



Little Foxes Forest School Spring Term Menu 2018

Dates	First course	Pudding
Week 1: 8 th Jan/ 29 th Jan/ 26 th Feb /19 th March	Monday: Homemade hearty leek and potato soup (or similar soup) with twisty bread cooked on the fire.	Fresh orange sponge cake cooked on the fire embers.
	Tuesday: Mediterranean vegetable all in one. Chickpeas, paprika, butternut squash, mushrooms, celeriac, carrots, potatoes and couscous.	Toasted malt loaf with butter
	Wednesday: Cheesy pasta stirred with grated courgette, mint, and lemon.	Bananas and custard
Week 2: 15 th Jan/ 5 th Feb/ 5 th March	Monday: Tuna and tomato pasta with cheese	Rice pudding with stewed fruit
	Tuesday: Homemade carrot and coriander soup (or similar) with twisty bread	Pancakes with berries
	Wednesday: Sunshine thai curry with green beans and butternut squash. Served with rice	Strawberry mousse pudding with shortbread
Week 3: 22 nd Jan/ 19 th Feb/ 12 th March	Monday: Warming vegetarian chilli served with rice	Granola flapjack with oat, dried fruits and seeds
	Tuesday: Pasta with pesto, crème fraiche, green beans, tarragon, peas and cheese	Chocolate brownie and strawberries
	Wednesday: Roasted sweet potato and red pepper soup (or similar) with twisty bread cooked on the fire	Apples baked on the fire with raisins and sugar

Please note that all our food will be cooked on the fire out in the forest where possible. We strive to ensure that children are at the heart of this process. They will be an integral part of food preparation each day chopping, grating, twisting dough onto sticks they've peeled and much more. We hope that this will instill in the children a love of food as great as ours, and an in depth knowledge of food.