



The Nursery on the Green

'Friday Flyer'

Friday 17th August 2012

New menu

Week No: 3 rd September 2012	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals and Toast	Grilled tomatoes and scrambled eggs	Toast with butter or marmite	Cereals and toasted fruit bread	Boiled eggs with wholemeal bread fingers
Snack	Raisins and fresh fruit	Melon slices	Banana smoothie	Grapes and kiwi	Breadsticks and hummus
Lunch	Pesto spaghetti with broccoli and red pepper	Cottage pie served with seasonal vegetables	Tuna and sweetcorn penne pasta in a homemade tomato and basil sauce with crunchy salad	Roast chicken with roast potatoes and seasonal vegetables	Lamb and rosemary casserole, seasonal vegetables and mashed potato
Vegetarian	Same	Soya mince cottage pie with seasonal vegetables	Penne pasta in a homemade tomato and basil sauce with crunchy salad	Roasted quorn fillet, roast potatoes and vegetables	Chickpea and apricot casserole and vegetables
Vegan	Same	Soya mince cottage pie with seasonal vegetables	Same	Stuffed courgettes, roast potatoes and vegetables	Chickpea and apricot casserole and vegetables
Non Dairy	Same	Cottage pie served with seasonal vegetables	Same	Roast chicken with roast potatoes	Lamb and rosemary casserole



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pudding	Mandarins in fruit juice and natural yoghurt	Fruit trifle or peaches in grape juice	Chocolate mousse with poached pears	Fruit cocktail	Sliced bananas and custard
Tea	Platter of diced cheese, ham, carrot/cucumber batons and pitta bread	Mediterranean vegetable soup with a wholemeal roll	Roasted vegetable cous-cous with crunchy salad	Bagels with cream cheese and spinach	Sardines in tomato sauce on toast. Topped with cucumber and fresh tomato and coriander salad
Vegetarian	Diced cheese, pitta, olives and cucumber batons	Same	Same	Same	Same
Vegan	Salsa dip, pitta, cucumber and olives	Same	Same	Artichoke and green pepper wrap	Stuffed roasted red peppers with salad
Non Dairy	Ham, pitta, cucumber	Same	Same	Artichoke and green pepper wrap	Sardines in tomato sauce on toast.

Goodbyes

As we approach our summer holiday, we have been saying goodbyes to some of our preschool children. We wish them all the best as they begin their new journeys into 'Big School'. We will miss them all and hope they come back to visit us soon.

As we say some goodbyes, we also look forward to welcoming new children and their families in September.

Fruit Table

As part of our new menus at nursery, you may have noticed our 'Fruit table' in the hallway. The children have really enjoyed taking a piece of fruit home with them after nursery and this really encourages them to eat healthy snacks and enjoy fresh fruit. The table will be out throughout the day for the children to select a piece of fruit, so please help yourselves.

Lost property

We have collected quite a lot of lost property over the past few weeks which are all unnamed. If you are missing any items of clothing, socks or hats, please take the time to look through the box. The lost property box is located behind the front door in a big dark blue box. Any clothes not collected will be taken to the local charity shop in September.



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Summer Holiday

The nursery will be closed on **Monday 20th August until Friday 31st August** for the Summer break. We are open again on Monday 3rd September. During this time all of the carpets will be cleaned and the Sunshine Room will be redecorated. The kitchen will also be refitted.

Good rest

We hope you all enjoy a lovely two week break and have a good rest. We look forward to welcoming you all back for a new term in September.

Kind regards

Sarah, Anneli and all the staff