance classes are being held on Wednesday afternoons from 2:15-3:15 PM for the following languages: Amharic, Arabic, Dutch, Georgian, German, Hindi, Korean, Norwegian, Somali, Spanish, Swahili and Swedish. There will be limited space in this program as we begin, to keep classes small. If you are interested in signing your child up to participate in the pilot program, please email Kerry Girod at kerry.girod@icsaddis.edu.et. Please include your child's name, grade, and home language.

The Talking Head

Jim Laney, Director

A Love of Reading

The 2010 *Programme for International Student Assessment* (PISA) study of schools in 60+ countries found a close link between students' enjoyment of reading and their reading proficiency. The study reveals that 37 percent of students in those 60+ countries say they don't enjoy reading—and their achievement is often the lowest among their peers. For parents, the implications are clear. If your child is not motivated to read, she will never reach her full literacy potential.

Motivation to read can be seen when children regularly choose to read. Our teachers, especially in the elementary, use many strategies for encouraging a love for reading. The busyness of our library before, during and after school tells me that many students are learning to love reading, and that bodes well for their future literacy.

Parents can also help their children find pleasure in reading. Here are some tips...

- Model your own enjoyment of reading. In our middle school, for example, all our students and teachers “drop everything and read” for 20 minutes one day a week. Families can do the same thing on a lazy Sunday afternoon. Then talk about the books you are reading while enjoying a treat together.
- Allow your child a wide range of reading materials. Soccer or nature magazines, graphic novels, an array of genres can keep a child with a short attention span interested in the act of reading. Choice is closely identified with ownership and responsibility, and can be a powerful motivator.
- Learn more about your child's reading level, especially if he is in the elementary. Struggling readers will often choose books for pleasure that are too difficult because classmates are reading and talking about them. Help your child pick out a (potential) favorite at his level or one or two levels lower in our library on a Saturday morning. One more tip...don't call it “easy!”
- Talk to your child's teacher about some realistic reading goals and provide rewards for pleasure reading at home to meet those goals. 30 minutes per day, 200 pages per week, a special series of books by one author—there are many ways to challenge and reward your child to pick up a book instead of

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a GameBoy.

- Buy books as gifts. Allow children to keep their “old favorites” and encourage them to pick them up and read them occasionally. Dr. Seuss stories are enjoyable for children of all ages!
- Read a book and then watch the movie together. You can talk about why you like the book, why you like the movie, and some of the changes in the film version when they adapted the story.

Next week we celebrate a love of books—reading *and* authoring—by bringing in author Toni Buzzeo. A passionate proponent of *reader’s theater*, Toni will help students explore this way of understanding and communicating works of literature. Families will have an opportunity to purchase Toni’s books, and the author will be able to sign copies during her visit. Parents are welcome to drop in on any of her sessions through the week.

Middle School News

Deron Marvin, MS Principal

MS ASAs Next Week

The following middle school After School Activities will not run on the following dates because teachers will be attending class trips out of Addis Ababa.

Astronomy Club - cancelled for Thursday 2 February

Knitting Club - cancelled for Thursday 2 February and Thursday 9 February

Please ensure that your child is picked up at 3:20 PM on these dates.

High School News

Joyce Halsey, HS Principal

February is a short but full month at ICS. Next week we have several activities in the high school, with Model United Nations students traveling to Doha for their annual event, and drama students traveling to Brussels for the International Schools Theatre Association (ISTA) Festival. On campus, we will see the kickoff of two popular community events: the ICS Run/Walk for Charity (scheduled for 25 February) and "Spirit" Activities for students.

The following week, our IB grade 12 students will sit their mock exams. These exams give our students the essential experience of preparing for a series of examinations which are completed under actual exam conditions. Then they can reflect on and analyze their performance and take strides to improve their studies between now and the external IB exams in May.

Grade 11 students also have their "College Night" on Thursday 9 February at 7:00 PM. Parents, be sure to mark your calendars for this important event for you and your grade 11 student.

The week of the 13th—17th sees the Grade 10 Week Without Walls which travels to Lalibela and Gondar, key sites in the northern Ethiopia historical route.

The following week, after two non-attendance days for students on 20-21 February (Teacher Professional Development days), we will conclude the month with additional "Spirit" activities, International Day on Friday 24 February, and the Walk/Run Charity Event on Saturday.

Tech Talk

John Iglar, Director of Technology

Digital Citizenship: My Online Code

Grade 9 and 10 students have had a few discussions & lessons in their advisories about Digital Citizenship. The focus has been on what makes a good citizen of the digital/online world, talking about ethical behavior and what our responsibilities are.

