



# The Nursery on the Green

## 'Friday Flyer'

Friday 14th September 2012

### New menu

Week Beg: 17th September 2012	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals and Toast	Toasted muffins with jam	Cereals and Toast	Toasted crumpets with butter	Cereals and Toast
Snack	Rice cakes and grapes	Banana smoothie	Sliced fruit bread	Sliced seasonal fruit	Melba toast with yoghurt and cucumber dip
Lunch	Penne pasta with mixed vegetables in homemade tomato and basil sauce with or without grated cheese	Chilli con carne with basmati rice	Lamb hotpot with seasonal vegetables	Fish and vegetable pie topped with potato with peas	Chicken and red pepper casserole with boiled potatoes and carrots
Vegetarian	same	Soya con carne and basmati rice	Vegetable hotpot with seasonal vegetables	Vegetable and potato topped pie with peas	Broccoli and quorn and red pepper casserole with potatoes and carrots
Vegan	same	Soya con carne and basmati rice	Vegetable hotpot with seasonal vegetables	White fish and vegetables potato topped pie with peas	Vegetable curry
Non Dairy	Same without cheese	Chilli con carne with basmati rice	Lamb hotpot with seasonal vegetables	Fish and vegetable pie topped with potato with peas	Chicken and red pepper casserole with boiled potatoes and carrots
Pudding	Mandarins in fruit juice	Ice-cream cone or peaches	Fruit jelly or yoghurt	Strawberry mousse	Fruit cocktail in orange juice
Tea	Bagels with cream cheese and celery	Broccoli and stilton soup with wholemeal bread and butter	Finger rolls various fillings and salad	Platter of diced cheese and diced turkey, carrot batons and salsa dip and pitta bread	Potato and roasted root vegetables in homemade tomato sauce



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Vegetarian	Same	Same	Vegetarian finger rolls	Pitta bread sliced peppers, olives and carrot and salsa dip	same
Vegan	Stuffed roasted pepper	Homemade broccoli soup	Hummous with carrot and cucumber batons	Pitta bread sliced peppers, olives and carrot and salsa dip	Same
Non Dairy	Stuffed roasted pepper	Same	Ham salad finger rolls	Diced ham, turkey, salsa and pitta bread	Same

### **Harvest Festival**

The children have been learning about Harvest Festival. We would be very grateful for your donations which will be taken to St Michaels and All Angels Church in Blackheath. They take all the collections to London Bridge Mission. We would appreciate any tinned food, tea, coffee, chocolate or packed soups.

They also need toothbrushes and shaving equipment.

**Please do not bring in any fresh fruit or vegetables.**

The children in the Sunshine Room will be visiting the church on Tuesday 18<sup>th</sup> September to learn more about the work that they do and deliver all your donations. Thank you for your support.

### **New Menus**

You may have noticed the new menus that we have on offer at the nursery. Pat our new cook is doing a wonderful job producing a wide range of food, all of a fantastic quality which the children are thoroughly enjoying. We would like to have some feedback from you regarding our new menus. Please do let us know what you think either by email, message in your child's contact book or of course you can telephone the nursery.

### **Rainbow Room**

The children will be visiting the sensory room next week. This is great fun for the children and they enjoy exploring the lights and textures.

Kind regards  
Sarah, Anneli and all the staff