



Annabel's

EARLY YEARS

May Newsletter 2015





Dear Parents,

With May fast disappearing on us, we are left entering the last month of our Academic year.

This month on our school Menu you will notice some small changes. We are slowly adapting the menu to widen the food choices for our children, as well as thinking about using nutritionally dense food. Getting children to try new things at school (especially for fussy eaters) is often much easier than for you at home! We have now added Quinoa to our tomato soup, changed the oil we use to coconut oil, changed our salt to Himalayan salt and increased the range of vegetables offered. Furthermore, we have put white fish in our menu, and are adding more legumes into our menu as well as decreased the amount of chicken being offered. I know many of you have some fabulous recipes that you use for your children at home, so please, if you have any healthy menu options, do send them in to us. Thanks again to all the Mums that are supporting me with these changes.

June promises to be a busy month! Our older classes are all going on end of year field trips. The K2's are off to Root's Garden, to following their interests in growing plants & vegetables. Daisies class are going to the Aquarium, as they continue to circle back to an interest in sea creatures. A bakery in our role play corner has ignited an interest in cooking for our Dandelions and Buttercups class room - so they are going to a pizza restaurant and bakery. It is important to extend children out of the classroom and let them experience the excitement of a school bus, new people, new environments, all without Mum or Dad being there.

June is also the month of our Art auction, more information will be sent to you next week regarding this. We will be inviting parents back into school on Friday 12th of June from 5-7pm (then you can quickly get home for bed time, or carry on for a Friday night out!). We will have wine and nibbles in our "Art Gallery" opening, and will run a blind auction for the art work that the children have created over the year.

Thank you for notifying the school regarding your intentions for next year. In the next few weeks we will be looking at class lists for the next academic year, as well as our staff placement. We will email you this information as soon as we can after it has all been finalised.

Lastly, please remember that we are closed on Monday for Visakha Bucha Day. We will also close the school at 2pm on Tuesday the 2nd as the staff and I have an inset with a speech and Language therapist on Language Development in the Early Years.

Kind Regards,

Susan Whalley

Menu for June/July

Tuesday 2 nd June	Minced chicken with rice, served with steamed vegetables
Wednesday 3 rd June	Indian Lentil Curry, served with brown rice
Thursday 4 th June	Chicken Burger, served with steamed vegetables
Friday 5 th June	Quinoa Tomato soup, served with crusty whole wheat bread
Monday 8 th June	Macaroni tomato sauce with chicken and vegetables
Tuesday 9 th June	Zucchini, ham and cheese Frittata with raw vegetable sticks
Wednesday 10 th June	Pumpkin soup, served with crusty whole wheat bread
Thursday 11 th June	Chicken with sticky rice served with steam vegetables
Friday 12 th June	Spinach gratin with steamed fish
Monday 15 th June	Chicken apple balls, served with vegetables and brown rice
Tuesday 16 th June	Indian Lentil Curry, served with brown rice.
Wednesday 17 th June	Glass noodles salad and vegetable soups.
Thursday 18 th June	Quinoa Tomato soup, served with crusty whole wheat bread
Friday 19 th June	Yellow Lentils with morning glory curry, served with brown rice
Monday 22 nd June	Crumbed chicken, with roast potatoes and pumpkin.
Tuesday 23 rd June	Tomato macaroni soup with chicken and vegetables
Wednesday 24 th June	Spinach gratin with steamed fish
Thursday 25 th June	Pumpkin Soup, served with crusty whole wheat bread
Friday 26 th June	Tomato pasta with vegetable sauce
Monday 29 th June	Indian Lentil Curry, served with brown rice.
Tuesday 30 th June	Zucchini, ham and cheese Frittata with raw vegetable sticks
Wednesday 1 st July	Vegetable soup with brown rice
Thursday 2 nd July	Chicken with mashed sweet potato, served with cauliflower cheese sauce.
Friday 3 rd July	Quinoa Tomato soup, served with crusty whole wheat bread



Please contact Khun Uew if you want to sign up for our school lunch programme



Our food is prepared with fresh local produce on our premises.

No added MSG.

Fresh seasonal fruit will be served following the hot meal.

Things to remember....