In particular, four themes that are key to having a good ethical code of conduct online were introduced:

- **Privacy:** Respecting the privacy of others online
- **Self-Expression and Identity:** Presenting yourself in an honest and genuine way in the online world

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- **Connected Culture:** Treating others in a kind and respectful manner, and avoiding cyberbullying
- **Respecting Creative Work:** Giving credit to others and/or asking their permission when you use their work as part of your own

Parents are encouraged to discuss these ideas with their children and use the same language when discussing or establishing rules for using the internet, cell phones, social networking, etc. More details are available on the Common Sense Media website, <http://www.commonsensemedia.org>

Data Privacy Day – 28 January

This Saturday is Data Privacy Day, a day intended to raise awareness about privacy online. It's important for all of us – adults and young people – to be aware of privacy issues in the digital age, and I'd encourage families to check out some of the resources aimed at parents and teens. (We'll be dealing with these issues in our digital citizenship sessions and other venues.)

- StaySafeOnline is a project from the (US) National Cyber Safety Alliance and hosts lots of information:
- Information for Parents: <http://www.staysafeonline.org/dpd/educational-resources/parents-kids>
- Information for Teens: <http://www.staysafeonline.org/dpd/educational-resources/teens-young-adults>

[John Iglar's Blog](#): Essays about technology and learning

Calendar *Items in italics are changes or new from a previous issue*

Friday 27 January	Second Semester Tuition and Fees Due Date
Friday 27 January	PTA Meeting and Wine and Cheese Reception, 5:00 PM
Saturday 28 January.....	SAT Exam at ICS
29—31 January	Grade 6 Class Trip
30 January—3 February	Visiting Author, Toni Buzzeo
30 January—3 February	Grade 7 Class Trip
1—3 February	Grade 6 Class Trip
1—4 February	Model UN Doha Trip
1—5 February	HS ISTA Brussels Trip
6-10 February	IBDP Mock Exams
Thursday 9 February.....	Grade 11 College Night, 7:00 PM
Thursday 9 February.....	K-2 Elementary Track and Field Day
Friday 10 February.....	Grades 3-5 Elementary Track and Field Day
13—16 February	Grade 8 Class Trip
13—17 February	Grade 10 Class Trip
Friday 17 February.....	Grade 1 Concert, 8:15 AM, ES Covered Area
20—21 February	Teacher Work Days—No School for Students
22—24 February	MS/HS Spirit Week
Thursday 23 February.....	Grade 4 Trip Parent Meeting, 5:00 PM
Friday 24 February.....	International Day
Saturday 25 February	Walk/Run Charity Event
29 February—4 March.....	ISSEA Basketball Tournament
2—3 March	Grade 4 Class Trip 1
Thursday 1 March.....	Season 2 ASAs End
Friday 2 March	Victory at Adwa Day—No School
Wednesday 7 March.....	S2 Athletic Awards, 6:30 PM
8—11 March	ISSEA Math Competition
9—10 March	Grade 4 Class Trip 2
Saturday 10 March	MUN Conference at UNECA
Monday 12 March.....	Regular Board Meeting, 7:00 PM
16—17 March	Grade 4 Class Trip 3
16—17 March	ICS International and ISSAAA Track Meet

Current and previous issues of the *Yezare Samint* newsletter can be found on the ICS web-site www.icsaddis.edu.et. Hard copies of the newsletter can be found at the ICS reception.

Keep your contact information updated! Send any changes to your phone number or email address to info@icsaddis.edu.et or to the reception desk.

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 fax: +251-11-371-0722 Old Airport
 email: info@icsaddis.edu.et Addis Ababa
 twitter: @ICSAAddis

