

Little Foxes Forest School Autumn Term Menu 2024

Dates	First course	Pudding
Week 1: 9 th September, 30 th September, 21 st October, 18 th November, 9 th December	<p>Monday: Sweet potato, roasted red pepper and coconut soup, served with wholemeal bread</p> <p>Vegan and dairy free Gluten free alternative – Gluten free bread</p>	<p>Rice pudding with berry puree</p> <p>Gluten free Vegan alternative – Dairy free milk Dairy free alternative – Dairy free milk</p>
	<p>Tuesday: Hidden vegetable macaroni cheese with garlic fried kale and mushrooms</p> <p>Vegan alternative – Dairy free cheese and cream Dairy free alternative – Dairy free cheese and cream Gluten free alternative – Gluten free pasta</p>	<p>Scotch pancakes</p> <p>Gluten free alternative – Gluten free flour Vegan alternative – Dairy free milk, no egg Dairy free alternative – Dairy free milk</p>
	<p>Wednesday: Spinach and paneer curry served with rice</p> <p>Gluten free Vegan alternative – Tofu instead of paneer Dairy free alternative – Tofu instead of paneer</p>	<p>Coconut and lime cake</p> <p>Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour</p>
	<p>Thursday: Vegetable and herby potato pie</p> <p>Vegan, dairy free and gluten free</p>	<p>Oat and banana bites</p> <p>Dairy free and vegan alternative Gluten free alternative – Gluten free oats</p>
Week 2: 16 th September, 7 th October, 4 th November, 25 th	<p>Monday: Vegetable pasta Bolognese with plant based mince</p> <p>Vegan and dairy free</p>	<p>Fruit Crunch</p> <p>Vegan dairy free and gluten free</p>

November, 16 th December	Gluten free alternative – Gluten free pasta	
	<p>Tuesday: Red lentil and mixed bean chilli with wraps, grated cheese and homemade guacamole</p> <p>Vegan alternative – Dairy free cheese Dairy free alternative – Dairy free cheese Gluten free alternative – Gluten free wrap</p>	<p>Banana bread</p> <p>Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour</p>
	<p>Wednesday: Vegetable balls in a creamy sauce served with mash and peas</p> <p>Gluten free Vegan alternative – Dairy free cream Dairy free alternative – Dairy free cream</p>	<p>Yoghurt with mango puree</p> <p>Gluten free Vegan alternative – Dairy free yoghurt Dairy free alternative – Dairy free yoghurt</p>
	<p>Thursday: Lentil dhal served with naan bread</p> <p>Vegan and dairy free Gluten free alternative – Gluten free naan bread</p>	<p>Banana and coconut macaroons</p> <p>Vegan, dairy free and gluten free</p>
Week 3: 23 rd September, 14 th October, 11 th November, 2 nd December	<p>Monday: Deconstructed cottage pie with plant based mince</p> <p>Vegan dairy free and gluten free</p>	<p>Cheese and pineapple</p> <p>Gluten free Vegan alternative – Dairy free cheese Dairy free alternative – Dairy free cheese</p>
	<p>Tuesday: Sweet potato, tofu and lentil curry served with rice</p>	<p>Bananas and custard</p>

	Vegan, dairy free and gluten free	Gluten free Vegan alternative – Dairy free custard Dairy free alternative – Dairy free custard
	Wednesday: Homemade sunflower seed pesto with pasta Vegan alternative – Yeast flakes instead of pecorino Gluten free alternative – Gluten free pasta	Swirly whirly pastry Vegan and dairy free Gluten free alternative – gluten free pastry
	Thursday: Sausage hotpot with homemade baked beans Vegan, dairy free and gluten free	Blueberry cake Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour