



# The Nursery on the Green

## 'Friday Flyer'

Friday 19<sup>th</sup> January 2010

**Menu for the forthcoming week:  
Week Three (of the four week rotating 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>   | 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>               | Chicken curry with organic vegetables. Home made jelly with fresh fruit | Fish topped with mashed potato, with organic vegetables. Fruit crumble and custard. | Jacket potatoes filled with a variety of vegetarian and non vegetarian toppings with organic vegetables. Organic yoghurt/ice-cream and fresh fruit | Tuna and sweet corn pasta bake with French bread. Fresh fruit and yoghurt. | Shepherds pie topped with mashed potato, with organic vegetables. Home made Fruit pie 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>                 | Organic baked beans on toast with cheese and tomatoes.                  | A selection of filled sandwiches with crudités of cucumber, cheese and tomatoes     | 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       |

### Shapes in Pre-school!

The children in the Sunshine Room (pre-school) are starting a new mini-project on shapes. Please could your child bring something in which is square shaped but now also something triangular.

Please could you also pass on any empty boxes for our junk modelling area.

Thank you very much.

### Tiger's Club

The children in the Rainbow and Treetops Rooms will be going on a trip to the Tiger's Club in Thamesmead on Friday 26<sup>th</sup> Feb. A letter will be given out next week with more information.

Best wishes Sarah, Anneli and all the nursery staff.