

Little Foxes Forest School Autumn Term Teatime Menu 2019



Dates	First course	Pudding
Week 1: 9 th Sept, 30 th Sept, 21 st Oct, 18 th Nov, 9 th Dec	Monday: DIY pizzas made by the Little Foxes with tomato, cheese and sweetcorn served with crudites	Creamy vanilla fromage frais and fresh fruit
	Tuesday: Scrambled egg and beans on toast	Gingerbread man and raisins
	Wednesday: Pesto pasta twirls with wilted spinach, cherry tomatoes and grated cheese	Mini strawberry and banana muffin
	Thursday: Moroccan fruity couscous with apricots, peppers and chopped dates	Tropical fruit salad
Week 2: 16 th Sept, 7 th Oct, 4 th Nov, 25 th Nov, 16 th Dec	Monday: Toddler tapas: pitta bread strips, Quorn cocktail sausages, cubes of cheese, carrot and pepper sticks	Chunky mango pieces with Greek yoghurt
	Tuesday: Hearty jacket potato halves with beans and cheese	Fruity yoghurt
	Wednesday: Goats' cheese and roasted red pepper quiche and salad	Warming apple crumble
	Thursday: Tofu stir fry with carrots, baby corn, courgette and wholewheat noodles	Jammy monster biscuit
Week 3: 23 rd Sept, 14 th Oct, 11 th Nov, 2 nd Dec	Monday: Sweet potato falafel with wholemeal pitta bread, hummus and carrot sticks	Mini animal biscuits and fresh fruit
	Tuesday: Veggie paella with tomatoes, red peppers and peas	Mixed berries and yoghurt
	Wednesday: Cheese sandwich owl faces with fresh fruit and crudites	Peaches and cream
	Thursday: Hummus and grated carrot pinwheel wrap with cucumber and pepper sticks	Banana and raisin oaty biscuits made by the children

Please note that most of our food will be cooked on the fire out in the forest where possible. We strive to ensure that children are at the heart of this process. They will be an integral part of food preparation each day chopping vegetables and herbs and grating cheese. We hope that this will instill in the children a love of food as great as ours, and an in-depth knowledge of food.