



Little Foxes Forest School Autumn Term Menu 2024

Dates	First course	Pudding
Week 1: 09/09, 30/09, 21/10, 18/10, 9/12	Monday Cheese quesadilla served with mixed beans and guacamole	Fruit served with organic gingerbread men
	Tuesday Picnic plate - Crackers, cheese, veggie sticks, falafel, homemade houmous	Tropical fruit salad
	Wednesday: Spaghetti served with tomato sauce and vegan meatballs	Yogurt served with fruit and granola Vegan + Dairy Free - Vegan yoghurt and granola
	Thursday Snack – Make your own fruit smoothie!	
Week 2: 16/09, 7/10, 4/11, 25/11, 16/12	Monday Couscous served with roasted veggies and yogurt dip	Selection of berries and melon
	Tuesday: Pasta salad, served with pesto dressing	Yoghurt served with fruit and granola
	Wednesday: Tomato soup with cheese toasties Vg + DF – Vegan cheese alternative	Fruit served with organic animal biscuits
	Thursday: Snack - Veggie snack plate, dip made from herbs in the garden (children to help chop and prepare)	

<p>Week 3: 23/09, 14/10, 11/11, 2/12</p>	<p>Monday: Pasta bake with seasonal veg salad</p>	<p>Yoghurt served with fruit and granola</p>
	<p>Tuesday: Wrap pizzas with a selection of vegetable toppings</p>	<p>Fruit served with organic Gruffalo biscuits</p>
	<p>Wednesday: Beans on toast</p>	<p>Kiwi cups</p>
	<p>Thursday: Snack - Fruit Salad (children to help chop and prepare own fruit)</p>	