

Little Foxes Forest School Summer Term Menu 2021



Dates	First course	Pudding
Week 1: 19 th April, 10 th May, 7 th June, 28 th June, 19 th July	Monday: Fruity jewelled couscous salad with a rainbow of crunchy peppers, cucumber, dried apricots, raisins and halloumi.	Becky's homemade courgette and date cake
	Tuesday: Becky's summery courgette, tomato and chickpea coconut curry served with rice	Berry nice blueberry cream made with thick and creamy Greek yoghurt and fresh berries
	Wednesday: Green lentil and mixed bean chilli tacos with grated cheese and guacamole	Summer fruit salad
	Thursday: Lentil and rice onepot with baby corn, mange tout and peppers, served with flatbread	Cinnamon and raisin fruit loaf
Week 2: 26 th April, 17 th May, 14 th June, 5 th July	Monday: Tomato and spinach risotto with grated parmesan	Fresh strawberries and cream
	Tuesday: Becky's souper vegetable soup made with butternut squash, broccoli and coconut and served with wholemeal bread	Little Foxes Crepe Suzette with fresh orange wedges
	Wednesday: Little Foxes Tabbouleh salad with bulgur wheat, tomatoes, feta cheese and fresh herbs	Becky's cranberry and raisin oaty bars
	Thursday: Becky's wild garlic, kale and pumpkin seed pesto pasta served with fresh spring vegetables and mozzarella	Banana honey dream made with creamy yoghurt and fresh bananas

	pearls (made with wild garlic foraged from the Stoke Park estate!)	
Week 3: 3 rd May, 24 th May, 21 st June, 12 th July	Monday: Becky's coconut and spring greens dahl served with mini garlic naan bread	Little Foxes Eton mess with fresh berries, crushed meringue and Greek yoghurt
	Tuesday: Warm quinoa salad with courgettes and onions	Becky's homemade banana coconut macaroons
	Wednesday: Twisty fusilli pasta with Becky's homemade roasted vegetable sauce, broccoli florets and grated cheese	Gingerbread man
	Thursday: Summer pilau rice with cherry tomatoes, coconut and toasted chickpeas	Mini madeleine cake