

Little Foxes Forest School Spring Term
Teatime Menu 2023



Dates	First course	Pudding
Week 1:	Monday: Dippy eggs with toast soldiers	Greek yoghurt and fruit
	Tuesday: Beans on toast with cheese Dietary Option: served without cheese	Apple slices
	Wednesday: Warming tomato soup served with cheese sandwiches Dietary Option: Dairy free cheese	Fruity fromage frais Dietary Option: Dairy free yoghurt
	Thursday: Moroccan style couscous with chickpeas, peppers and raisins	Farm biscuits (Vegan) and dried fruit
Week 2:	Monday: Toasted bagel with cream cheese and cucumber	Peaches and cream
	Tuesday: Cheese toastie melts served with a side salad. Dietary Option: Dairy free cheese	Gingerbread Men (Vegan)
	Wednesday: Jacket potato halves with baked beans.	Natural yoghurt and fruit Dietary Option: Dairy free yoghurt
	Thursday: Veggie hot dogs with cucumber sticks.	Melon slices
Week 3:	Monday: Cheesy cauliflower croquets with peas and sweetcorn. Serve with bread and butter.	Custard with shortbread fingers
	Tuesday: Little Foxes tapas: rice cakes, veggie balls, bread sticks and crudites	Greek yoghurt and fruit Dietary Option: Dairy free yoghurt

	Wednesday: Toasted English muffin with drizzly honey and sliced banana Dietary Option: Served without honey.	Oaty bars
	Thursday: Toasted crumpets and cheddar cheese with or without marmite. Served with cucumber sticks. Dietary Option: Dairy free cheese	Mixed fruit salad