Alternate ICS number: +251-911-333-650

E-mail Updates

Grade	Student Name	Parent 1	Parent 1 Email	Parent 2	Parent 2 Email
*5C	Coenjaerts, Alexandra	Ms. Claudia Coenjaerts	coenjaerts@ilo.org		
*KGB	Desta, Maya	Mr. Haddis Tadesse	haddis.tadesse@gatesfoundation.org	Mrs. Eskedar Tafesse	eskedar.tafesse@seattle.gov
*3C	Desta, Rafael	Mr. Haddis Tadesse	haddis.tadesse@gatesfoundation.org	Mrs. Eskedar Tafesse	eskedar.tafesse@seattle.gov
2C	Diallo, Bella	Mrs. Nwando Diallo	<i>diallon@et.cdc.gov</i>	Mr. Des Diallo	desdial@hotmail.com
9	Diallo, Carol Lee	Mrs. Nwando Diallo	<i>diallon@et.cdc.gov</i>	Mr. Des Diallo	desdial@hotmail.com
5C	Diallo, Sirah	Mrs. Nwando Diallo	<i>diallon@et.cdc.gov</i>	Mr. Des Diallo	desdial@hotmail.com
*KGA	Dutson, Isaac	Mrs. Andrea Ledward	andrea_ledward@hotmail.com	Mr. Stuart Dutson	
*1C	Dutson, Nyika	Mrs. Andrea Ledward	andrea_ledward@hotmail.com	Mr. Stuart Dutson	
*5A	Fissehazion, Mekdelawit	Mr. Amman Fissehazion	amman@ebstv.tv	Mrs. Makda Fissehazion	makda@ebstv.tv
*4A	Fissehazion, Selam	Mr. Amman Fissehazion	amman@ebstv.tv	Mrs. Makda Fissehazion	makda@ebstv.tv
*KGB	Fogarty, Aidan	Dr. John Fogarty	johnfogarty@me.com	Dr. Lucy Boulanger	lucyboulanger@gmail.com
*EC4B	Fogarty, Eyerusalem	Dr. John Fogarty	johnfogarty@me.com	Dr. Lucy Boulanger	lucyboulanger@gmail.com
11	Graybill, Sophia	Dr. Edward Graybill	egraybill@fhi360.org	Mrs. Maureen Graybill	<i>maureengraybill@gmail.com</i>
*KGC	Howell, Sabir	Mr. Muhammad Howell	louhowell@msn.com	Mrs. Yamrot Mohammed	
2C	Kassa, Robel	Ato Theowdros Kassa	tedykassa@yahoo.com	Wzo. Teyowbesta Kifle	teyowbesta20@yahoo.com
*11	Keflay, Ammauel	Mrs. Yeshemebet Negussie	embet.negussie@yahoo.com	Mr. Tesfalidet Keflay	tkeflay@gmail.com
1B	Kegel, Kevin	Mr. Andreas Kegel	<i>a.kegel@mertc.ch</i>	Mrs. Hana Kegel	<i>blengww@yahoo.com</i>
*5C	Loos, Henrik Phillip	Dr. Heinz Loos	heinzloos@giz.de	Mrs. Viona Loos	veebescreations@aol.com
*7	Loos, Joyce Katherine	Dr. Heinz Loos	heinzloos@giz.de	Mrs. Viona Loos	veebescreations@aol.com
*6	Mada, Komugi	Mr. Hideki Mada	hideki.mada@gmail.com	Mrs. Chika Mada	mada@js3.so-net.ne.jp
*2B	Mada, Rinka	Mr. Hideki Mada	hideki.mada@gmail.com	Mrs. Chika Mada	mada@js3.so-net.ne.jp
*KGB	McKee, Eleanor	Mr. James McKee	james.mckee@met.police.uk	Ms. Frances Riddel	riddelleankara@yahoo.com
*3B	McKee, Olivia	Mr. James McKee	james.mckee@met.police.uk	Ms. Frances Riddel	riddelleankara@yahoo.com
EC4B	Menon, Madhumita	Mr. Krishnakumar Pillai	kkp@olamnet.com	Mrs. Sujithra Sankar	sujithra.sankar@gmail.com
3C	Menon, Madhumita	Mr. Krishnakumar Pillai	kkp@olamnet.com	Mrs. Sujithra Sankar	sujithra.sankar@gmail.com
*11	Mikkelsen, Emma	Mr. Jan Mikkelsen	jmikkelsen@imf.org	Ms. Lene Mikkelsen	lmikkelsen09@gmail.com
*10	Mikkelsen, Cecilie	Mr. Jan Mikkelsen	jmikkelsen@imf.org	Ms. Lene Mikkelsen	lmikkelsen09@gmail.com
4C	Mitchell-Terga, Aidan	Mr. Solomon Terga	<i>meruaddis@gmail.com</i>	Mrs. Leslie Mitchell	leslie@pactet.org
4B	Mitchell-Terga, Gabriel	Mr. Solomon Terga	<i>meruaddis@gmail.com</i>	Mrs. Leslie Mitchell	leslie@pactet.org
*5A	Mokoka, Omphemetse	Mrs. Christina Kefilwe	mokokak@dirco.gov.za	Mr. Andries Seatla	
*5B	O'Brien, Angela	Ms. Kerstin O'Brien	kerstin.obrien@redcross.se	Mr. Michael O'Brien	mgjobrien@gmail.com
10	Radeny, Lyn	Dr. Samson Radeny	sradeny@yahoo.co.uk	Dr. Maren Radeny	mradeny@gmail.com
4C	Radeny, Martin	Dr. Samson Radeny	sradeny@yahoo.co.uk	Dr. Maren Radeny	mradeny@gmail.com
*7	Saha, Debalina	Mr. Saikat Saha	ssaha@savechildren.org	Ms. Sucharita Saha	<i>saha_sucharita@hotmail.com</i>
6	Samuels, Eliane	Mr. Dwight Samuels	<i>samuelsda@state.gov</i>	Mrs. Elaine Samuels	dwrightsamuels@yahoo.com
*2A	Siluwe, Liswani	Ms. Siyunyi Mamusa	mamusas@yahoo.com	Mr. Kenneth Siluwe	siluwek@yahoo.co.uk
*5B	Spilsbury, Ben	Mrs. Angela Spilsbury	a-spilsbury@dfid.gov.uk	Mr. David John Spilsbury	john_spilsbury@hotmail.com

Note: Items in italics and yellow are updates and * for new families

Please submit all updates and changes to info@icsaddis.edu.et or the reception desk.

Phone Numbers

Grade	Student Name	Home Phone	Parent 1	P1 Work Phone	P1 Mobile Phone	Parent 2	P2 Work Phone	P2 Mobile Phone
2A	Bates, Bates		Mr. Greg Bates	011-552-6430	0911-238-172	Mrs. Liza Bates		0912-614-346
4B	Bates, Laura		Mr. Greg Bates	011-552-6430	0911-238-172	Mrs. Liza Bates		0912-614-346
3B	Bhargava, Annant		Mr. Anurag Bhargava	0911-526-689	0911-514-734	Mrs. Tarang Bhargava		0912-603-088
*5C	Coenjaerts, Alexandra		Ms. Claudia Coenjaerts		0924-954-021			
4A	Danzoll, Michaux	011-320-2791	Mr. Charles Danzoll	011-661-2928	0911-250-738	Mrs. Abby Maxman	011-618-1938	0911-202-270
2C	Diallo, Bella		Mrs. Nwando Diallo	011-130-6995	0911-228-544	Mr. Des Diallo	011-130-6351	0910-344-918
9	Diallo, Carol Lee		Mrs. Nwando Diallo	011-130-6995	0911-228-544	Mr. Des Diallo	011-130-6351	0910-344-918
5C	Diallo, Sirah		Mrs. Nwando Diallo	011-130-6995	0911-228-544	Mr. Des Diallo	011-130-6351	0910-344-918
*KGA	Dutson, Isaac		Mrs. Andrea Ledward	011-618-0601		Mr. Stuart Dutson		
*1C	Dutson, Nyika		Mrs. Andrea Ledward	011-618-0601		Mr. Stuart Dutson		
*5A	Fissehazion, Mekdelawit		Mr. Amman Fissehazion	011-629-2282	0921-607-827	Mrs. Makda Fissehazion	011-629-2282	0924-149-185
*4A	Fissehazion, Selam		Mr. Amman Fissehazion	011-629-2282	0921-607-827	Mrs. Makda Fissehazion	011-629-2282	0924-149-185
1C	Getachew, Tyobesta		Eng. Dawit Getachew-Sine	243-992-903-872		Wzo. Addisalem Mengistu		0912-614-599
*KGC	Howell, Sabir		Mr. Muhammad Howell			Mrs. Yamrot Mohammed	0911-853-172	0911-626-893
2C	Kassa, Robel	011-618-6366	Ato Theowdros Kassa	011-466-8209	0911-208-263	Wzo. Teyowbesta Kifle		0911-711-382
*11	Keflay, Ammauel		Mrs. Yeshemebet Negussie		0911-560-435	Mr. Tesfalidet Keflay		
*5C	Loos, Henrik Phillip	0923-514-812	Dr. Heinz Loos	011-662-9984xx134		Mrs. Viona Loos		0920-718-505
*7	Loos, Joyce Katherine	0923-514-812	Dr. Heinz Loos	011-662-9984xx134		Mrs. Viona Loos		0920-718-505
*6	Mada, Komugi		Mr. Hideki Mada	011-550-4755	0911-123-878	Mrs. Chika Mada		
*2B	Mada, Rinka		Mr. Hideki Mada	011-550-4755	0911-123-878	Mrs. Chika Mada		
1D	Madiga, Mokgadi		Mr. Monanye Johannes		0911-504-476	Ms. Jemina Mosela		0922-176-492
*KGB	McKee, Eleanor		Mr. James McKee		0911-500-587	Ms. Frances Riddel		
*3B	McKee, Olivia		Mr. James McKee		0911-500-587	Mrs. Frances Riddel		
EC4B	Menon, Madhumita		Mr. Krishnakumar Pillai	0114-661-9795/94/93	0912-500-447	Mrs. Sujithra Sankar		0923-791-525
3C	Menon, Madhumita		Mr. Krishnakumar Pillai	0114-661-9795/94/93	0912-500-447	Mrs. Sujithra Sankar		0923-791-525
*11	Mikkelsen, Emma		Mr. Jan Mikkelsen		0911-202-766	Ms. Lene Mikkelsen		0910-371-535
*10	Mikkelsen, Cecilie		Mr. Jan Mikkelsen		0911-202-766	Ms. Lene Mikkelsen		0910-371-535
*5A	Mokoka, Omphemetse		Mrs. Christina Kefilwe	011-371-1002	0911-500-508	Mr. Andries Seatla		
*5B	O'Brien, Angela	011-661-5375	Ms. Kerstin O'Brien	011-930-014328 x123	0924-298-089	Mr. Michael O'Brien		0921-146-093
10	Radeny, Lyn	011-371-5881	Dr. Samson Radeny	011-662-3786/87/88	0913-868-950	Dr. Maren Radeny		0923-801-306
4C	Radeny, Martin	011-371-5881	Dr. Samson Radeny	011-662-3786/87/88	0913-868-950	Dr. Maren Radeny		0923-801-306
*7	Saha, Debalina		Mr. Saikat Saha	011-372-8455	0930-014-022	Ms. Sucharita Saha		0923-125-881
6	Sesay, Annmarie		Mr. Ibrahim Sesay	011-518-4014	0921-025-354	Mrs. Adijatu Sesay		0923-814-722
*2A	Siluwe, Liswani		Ms. Siyunyi Mamusa	011-554-3353	0924-542-000	Mr. Kenneth Siluwe		
10	Snyder, Alexandra	011-371-8681	Mr. David Snyder	011-130-6286	0911-236-859	Mrs. Annette Snyder		0923-098-172
3B	Snyder, Caleb	011-371-8681	Mr. David Snyder	011-130-6286	0911-236-859	Mrs. Annette Snyder		0923-098-172
5C	Snyder, Elizabeth	011-371-8681	Mr. David Snyder	011-130-6286	0911-236-859	Mrs. Annette Snyder		0923-098-172
8	Snyder, Joshua	011-371-8681	Mr. David Snyder	011-130-6286	0911-236-859	Mrs. Annette Snyder		0923-098-172
12	Snyder, Sharena	011-371-8681	Mr. David Snyder	011-130-6286	0911-236-859	Mrs. Annette Snyder		0923-098-172
*5B	Spilsbury, Ben		Mrs. Angela Spilsbury		0911-242-374	Mr. David John Spilsbury		

