



Little Foxes Forest School Autumn Term Menu 2020

Dates	First course	Pudding
Week 1: 7 th Sept, 28 th Sept, 19 th Oct, 16 th Nov, 7 th Dec	Monday: Italian Wonderpot pasta with tomato, spinach and feta cheese	Fruity yoghurt and berries
	Tuesday: Warming Cannellini bean and tomato goulash with couscous	Rice pudding with chopped dates and raisins
	Wednesday: Becky's hearty Tomato and lentil soup served with wholemeal bread	Warm winter fruit salad
	Thursday: Yellow Thai aubergine and pepper curry served with rice	Homemade zesty orange cake
Week 2: 14 th Sept, 5 th Oct, 2 nd Nov, 23 rd Nov, 14 th Dec	Monday: Mixed bean, tomato and sweetcorn chilli tortilla boats with grated cheese	Homemade chocolate and courgette loaf cake
	Tuesday: Becky's hearty red lentil bolognese with twisty pasta and grated cheese	Chocolate chip brioche
	Wednesday: Sunshine rice and peas with butterbeans and peppers	Greek yoghurt with apricot compote swirl
	Thursday: Supergreen pea and coconut soup served with wholemeal bread	Warm Maple and vanilla baked pear with crunchy granola

Week 3: 21 st Sept, 12 th Oct, 9 th Nov, 30 th Nov	Monday: Lebanese style Quorn mince cottage pie with chickpeas, apricots and sweet potato mash	Creamy vanilla cheesecake with mandarin segments
	Tuesday: Persian rice and vegetable soup with puy lentils served with wholemeal bread	Homemade oaty carrot cake cookie
	Wednesday: Red lentil, spinach and coconut dahl with naan bread	Orange fruit loaf
	Thursday: Warm Falafel and hummus wraps with tomato and cucumber salad	Apple and blackberry jumble crumble