

Little Foxes Forest School Autumn Term Menu 2019



Dates	First course	Pudding
Week 1: 9 th Sept, 30 th Sept, 21 st Oct, 18 th Nov, 9 th Dec	Monday: Little Foxes' mixed bean and green lentil chilli with nachos and guacamole	Bananas and custard
	Tuesday: Cheesy lemon, pea and courgette pasta cooked fresh on the fire	Greek yoghurt and drizzly honey
	Wednesday: Becky's Tuscan veggie sausage and vegetable stew with ciabatta bread warmed on the fire	Malt loaf toasted on the fire
	Thursday: Homemade butternut squash and red lentil dahl with rice	Becky's homemade chocolate and beetroot brownies
Week 2: 16 th Sept, 7 th Oct, 4 th Nov, 25 th Nov, 16 th Dec	Monday: Homemade vegetable and chickpea tagine with cous cous, dried apricots and fresh coriander	Sticky ginger cake
	Tuesday: Homemade minestrone soup with tomatoes and green beans served with fresh bread	Rice pudding with mixed berries
	Wednesday: Twirly whirly pasta with broccoli florets, tomato sauce, fresh basil and cheese grated by the children	Becky's banana and raisin loaf cake
	Thursday: Falafel wraps with tomato and cucumber salad made by the Little Foxes	Berry nice blueberry cream
Week 3: 23 rd Sept, 14 th Oct, 11 th Nov, 2 nd Dec	Monday: Becky's homemade lentil bolognese with conchiglie pasta shells	Vanilla coconut yoghurt with sliced pear
	Tuesday: Gnocchi with roasted red peppers and tomato and garlic sauce served with grated cheese	Bananas wrapped in foil and cooked on the fire with chocolate
	Wednesday: Camp fire Quorn mince cottage pie with cheesy mash and garden peas	Becky's homemade plum bread
	Thursday: Homemade gently spiced root vegetable soup served with bread	Zingy lemon and poppy seed cake

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, grating cheese and much more. We hope that this will instill in the children a love of food as great as ours, and an in-depth knowledge of food.