



## Little Foxes Forest School Autumn Term Teatime Menu 2022

Dates	First course	Pudding
12/09, 03/10, 24/10, 14/11, 05/12	<b>Monday:</b> Scrambled egg on toast with cherry tomatoes.  <i>Dairy free/Vegan: Smokey lentils and cherry tomatoes on toast.</i>	Bananas and custard  <i>Vegan/Dairy free: Dairy free custard</i>
	<b>Tuesday:</b> Pick 'n' mix plates with Quorn cocktail sausages, cheddar cheese chunks, flatbread, cucumber and apple.  <i>Dairy free/Vegan: No cheese, vegan cocktail sausage.</i>	Fruity fromage frais  <i>Vegan/Dairy free: Plant based yogurt.</i>
	<b>Wednesday:</b> Falafel with pitta strips, carrot and cucumber batons and cucumber yoghurt dip.  <i>Dairy free/Vegan: Dairy free yoghurt dip.</i>	Milk Jelly  <i>Dairy free/Vegan: Oat milk Jelly</i>
	<b>Thursday:</b> Pizza with sweetcorn and tomato. Served with cucumber and carrot.  <i>Dairy free/Vegan: Plant based cheese alternative.</i>	Pineapple wedges  <i>Vegan</i>
19/09, 10/10, 31/10 21/11, 12/12	<b>Monday:</b> Spinach and ricotta tortellini pasta served with a tomato and basil sauce and salad.  <i>Dairy free/Vegan: Pasta served with a tomato and basil sauce.</i>	Greek yoghurt with berries  <i>Dairy free/vegan: Dairy free yoghurt</i>



	<p><b>Tuesday:</b> Crumbled falafel, carrot and cucumber pinwheels served with sweetcorn.</p> <p><i>Vegan</i></p>	<p>Sticky strawberry jam steamed sponge</p> <p><i>Vegan</i></p>
	<p><b>Wednesday:</b> Pesto pasta with peas and sweetcorn.</p> <p><i>Dairy free/Vegan: Dairy free pesto.</i></p>	<p>Chunky fruit medley</p> <p><i>Vegan</i></p>
	<p><b>Thursday:</b> Fresh tomato pasta salad with sunflower seeds.</p> <p><i>Vegan</i></p>	<p>Gingerbread man</p> <p><i>Vegan</i></p>
26/09, 17/10, 7/11, 28/12, 19/12	<p><b>Monday:</b> Cheese and tomato omelet with beans.</p> <p><i>Dairy free/ vegan alternative: Cheesy beans on toast</i></p>	<p>Rice pudding with strawberry jam.</p> <p><i>Dairy free/ vegan alternative: Dairy free rice pudding</i></p>
	<p><b>Tuesday:</b> Marinated tofu pitta pockets with salad.</p> <p><i>Vegan</i></p>	<p>Mini animal biscuits and raisins.</p> <p><i>Vegan</i></p>
	<p><b>Wednesday:</b> Black bean, cheese and sweetcorn quesadillas with crunchy pepper sticks.</p> <p><i>Dairy free/Vegan: Plant based cheese alternative.</i></p>	<p>Blueberry yoghurt with fresh blueberries</p> <p><i>Dairy free/Vegan:</i></p>
	<p><b>Thursday:</b> Crumpets with cheese and marmite served with cucumber</p>	<p>Fruit salad</p>



	<p>and carrot.</p> <p><i>Dairy free/Vegan: Plant based cheese alternative.</i></p>	<p><i>Vegan</i></p>
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