

## Little Foxes Forest School Summer Term Menu 2026

Dates	First course	Pudding
Week 1: 20 <sup>th</sup> April, 11 <sup>th</sup> May, 8 <sup>th</sup> June, 29 <sup>th</sup> June, 20 <sup>th</sup> July	<p><b>Monday:</b> Sweet potato, chickpea and tofu curry, served with rice</p> <p>Vegan, dairy free and gluten free</p>	<p>Shortbread</p> <p>Vegan alternative – Dairy free butter Dairy free alternative – Dairy free butter Gluten free alternative – Gluten free flour</p>
	<p><b>Tuesday:</b> Vegetable ragu with pasta</p> <p>Vegan and dairy free Gluten free alternative – Gluten free pasta</p>	<p>Melon medley</p> <p>Vegan, dairy free and gluten free</p>
	<p><b>Wednesday:</b> Cowboy beans with baby jacket potatoes</p> <p>Vegan, dairy free and gluten free</p>	<p>Greek yoghurt with mango puree</p> <p>Gluten free Vegan alternative – Dairy free yoghurt Dairy free alternative – Dairy free yoghurt</p>
	<p><b>Thursday:</b> Moroccan style tagine, with halloumi and couscous</p> <p>Vegan alternative – No halloumi Dairy free alternative – No halloumi Gluten free alternative – Rice instead of couscous</p>	<p>Banana cake</p> <p>Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour</p>
Week 2: 27 <sup>th</sup> April, 18 <sup>th</sup> May, 15 <sup>th</sup> June, 6 <sup>th</sup> July	<p><b>Monday:</b> Hidden vegetable macaroni cheese with garlic fried kale and mushrooms</p>	<p>Orange wedges</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>Vegan, dairy free and gluten free</p>
	<p><b>Tuesday:</b> Sweet potato, roasted red pepper and coconut soup, served with naan bread</p> <p>Vegan and dairy free  Gluten free alternative – Gluten free bread</p>	<p>Oat and banana bites</p> <p>Vegan and dairy free  Gluten free alternative – Gluten free oats</p>
	<p><b>Wednesday:</b> Sunblushed tomato and olive paella</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><b>Thursday:</b> Thai green curry with potatoes, green beans and babycorn, served with rice</p> <p>Vegan alternative – Dairy free cheese  Dairy free alternative – Dairy free cheese  Gluten free alternative – Gluten free wraps</p>	<p>Summer fruit salad</p> <p>Vegan, dairy free and gluten free</p>
<p>Week 3: 4<sup>th</sup> May, 1<sup>st</sup> June, 22<sup>nd</sup> June, 13<sup>th</sup> July</p>	<p><b>Monday:</b> Vegetable and tofu stir fry with noodles</p> <p>Vegan and dairy free  Gluten free alternative – Rice noodles</p>	<p>Yoghurt with summer fruits</p> <p>Gluten free  Vegan alternative – Dairy free cheese  Dairy free alternative – Dairy free cheese</p>

	<p><b>Tuesday:</b> Red lentil and mixed bean vegetable 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 wraps</p>	<p>Watermelon slices</p> <p>Vegan, dairy free and gluten free</p>
	<p><b>Wednesday:</b> Warm sweet potato and chickpea salad, with feta and pomegranate, served with flat bread</p> <p>Vegan alternative – Dairy free cheese  Dairy free alternative - Dairy free cheese  Gluten free alternative – Gluten free bread</p>	<p>Coconut and lime cake</p> <p>Dairy free  Vegan alternative – No egg  Gluten free alternative – Gluten free flour</p>
	<p><b>Thursday:</b> Homemade red sunflower seed pesto with pasta</p> <p>Vegan alternative – Yeast flakes instead of pecorino  Dairy free alternative - Yeast flakes instead of pecorino  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>