



The Nursery on the Green

'Friday Flyer'

Friday 4th June 2010

**Menu for the forthcoming week:
Week Three (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 | Mince with organic vegetables and new potatoes. Fruit pie and custard. | Shepherd pie with mashed potatoes with organic vegetables. Fruit crumble and custard. | Chicken and mushroom Pie topped with pastry with organic vegetables. Home made jelly with fresh fruit | Fish fillets with new potatoes and French bread served with organic vegetables. Ice cream and strawberries | Lasagne with organic vegetables and 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 |

A year of Friday Flyers!!

We have now been publishing the Friday Flyer newsletter every week for a year!!

We know that almost every parent in nursery downloads the Flyer through the link sent to you from the nursery. Do you find it useful? Would you like to see anything that is not already included? How could we make the discussion board more appealing to parents?

The Friday Flyer is a really useful means for us to be able to keep parents updated and feeling part of the nursery community. It is also a good guide to the menu for the forthcoming week, which we always do our best to follow but can be subject to change sometimes.

Please give us your feedback. We are not aware of any other nursery publishing a weekly newsletter online; we would be very interested in your feedback.



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Sport for pre-school

The children (and staff) in pre-school enjoyed a great sports session with a teacher from a company who specialise in sport for under fives this week. They enjoyed playing fun games that promoted football and rugby skills especially and great fun was had during the session! We hope to give the children more experiences like this especially during the warmer weather.

New member of staff

We have appointed John Cattermole to work as the nursery Groundsman. John is also a qualified nursery nurse (and Issy and JJ's granddad!) and will also be working with the older children in the garden.

We are pleased to welcome John to the nursery.

Sunshine

Please could you remember to bring in a sunhat for your child? They do spend a long time out on walks or in the garden and it does help them.

Best wishes Sarah, Anneli and all the nursery staff.