

Little Foxes Forest School Summer Term Teatime Menu 2023



Dates	First course	Pudding
Week 1:	Monday: Mozzarella and roasted pepper toasted paninis with crudites	Vanilla Ice cream
	Tuesday: Mezze of falafel, pitta bread, tzatziki, olives and mixed crudities.	Fromage frais Dietary alternative: Dairy free yogurt
	Wednesday: Pasta with crunchy peppers and tomato sauce.	Malt loaf
	Thursday: Mixed bean tacos	Mixed fruit salad
Week 2:	Monday: Little Foxes Ploughman's supper with mini bread roll, cheddar cheese, carrot sticks and apple slices	Yogurt, berry and granola cups.
	Tuesday: Cherry tomato and lemon one pot spaghetti	Chunky fruit medley
	Wednesday: Veggie hot dogs in rolls served with mini corn on the cob	Frozen yoghurt pops Dietary Alterative: Dairy free yoghurt pops
	Thursday: Jacket potato halves with tomatoey mixed beans and grated cheese	Mini Gruffalo biscuits
Week 3:	Monday: Mini muffin pizzas.	Bananas and custard
	Tuesday: Little Foxes picnic tea with cheese sandwiches, fruity rice cakes, carrot and cucumber sticks	Flapjack

	Dietary Alternative: Falafel with bread and dairy free butter instead of the sandwiches.	
	Wednesday: Scrambled egg on toast	Mixed fruit salad
	Thursday: Golden rice with chickpeas, and mixed vegetables.	Watermelon wedges