

## Little Foxes Forest School Spring Term Teatime Menu 2021

Dates	First course	Pudding
Week 1: 4 <sup>th</sup> Jan, 25 <sup>th</sup> Jan, 22 <sup>nd</sup> Feb, 15 <sup>th</sup> March	<b>Monday:</b> Mezze plates with falafel, pitta strips, hummus and carrot sticks	Fruity yoghurt with berries
	<b>Tuesday:</b> Jacket potato boats with melted cheese, spring onions and crudites	Fresh fruit platter
	<b>Wednesday:</b> Spinach gnocchi with a tomato and basil sauce and stir-fried peppers	Banana fruit loaf
	<b>Thursday:</b> Teatime plates with pitta strips, vegetarian sausage rolls, cheddar chunks, carrot and cucumber sticks	Mini oaty bites with mixed dried fruit
Week 2: 11 <sup>th</sup> Jan, 1 <sup>st</sup> Feb, 1 <sup>st</sup> March, 22 <sup>nd</sup> March	<b>Monday:</b> Scrambled egg on toast with cherry tomatoes	Little Foxes cheeseboard with a variety of cheese, crackers and pineapple chunks
	<b>Tuesday:</b> Mushroom and cheese quesadillas with sweetcorn	Gingerbread man and raisins
	<b>Wednesday:</b> Cheese and roasted pepper toasties with cucumber sticks	Greek yoghurt with blueberries
	<b>Thursday:</b> Macaroni cheese with spinach and cherry	Mixed fruit salad

	tomatoes	
Week 3: 18 <sup>th</sup> Jan, 8 <sup>th</sup> Feb, 8 <sup>th</sup> March, 29 <sup>th</sup> March	<b>Monday:</b> Flatbread strips with red pepper dip, feta cheese cubes and mixed crudites	Fresh pineapple fingers
	<b>Tuesday:</b> Cream cheese and cucumber toasted bagels with carrot sticks	Pear quarters with evapoated milk
	<b>Wednesday:</b> Pasta bows with chunky vegetable tomato sauce, courgettes and grated cheese	Shortbread biscuit with blueberries
	<b>Thursday:</b> Cheesy beans on toast with cherry tomatoes	Banana split with Greek yoghurt and a drizzle of chocolate sauce