

Little Foxes Forest School Spring Term Menu 2020



Dates	First course	Pudding
Week 1: 6 th Jan, 27 th Jan, 24 th Feb, 16 th March	Monday: African style tomato Jollof rice with peppers and peas	Warming campfire pineapple
	Tuesday: Homemade creamy yellow lentil and coconut soup	Scotch pancake toasted on the fire with berry compote
	Wednesday: Becky's Malaysian sweet potato and spinach curry served with flatbread	Zesty lemon tart with clotted cream
	Thursday: Lemon and garlic spirali pasta with Quorn pieces and courgette	Becky's oaty date and apple squares
Week 2: 13 th Jan, 3 rd Feb, 2 nd March, 23 rd March	Monday: Becky's gently spiced vegetable, chickpea and coconut quinoa	Cinnamon popcorn cooked fresh on the fire
	Tuesday: Quorn mince and mixed bean chilli tortilla boats	Homemade lemon and blueberry loaf cake
	Wednesday: Tomato and mozzarella orzotto (pasta risotto!) with wilted spinach	Thick and creamy yoghurt with crunchy granola and berry topping
	Thursday: Garlic and herb bulgur wheat with petis pois and green beans	Fruit salad with natural soya yoghurt

Week 3: 20 th Jan, 10 th Feb, 9 th March, 30 th March	Monday: Homemade golden vegetable and white bean soup served with wholemeal bread	Gingerbread man
	Tuesday: Little Foxes Sunshine rice and peas with a rainbow of vegetables and grated cheese	Banana honey dream (Greek yoghurt with sliced banana and honey drizzle)
	Wednesday: Quorn fajita wraps with avocado and sweetcorn, served with grated cheese	Becky's homemade sticky marmalade cake
	Thursday: Becky's Spanish style tomato quinoa with chickpeas and artichoke hearts	Campfire apple crumble