



Little Foxes Forest School, Westbury - Autumn Term Menu 2024

Dates	First course	Pudding
Week 1 09/09, 30/09, 21/10, 18/11, 09/12	Monday: Veggie Balls and Sunny Mash, served with peas and a plant-based creamy sauce Vegan alternative – n/a ¹ Dairy free alternative – n/a Gluten free alternative – gluten-free flour in the sauce	Vegan Banana Bread Vegan – n/a Dairy free – n/a Gluten free – gluten-free flour
	Tuesday: Rosemary baked Butternut Squash and Root Veg Soup, served with wholemeal bread Vegan alternative – n/a Dairy free alternative – n/a Gluten free alternative – gluten-free wholemeal bread	Vegan Scones and Jam Vegan – n/a Dairy free – n/a Gluten free – gluten-free flour
	Wednesday: Hidden Veg Mac and Cheese Vegan alternative – plant-based cream and vegan cheese Dairy free alternative – plant-based cream and vegan cheese Gluten free alternative – gluten-free pasta	Char-grilled Pineapple Vegan – n/a Dairy free – n/a Gluten free – n/a
	Thursday: Tomato and Chickpea Stew, served with rice Vegan alternative – n/a Dairy free alternative – n/a Gluten free alternative – n/a	Raspberry Ripple Pancakes Vegan – alternative available Dairy free – oat milk and plant based yoghurt Gluten free – gluten-free flour

¹ Any alternative stated as 'n/a' for not applicable means the recipe is already suitable for this dietary requirement



Dates	First course	Pudding
Week 2 16/09, 07/10, 04/11, 25/11, 16/12	Monday: Pizza Pasta Sauce, served with pasta and cheese Vegan alternative – vegan cheese Dairy free alternative – vegan cheese Gluten free alternative – gluten-free pasta	Oat and Banana Bites Vegan – dairy-free chocolate Dairy free – dairy-free chocolate Gluten free – n/a ²
	Tuesday: Chilli Non-Carne, served with rice, cheese and guacamole Vegan alternative – vegan cheese Dairy free alternative – vegan cheese Gluten free alternative – veggie mince without gluten	Blueberry Cake Vegan – n/a Dairy free – n/a Gluten free – gluten-free flour
	Wednesday: Lentil Ratatouille, served with couscous and cheese Vegan alternative – vegan cheese Dairy free alternative – vegan cheese Gluten free alternative – gluten-free couscous	Greek Yoghurt and Honey Vegan – dairy-free yoghurt Dairy free – dairy-free yoghurt Gluten free – n/a
	Thursday: Lentil Dahl, served with naan bread Vegan alternative – n/a Dairy free alternative – n/a Gluten free alternative – gluten-free naan bread	Vegan Flapjacks Vegan – n/a Dairy free – n/a Gluten free – n/a

² Any alternative stated as 'n/a' for not applicable means the recipe is already suitable for this dietary requirement



Dates	First course	Pudding
Week 3 23/09, 14/10, 11/11, 02/12	Monday: Moroccan Mushrooms, served with couscous and cheese Vegan alternative –vegan cheese Dairy free alternative –vegan cheese Gluten free alternative – gluten-free couscous	Swirly Buns Vegan – n/a ³ Dairy free – n/a Gluten free – gluten-free pastry
	Tuesday: Chef Helen's Pasta Sauce, served with pasta and cheese Vegan alternative – vegan cheese Dairy free alternative – vegan cheese Gluten free alternative – gluten-free pasta	Sweet Potato Brownies Vegan – n/a Dairy free – n/a Gluten free – gluten-free flour
	Wednesday: Creamy Chickpea Curry, served with rice Vegan alternative – n/a Dairy free alternative – n/a Gluten free alternative – n/a	Pear Crunch Vegan – n/a Dairy free – n/a Gluten free – gluten-free granola
	Thursday: Leek and Potato Soup, served with wholemeal bread Vegan alternative – n/a Dairy free alternative – n/a Gluten free alternative – gluten-free wholemeal bread	Spiced Biscuits Vegan – n/a Dairy free – n/a Gluten free – gluten-free flour

³ Any alternative stated as 'n/a' for not applicable means the recipe is already suitable for this dietary requirement