



# The Nursery on the Green

## 'Friday Flyer'

Friday 17<sup>th</sup> September 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>               | Lasagne with organic vegetables<br>Fruit pie and custard.            | Chicken pie with potatoes and organic vegetables.<br>Jelly or yogurt and fresh fruit. | Jacket potatoes filled with a variety of vegetarian and non vegetarian toppings with organic vegetables.<br>Organic yoghurt/ice-cream and fresh fruit | Tuna and sweet corn pasta bake with French bread.<br>Fresh fruit and yoghurt. | Fish pie topped with mashed potato, with organic vegetables.<br>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.<br>Small cakes   | Organic cheese on toast with tomatoes and cucumber.<br>Sweet dessert.         | A selection of filled sandwiches with crudités of cucumber, cheese and tomatoes.<br>Small cakes  |

### Rainbow Room

The babies would like to welcome Joshua to our nursery. He joins a group of lovely babies and will have lots of fun. They have been enjoying music, singing and trying very hard to take their first steps, and are getting to know each other very quickly.

### Treetops Room

Welcome Darcy to our nursery. The children have been painting and printing onto fabric which they will use to make a den. They have also been looking closely at spiders and painting wonderful pictures of them.  
Please could you bring to nursery any boxes or containers that you no longer need for junk modelling.

### Sunshine room

The children had a wonderful time at the National Gallery this week and are able to talk with some knowledge about Van Gogh, Trafalgar Square and Nelson. They will be doing lots of work to follow-up this visit.



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### **Balloon Race**

Some balloons that were released during the nursery fete in August have been sent back to us from places as far away as Germany and Holland! Some were found more locally. We will announce the winner of the balloon race next week.

Thank you for your support.

Best wishes Sarah, Anneli and all the nursery staff.