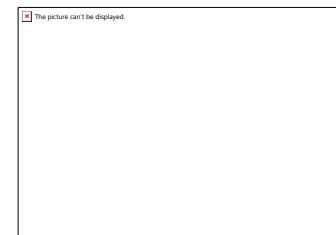


Little Foxes Forest School Autumn Term Menu 2026



Dates	First course	Pudding
Week 1: 14 th September, 5 th October, 2 nd November, 23 rd November, 14 th December	Monday: Pasta e Ceci Vegan and dairy free Gluten free alternative – Gluten free pasta	Cinnamon poached pears Vegan, dairy free and gluten free
	Tuesday: Campfire style stew with mashed potato Vegan, dairy free and gluten free	Blueberry cake Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour
	Wednesday: Sweet potato, tofu and chick pea curry served with rice Vegan, dairy free and gluten free	Yoghurt with mango puree Gluten free Dairy free alternative – Dairy free yoghurt Vegan alternative – Dairy free yoghurt
	Thursday: Red lentil and mixed bean vegetable chilli with wraps, grated cheese and homemade guacamole Vegan alternative – Dairy free cheese Dairy free alternative – Dairy free cheese Gluten free alternative – Gluten free wraps	Bananas and custard Gluten free Dairy free alternative – Dairy free custard Vegan alternative – Dairy free custard

Week 2: 21 st September, 12 th October, 9 th November, 30 th November	Monday: Curried parsnip soup served with wholemeal bread Vegan and dairy free Gluten free alternative – Gluten free bread	Swirly whirly pastry Vegan and dairy free Gluten free alternative – Gluten free pastry
	Tuesday: Cajun dirty rice Vegan, dairy free and gluten free	Cheese and pineapple Gluten free Dairy free alternative – Dairy free cheese Vegan alternative – Dairy free cheese
	Wednesday: Aubergine and coconut dahl served with naan bread Vegan and dairy free Gluten free alternative – Gluten free bread	Banana bread Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour
	Thursday: Hidden vegetable macaroni cheese with garlic fried kale and mushrooms Vegan – Dairy free cheese and cream Dairy free alternative – Dairy free cheese and cream Gluten free alternative – Gluten free pasta	Poached peaches Vegan, dairy free and gluten free
Week 3: 28 th September, 19 th October, 16 th November, 7 th December	Monday: Mutter paneer curry served with rice Gluten free Vegan alternative – No paneer Dairy free alternative – No paneer	Fruit crunch Dairy free and gluten free Vegan alternative – No honey
	Tuesday: Homemade red sunflower seed pesto with pasta	Banana and coconut macaroons

	Vegan alternative – Yeast flakes instead of pecorini Dairy free alternative - Yeast flakes instead of pecorini Gluten free alternative – Gluten free pasta	Vegan, dairy free and gluten free
	Wednesday: Cowboy beans with baby jacket potatoes Vegan, dairy free and gluten free	Yoghurt with berry puree Gluten free Dairy free alternative – Dairy free yoghurt Vegan alternative – Dairy free yoghurt
	Thursday: 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	Sweet potato brownies Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour