



The Nursery on the Green

'Friday Flyer'

Friday 8th March 2013

New menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	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
Mid-morning snack	Breadsticks with hummus dip	Fresh strawberry smoothie with oat biscuits.	Melba toast with cheese spread	Breadsticks with grape halves.	Diced cheese with grapes and oat biscuits.
Lunch	Tuna and sweetcorn pasta in tomato sauce with French bread.	Beef stew with carrots and onions, swede and potato rosti. Rice pudding with jam	Fish with vegetables in tomato sauce topped with mashed potatoes served with fresh salad.	Chicken and leek pie served with new potatoes and vegetables. Fresh fruit trifle with yogurt.	Lamb curry with basmati rice and naan bread. Sponge and custard.
Vegetarian option	Sliced peaches with organic yogurt.	Vegetable stew.	Jacket potatoes with a variety of filling.	Leek and potato pie	Vegetable and lentil curry.
Mid-afternoon snack	Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit
Tea	Homemade chicken soup	Toasted crumpets with baked beans.	Wholemeal rolls with a variety of fillings	Cheese croissants with cucumber.	Sandwiches with a variety of fillings.



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Food served at the Nursery.

Following the recent press coverage of meat and other processed food products we have reviewed our nursery nutrition policy and procedure.

The nursery takes the nutritional needs of the children very seriously. All the meals at the nursery are freshly prepared on the nursery premises using high quality ingredients. All our meat is of a high quality (organic where possible) and sourced from Ocado (or similar eg Sainsburys). We choose lean cuts of meat and do not store meat for longer than is absolutely necessary.

We do not add salt to any of the meals and choose low salt varieties wherever possible.

We limit the amount of processed meat served. For example we have only given the children sausages twice in the last four months. If we do give the children sausages they are of the highest meat content available.

We give the children ham in sandwiches as an option once a week. This ham is 'off the bone' with no added salt or sugar.

Although we will continue to serve minced meat in curries, spaghetti bolognese etc, we have raised the proportion of chicken and fish dishes that we give the children as good practise.

If you have any queries please do not hesitate to speak to Sarah.

Comic Relief

Please don't forget that that everyone (including all the staff!!) in the Nursery will be dressing as 'super heroes' next Friday 15th March.

This is to raise money for Comic Relief so please would you send your child into nursery with a donation on the Friday?

The children are able to dress as any superhero – or one that they have made up for themselves. If you do not have a suitable costume and your child would still like to dress up please speak to Sarah and we will try to provide you with something suitable.

We will be enjoying some 'superhero themed' fun through the day and will take lots of photos of the day!

Sunshine Room outing to the Aquarium

All the children in the Sunshine Room (pre-school) thoroughly enjoyed visiting the London Aquarium on Tuesday to support their interest in animals that live under the sea. The children made lovely information books following their visit.

Thank you to Michelle (Mia's mummy) for her help on the visit.



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Spare clothes belonging to nursery

If your child has borrowed spare clothes from the nursery and worn them home please would you return them to the nursery?

We usually have a stock of spare tracksuit bottoms, socks and underwear but we are running very low at the moment on these items.

If you have any tracksuit bottoms that your child no longer needs we would be very grateful for them to add to our boxes of spares!

Toys from home in the nursery

Some children are bringing lots of small toys into the nursery from home to share with their friends. Over the last couple of weeks a number of these toys have become mislaid and this has caused upset to the children involved.

All children at the nursery are welcome to bring 'comfort toys' into nursery.

However, please could we ask parents to encourage their children to leave other toys at home and enjoy the toys that we have at nursery whilst they are with us?

We hope you all have a lovely weekend.

Kind regards

Sarah, Anneli and all the staff