ARCOBALENO DAILY LUNCH BUFFET MENU January 30 -February 3, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup:	Mushroom Soup	Tomato and Celery Soup	Lentil Soup	Potato and Leek Soup	Vegetables Soup
Chicken and Meat Dish:	Chicken Cutlets	Lamb Stew	Sautéed Strip Steak with Brown Sauce	Chicken Stew	Baked Chicken with Rosemary & Garlic
Meat and Fish Dish:	Swiss Steak	Sautéed Beef	Sweet and Sour Fish	Meat Loaf	Fish and Chips
Pasta:	Spaghetti with Meat Sauce or Tomato Sauce	Stir Fried Chicken with Noodles	Fusilli with Tomato & Tuna Sauce	Spaghetti with Mini-Meatballs	Penne with Pesto
Vegetarian Dish:	Potatoes Au Gratin	Eggplant Parmigiana	Vegetable Pie	Vegetable Moussaka	Chickpea Curry
Starch:Couscous, Rice, Potato, etc.	Rice	Mashed Potato	Fried Potato	Rice with Sweet Corn	Rice with Vegetable
Vegetable:	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Mixed Vegetables
Dessert:	Watermelon	Banana Cake	Papaya	Orange Cake	Fruit Salad

Available Daily: Water, Juice, Dinner Rolls, Salad. Items printed in Bold are fasting foods.