



The Nursery on the Green

'Friday Flyer'

Friday 10th September 2010

Menu for the forthcoming week beginning Monday 13th September 2010
Week Two (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	Chicken curry with organic vegetables. Home made jelly with fresh fruit	Lasagne 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 sweetcorn pasta bake with cheese and French bread. Ice cream and strawberries	Shepherds pie topped with mashed potato, with organic vegetables. Home made Fruit pie 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	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

Welcome Back!

It is lovely to see everyone back after a short summer break. A new term has begun and all of the children have been very busy with their exciting activities.

Rainbow Room

We would like to welcome Gabriel, Eva, Sofia, Kitty and Owen to our nursery. They are all lovely and are settling very well. They will be taking lots of trips to the park and getting very messy with their sensory play.

Treetops Room

We would also like to welcome Emily, Quinlan, William and Alex to our nursery. They are very quickly making new friends and are settling well. Please could all of



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the Treetops children bring their wellies to nursery next week as they will be getting messy making footprints in paint.

Sunshine Room

The children are settling very well as they have moved into our pre-school room and all feel very grown-up! They have been painting self-portraits and will be visiting the National Gallery next week to support their learning. The children will also be making maps of their journey between home and nursery. Please could you point out any landmarks or key features of your journey as you travel to help them.

Thank you for your support.

Best wishes from Sarah, Anneli and all the nursery staff.