



# The Nursery on the Green

## *'Friday Flyer'*

Friday 30<sup>th</sup> November 2012

### New menu

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Choice of wholegrain cereal, wholemeal toast with choice of spreads	Choice of wholegrain cereal, wholemeal toast with choice of spreads	Choice of wholegrain cereal, wholemeal toast with choice of spreads	Choice of wholegrain cereal, wholemeal toast with choice of spreads	Choice of wholegrain cereal, wholemeal crumpets with choice of spreads
<b>Mid-morning snack</b>	Selection of fruit, breadsticks, rice cakes etc	Selection of fruit, breadsticks, rice cakes etc	Selection of fruit, breadsticks, rice cakes etc	Selection of fruit, breadsticks, rice cakes etc	Selection of fruit, breadsticks, rice cakes etc
<b>Lunch</b>	Mildly spiced vegetable curry with rice. Strawberries and yoghurt.	Sausages with onion gravy served with mashed potatoes and green beans (vegetarian, vegan and non dairy diets – soya mince with mashed potatoes and onion gravy) Rice pudding with jam.	Fish pie with seasonal vegetables. Fresh fruit and yoghurt	Chicken and butterbean casserole, new potatoes, broccoli. Mixed fruit salad.	Shepherds pie, peas, carrots and seasonal vegetables. Sliced bananas and custard.
<b>Mid-afternoon snack</b>	Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit
<b>Tea</b>	Vegetable soup with wholemeal breadsticks.	Bagels filled with cream cheese. Salad vegetables.	Home made potatoe wedges with fresh salsa dressing	A selection of filled rolls with crudités of cucumber, cheese and tomatoes	Little home made pizzas with a variety of toppings.

The tea time menu is subject to change this week.



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### **Christmas at Nursery**

Christmas activities are well underway in the nursery and the children are taking part in a wide range of creative and musical fun. Do have a good look in all of the rooms to find and admire your child's work!

There is a wonderful website that your child will love [www.portablenorthpole.com](http://www.portablenorthpole.com) Father Christmas talks directly to your child. You will need to click on the 'Get Started' green bubble and follow the very simple instructions. Your child will be very excited to get a personal message from Santa.

### **Sunshine Room**

The children have been learning about road safety. Please could you encourage your children to look both ways and listen carefully when crossing the road. The children will also be going to the Albany Theatre in Deptford to see Rumpelstiltskein for their Christmas treat. More information will follow about this later.

### **Treetops Room and Rainbow Room**

The children will be going to visit Father Christmas at the Lewisham Centre as usual. We will give you more details next week. Parents are very welcome to accompany their children if they would like to, or to meet us there if the children don't come into nursery on the day that the trip takes place.

### **Cookery Course**

We have been chosen to pilot a scheme in Greenwich to encourage healthy eating and the awareness of food and diets of nursery aged children. We will be running a cookery club in the new year for parents. It will operate for one morning per month over a period of six months. Parents will be able to attend as and when they are available. If you are interested in the course please speak to Sarah or Sam for more information and to reserve a place.

We hope you all have a lovely weekend.

Kind regards

Sarah, Anneli and all the staff