



The Nursery on the Green

'Friday Flyer'

Friday 20th November 2009

Menu for the forthcoming week:

Week One (of the four week rotating 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 toast with choice of spreads
Mid-morning snack	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
Lunch	Fish pie with salmon and cod topped with mashed potatoes and organic vegetables. Jelly and fresh fruit.	Spaghetti bolognaise with organic vegetables. Fruit crumble and custard.	Sausages and quorn sausages with jacket potatoes and organic vegetables. Fruit pie and custard.	Tuna and sweetcorn pasta bake with cheese and French bread. Ice cream and strawberries	Roast dinner – roast chicken, roast potatoes, Yorkshire pudding with organic vegetables. Jam tart and custard.
Mid-afternoon snack	Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit
Tea	Organic baked beans on toast with cheese and tomatoes.	A selection of filled sandwiches with crudités of cucumber, cheese and tomatoes. Small cakes	A selection of filled sandwiches with crudités of cucumber, cheese and tomatoes. Small cakes	Organic cheese on toast with tomatoes and cucumber. Sweet dessert.	A selection of filled sandwiches with crudités of cucumber, cheese and tomatoes. Small cakes

Children in Need

Thank you to everyone who came to nursery dressed in their pyjamas to raise money for 'Children in Need'. So far we have raised £65.27 which is wonderful for such a small nursery. 'The Hair on the Green' hair salon also dressed in their pyjamas for the day and will give their donations to the nursery. A final total of the money raised will be posted on the Friday Flyer next week.

Christmas Outings

Christmas cheer is rapidly building in the nursery and the children's outings have been booked. If you are able to accompany the children on any of their outings please let a member of staff know, your help would be greatly appreciated.



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The Rainbow (baby) Room and the Treetops Room are going to see Father Christmas in his grotto at the Lewisham Centre on **Thursday 3rd December**. This was a great success last year, and the children loved seeing the Christmas displays around the grotto as well as meeting the man himself!

The Sunshine Room (pre-school) will go on their traditional outing to Greenwich Theatre to see the pantomime 'Mother Goose' on **Tuesday 15th December**. We need two volunteers for this trip please.

Photographs

On Thursday 26th and Friday 27th November Alison Drugan will be taking professional photographs of the children. You can purchase the photographs from Alison if you wish. A price list will be available along with the thumbnail pictures of the children. The photographs will be ready to collect just in time for Christmas.

If your child does not attend nursery on either of these days but you would like to have a photograph taken, please speak to Anneli, Sarah, Kathryn or Lynne and a slot will be booked for you on the Friday session.

Wishing you a lovely weekend from Sarah, Anneli all the nursery staff.