



SAMPLE MENU FOR LITTLE OAKS FOREST SCHOOL

WEEK 1

MONDAY

Summer Sunset Soup with Courgette, Carrot, tomatoes and Red Lentils

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Apple and Blackberry Oat Cookies

TUESDAY

Vegetable Pasta Bolognese

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Raspberry Ripple Oat Cookies

WEDNESDAY

Mango, Coconut and Potato Curry

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Banana and Sultana Oat Cookies

THURSDAY

Italian Bean Casserole with Butternut Squash and Passata

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Pear and Cranberry Oat Cookies

FRIDAY

Gently Spiced Sweet Summer Vegetable Tagine

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Strawberry Oat Cookies

WEEK 2

MONDAY

Carrot and Orange Soup with Coconut and Fresh Parsley

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Apple and Cinnamon Oat Cookies

TUESDAY

Slow Cooked Beans

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Mango and Coconut Oat Cookies

WEDNESDAY

Zupa Pomidorowa with Pasta Noodles

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Banana Split Oat Cookies

THURSDAY

Pasta e Ceci with Chickpeas, a traditional Sofrito Base and Mini Macaroni

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Beetroot and Chocolate Oat Cookies

FRIDAY

Chunky vegetable Chilli with Quinoa

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Courgette and Lemon Oat Cookies