

Little Foxes Forest School Summer Term Menu 2023



Dates	First course	Pudding
Week 1: 17 th April, 8 th May, 5 th June, 26 th June, 17 th July	Monday: Lentil ratatouille with gnocchi Vegan and dairy free Gluten free alternative – Gluten free gnocchi	Yoghurt with berry puree Gluten free Vegan alternative – Dairy free yoghurt Dairy free alternative – Dairy free yoghurt
	Tuesday: Creamy vegetable and Quorn pasta Vegan alternative – Dairy free cream Dairy free alternative – Dairy free cream Gluten free alternative – Gluten free pasta	Melon medley Vegan, dairy free and gluten free
	Wednesday: Moroccan style couscous with chick peas and halloumi Vegan alternative – No halloumi Dairy free alternative – No halloumi Gluten free alternative – Brown rice	Coconut and lime cake Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour
	Thursday: Souper vegetable soup made with sweet potato, red peppers and coconut and served with wholemeal bread Vegan and dairy free Gluten free alternative – Gluten free bread	Date and cranberry flapjack Vegan, dairy free and gluten free

<p>Week 2: 24th April, 15th May, 12th June, 3rd June,</p>	<p>Monday: Thai green curry with potato, green beans and baby corn, served with rice</p> <p>Vegan, dairy free and gluten free</p>	<p>Summer fruit salad</p> <p>Vegan, dairy free and gluten free</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>Strawberries and cream</p> <p>Gluten free Vegan alternative – Dairy free cream Dairy free alternative – Dairy free cream</p>
	<p>Wednesday: Vegetable stir fry with tofu and noodles</p> <p>Vegan, dairy free and gluten free</p>	<p>Banana crunch</p> <p>Vegan, dairy free and gluten free</p>
	<p>Thursday: Quinoa salad with potatoes and feta</p> <p>Vegan, dairy free and gluten free</p>	<p>Chocolate and beetroot cake</p> <p>Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour</p>
<p>Week 3: 1st May, 22nd May, 19th June, 10th July</p>	<p>Monday: Sweet potato, chick pea and spinach curry with rice</p> <p>Vegan, dairy free and gluten free</p>	<p>Little Foxes Eton mess with mixed berries, crushed meringue and Greek yoghurt</p> <p>Gluten and dairy free Vegan alternative – Dairy free yoghurt. No meringue</p>
	<p>Tuesday: Courgette, pea, lemon and mint pasta</p> <p>Vegan and dairy free</p>	<p>Carrot cake</p> <p>Dairy free</p>

	Gluten free alternative – Gluten free pasta	Vegan alternative – No egg Gluten free alternative – Gluten free flour
	<p>Wednesday: 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>Yoghurt with mango puree</p> <p>Gluten free Vegan alternative – Dairy free yoghurt Dairy free alternative – Dairy free yoghurt</p>
	<p>Thursday: Homemade red sunflower seed pesto with pasta</p> <p>Vegan and dairy free Gluten free alternative – Gluten free pasta</p>	<p>Poached peaches and raspberries</p> <p>Vegan, dairy free and gluten free</p>