

Little Foxes Forest School Spring Term Menu 2023



| Dates | First course | Pudding |
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| Week 1: 2nd January, 23 rd January, 20 th February, 13 th March | Monday: Yellow split pea dahl, served with naan bread Vegan alternative – Dairy free naan Dairy free alternative – Dairy free naan Gluten free alternative – Gluten free naan | Banana and coconut macarons Vegan, dairy free and gluten free |
| | Tuesday: Leek and potato soup, served with wholemeal bread Vegan and dairy free Gluten free alternative – Gluten free bread | Cinnamon poached pears Vegan, dairy free and gluten free |
| | Wednesday: Hidden vegetable macaroni cheese with garlic fried kale and mushrooms Vegan alternative – Dairy free cheese and cream Dairy free alternative – Dairy free cheese and cream Gluten free alternative – Gluten free pasta | Banana bread Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour |
| | Thursday: Vegetable balls in a creamy sauce with mash and peas Gluten free Vegan alternative – Dairy free cream Dairy free alternative – Dairy free cream | Swirly whirly bun Gluten free alternative – Gluten free pastry Vegan alternative – Dairy free pastry Dairy free alternative – Dairy free pastry |

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| <p>Week 2: 9th January, 30th January, 27th February, 20th March</p> | <p>Monday: Red lentil and mixed bean chilli with grated cheese, homemade guacamole and wraps</p> <p>Vegan alternative – Dairy free cheese Dairy free alternative – Dairy free cheese Gluten free alternative – Gluten free wrap</p> | <p>Scotch pancakes</p> <p>Vegan alternative – Dairy and egg free pudding Dairy free alternative – Dairy free pancake Gluten free alternative – Gluten free pancake</p> |
| | <p>Tuesday: Sweet potato, coconut and chick pea curry, served with basmati rice</p> <p>Vegan, dairy free and gluten free</p> | <p>Oat and banana bites</p> <p>Vegan, dairy free and gluten free</p> |
| | <p>Wednesday: Vegetable pasta Bolognese, with plant based mince</p> <p>Vegan and dairy free Gluten free alternative – Gluten free pasta</p> | <p>Yoghurt with berry puree</p> <p>Gluten free Vegan alternative – Dairy free yoghurt Dairy free alternative – Dairy free yoghurt</p> |
| | <p>Thursday: Lentil soup, served with wholemeal bread</p> <p>Vegan and dairy free Gluten free alternative – Gluten free bread</p> | <p>Blueberry cake</p> <p>Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour</p> |
| <p>Week 3: 16th January, 6th February, 6th March, 27th March</p> | <p>Monday: Vegetable biryani</p> <p>Vegan, dairy free and gluten free</p> | <p>Homemade scones with jam</p> <p>Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour</p> |
| | <p>Tuesday: Fishless pie (mixed bean and vegetables in a cream</p> | <p>Sweet potato brownies</p> |

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| | <p>sauce with mashed potato topping)</p> <p>Gluten free Vegan alternative – Dairy free cheese and cream Dairy free alternative – Dairy free cheese and cream</p> | <p>Gluten free and dairy free Vegan alternative – No egg</p> |
| | <p>Wednesday: Homemade red sunflower seed pesto with pasta</p> <p>Vegan and dairy free Gluten free alternative – Gluten free pasta</p> | <p>Cheese and pineapple</p> <p>Gluten free Vegan alternative – Dairy free cheese Dairy free alternative – Dairy free cheese</p> |
| | <p>Thursday: Souper vegetable soup made with sweet potato, red peppers and coconut and served with wholemeal bread</p> <p>Vegan and dairy free Gluten free alternative – Gluten free bread</p> | <p>Bananas and custard</p> <p>Gluten free Vegan alternative – Dairy free custard Dairy free alternative - Dairy free custard</p> |