



# The Nursery on the Green

## 'Friday Flyer'

Friday 13th September 2013

### New menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<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 toast with choice of spreads
<b>Mid-morning snack</b>	Fresh fruit, bread sticks	Sliced apple raisins	Toasted fruit loaf and sliced banana	Rice cakes with satsumas	Fresh fruit, breadsticks
<b>Lunch</b>	Chinese Chicken with oil free stir fry vegetables and noodles  Jam tart and custard	Lamb hot pot with vegetables and baby new potatoes  Fresh fruit and yoghurt	Tuna pasta bake with side salad and crusty bread  Apple sponge and custard	Roast turkey with roasted potatoes and roasted vegetables  Stewed apples, pears and raisins and custard	Spaghetti bolognaise  Fresh fruit and yoghurt
<b>Vegetarian option</b>	Vegetable stir fry	Vegetable hot pot	Pasta bake	Vegetable casserole	Stuffed mushroom
<b>Mid-afternoon snack</b>	Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit
<b>Tea</b>	Sandwiches with a variety of fillings, tomatoes, cucumber and cheese.	Beans on toast	Pitta bread with a variety of fillings, tomatoes, cucumber and cheese.	Cheese on toast	Wraps with a variety of fillings, tomatoes, cucumber and cheese.



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## *'Friday Flyer'*

### **Fundraising Cycle Ride and Push! Help us Celebrate Our 9<sup>th</sup> Birthday!**

As you are aware we have been fundraising to develop the 'grass' area in our garden. We have held a few events in which we have currently raised £500! There is a poster in the hallway of the nursery (next to the TV screen) advertising the items which we would like to purchase for the children. We are developing an area using natural materials with dens to hide in and shelters to play in.

To continue with our fundraising events we are holding a sponsored cycle ride around Sutcliffe Park. **On Saturday 5<sup>th</sup> October between 10am and 12 pm** we will meet in the park and cycle 1 mile around the perimeter of the park. There will be stations on every corner to get your card stamped by a member of staff. Babies are also included but can of course be pushed in their buggies!

You will each be given a sponsorship form for you to complete by the 30<sup>th</sup> September so that we know how many of you will be coming. We will also email a copy of the form to you as a spare.

You must have 4 stamps in your card to complete the course.

You will need to provide your own bicycles.

Parents, Grandparents, Aunts and Uncles are all welcome to join in the fun.

Past, present and future members of the nursery are all welcome.

If you do not have your own bicycle we are looking into a method of hiring bikes for the day.

More information about the event will be emailed to you soon.

We are very much looking forward to the event and hope to see many of your there!

### **Awareness Month**

October will be our 'awareness' month. We will be sensitively, looking into issues such as road safety and stranger danger to keep our children safe. More details about this month will follow later. If you have any ideas, information or expertise in this area we would be very keen to hear from you.

Thank you.

### **New Website**

Some of you have been asking about our new website. It will be in operation hopefully next week or very soon after. We will let you know as soon as it is ready and working.

We hope you all have a lovely weekend.

Kind regards

Sarah, Anneli and all the staff