

# Little Foxes Forest School Autumn Term Menu 2022



Dates	First course	Pudding
Week 1: 12 <sup>th</sup> September, 3 <sup>rd</sup> October, 24 <sup>th</sup> October, 14 <sup>th</sup> November, 5 <sup>th</sup> December	<p><b>Monday:</b> Sweet potato, spinach and lentil curry served with rice</p> <p>Vegan, dairy free and gluten free</p>	<p>Cinnamon poached pears</p> <p>Vegan, dairy free and gluten free</p>
	<p><b>Tuesday:</b> Veggie sausage hotpot with homemade baked beans</p> <p>Vegan, dairy free and gluten free</p>	<p>Rice pudding with berry puree</p> <p>Gluten free Vegan alternative – Dairy free milk Dairy free alternative – Dairy free milk</p>
	<p><b>Wednesday:</b> Vegetable stir fry with tofu and noodles</p> <p>Vegan and dairy free Gluten free alternative – rice noodles</p>	<p>Banana bread</p> <p>Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour</p>
	<p><b>Thursday:</b> Creamy potato and vegetable bake</p> <p>Gluten free Vegan alternative – Dairy free cream Dairy free alternative – Dairy free cream</p>	<p>Cheese and pineapple</p> <p>Gluten free Vegan alternative – Dairy free cheese Dairy free alternative – Dairy free cheese</p>
Week 2: 19 <sup>th</sup> September, 10 <sup>th</sup> October, 31 <sup>st</sup>	<p><b>Monday:</b> Red lentil and mixed bean chilli with grated cheese guacamole and wraps</p>	<p>Fruit crumble</p>

October, 21 <sup>st</sup> November, 12 <sup>th</sup> December	Vegan alternative – Dairy free cheese Dairy free alternative – Dairy free cheese Gluten free alternative – Gluten free wrap	Vegan, dairy free and gluten free
	<b>Tuesday:</b> 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	Oat and banana bites  Vegan, dairy free and gluten free
	<b>Wednesday:</b> 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	Monkey bread  Vegan, dairy free and gluten free
	<b>Thursday:</b> Fishless pie (mixed bean and vegetables in a cream sauce with mashed potato topping)  Gluten free Vegan alternative – Dairy free cheese and cream Dairy free alternative – Dairy free cheese and cream	Yoghurt with berry puree  Gluten free Vegan alternative – Dairy free yoghurt Dairy free alternative – Dairy free yoghurt
Week 3: 26 <sup>th</sup> September, 17 <sup>th</sup> October, 7 <sup>th</sup> November, 28 <sup>th</sup> November, 19 <sup>th</sup> December	<b>Monday:</b> Vegetable rogan josh with mini naan breads  Vegan alternative – Dairy free naan Dairy free alternative – Dairy free naan Gluten free alternative – Gluten free naan	Sweet potato brownies  Gluten free and dairy free Vegan alternative – No egg
	<b>Tuesday:</b> Red pepper, turmeric and chick pea paella	Scones with jam

	Vegan, dairy free and gluten free	Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour
	<b>Wednesday:</b> Vegetable and lentil Bolognese with pasta  Vegan and dairy free Gluten free alternative – Gluten free pasta	Bananas and custard  Gluten free Vegan alternative – Dairy free custard Dairy free alternative - Dairy free custard
	<b>Thursday:</b> Vegetable and herby potato pie  Vegan, dairy free and gluten free	Blueberry cake  Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour