

Little Foxes Forest School Summer Term Menu 2025

Dates	First course	Pudding
Week 1: 21 st April, 12 th May, 9 th June, 30 th June, 21 st July	<p>Monday: 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>Melon medley</p> <p>Vegan, dairy free and gluten free</p>
	<p>Tuesday: Red lentil dahl served with naan bread</p> <p>Vegan and dairy free Gluten free alternative – Gluten free naan</p>	<p>Swirly whirly pastry</p> <p>Vegan and dairy free Gluten free alternative – Gluten free pastry</p>
	<p>Wednesday: 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>Greek yoghurt with blueberry puree</p> <p>Gluten free Vegan alternative – Dairy free yoghurt Dairy free alternative – Dairy free yoghurt</p>
	<p>Thursday: Vegetable stir fry with tofu and noodles</p> <p>Vegan and dairy free Gluten free alternative – Rice noodles</p>	<p>Cheese and pineapple</p> <p>Gluten free Vegan alternative – Dairy free cheese Dairy free alternative – Dairy free cheese</p>

<p>Week 2: 28th April, 19th May, 16th June, 7th July</p>	<p>Monday: Sweet potato, spinach and tofu curry, served with rice</p> <p>Vegan, dairy free and gluten free</p>	<p>Banana Crunch</p> <p>Vegan, dairy free and gluten free</p>
	<p>Tuesday: Vegetable pasta Bolognese with plant based mince</p> <p>Vegan and dairy free Gluten free alternative – Gluten free pasta</p>	<p>Little Foxes Eton mess with berries, crushed meringue and Greek yoghurt</p> <p>Gluten free Vegan alternative – Dairy free yoghurt and vegan meringue Dairy free alternative - Dairy</p>
	<p>Wednesday: Sunblushed tomato and olive paella</p> <p>Vegan, dairy free and gluten free</p>	<p>Yoghurt with mango puree</p> <p>Gluten free Vegan alternative – Dairy free yoghurt Dairy free alternative – Dairy free yoghurt</p>
	<p>Thursday: 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>Coconut and lime cake</p> <p>Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour</p>

<p>Week 3: 5th May, 2nd June, 23rd June, 14th July</p>	<p>Monday: Lemon and basil orzo with vegan sausage, courgette and peas</p> <p>Vegan alternative – Dairy free cream Dairy free alternative - Dairy free cream Gluten free alternative – Gluten free orzo</p>	<p>Summer fruit salad</p> <p>Vegan, dairy free and gluten free</p>
	<p>Tuesday: 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>Chocolate and beetroot cake</p> <p>Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour</p>
	<p>Wednesday: Mutter paneer served with rice</p> <p>Gluten free Vegan alternative – No paneer Dairy free alternative – No paneer</p>	<p>Strawberries and cream</p> <p>Gluten free Vegan alternative – Dairy free cream Dairy free alternative - Dairy free cream</p>
	<p>Thursday: 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>Orange wedges</p> <p>Vegan, dairy free and gluten free</p>