

Little Foxes Forest School Spring Term Menu 2024



Dates	First course	Pudding
Week 1: 1 st January, 22 nd January, 19 th February, 11 th March	Monday: Homemade sunflower seed pesto with pasta Vegan alternative – Yeast flakes instead of pecorino Gluten free alternative – Gluten free pasta	Pancakes with honey Vegan alternative – No egg or dairy. Syrup instead of honey Gluten free alternative – Gluten free flour
	Tuesday: Souper vegetable soup made with sweet potato, red peppers and coconut and served with naan bread Vegan alternative – Dairy free naan Dairy free alternative – Dairy free naan Gluten free alternative – Gluten free bread	Cheese and pineapple Gluten free Vegan alternative – Dairy free cheese Dairy free alternative – Dairy free cheese
	Wednesday: Lentil ratatouille with gnocchi Vegan and dairy free Gluten free alternative – Gluten free gnocchi	Banana bread Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour
	Thursday: Vegetable balls in a creamy sauce with mash and peas Gluten free Vegan alternative – Dairy free cream Dairy free alternative – Dairy free cream	Yoghurt with mango puree Gluten free Vegan alternative – Dairy free yoghurt Dairy free alternative – Dairy free yoghurt

Week 2: 8 th January, 29 th January, 26 th February, 18 th March	Monday: Roasted cauliflower and lentil curry served with rice Vegan, dairy free and gluten free	Fruit crunch Dairy free and gluten free Vegan alternative – No honey
	Tuesday: Pasta e Ceci Vegan and dairy free Gluten free alternative – Gluten free pasta	Banana and coconut macaroons Vegan, dairy free and gluten free
	Wednesday: Vegan sausages with mash and homemade baked beans Vegan, dairy free and gluten free	Yoghurt with mixed fruit puree Gluten free Vegan alternative – Dairy free yoghurt Dairy free alternative – Dairy free yoghurt
	Thursday: Vegetable pasta Bolognese, with plant based mince Vegan and dairy free Gluten free alternative – Gluten free pasta	Swirly whirly bun Gluten free alternative – Gluten free pastry Vegan alternative – Dairy free pastry Dairy free alternative – Dairy free pastry
Week 3: 15 th January, 5 th February, 4 th March, 25 th March	Monday: Red lentil and mixed bean chilli with wraps, grated cheese and homemade guacamole Vegan alternative – Dairy free cheese Dairy free alternative – Dairy free cheese Gluten free alternative – Gluten free wrap	Rice pudding with berry puree Gluten free Vegan alternative – Dairy free milk Dairy free alternative – Dairy free milk
	Tuesday: Quorn casserole with herby roast potatoes	Cinnamon poached pears

	Gluten and dairy free Vegan alternative – Plant Pioneers chicken style pieces	Vegan, dairy free and gluten free
	Wednesday: 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	Oat and banana bites Vegan, dairy free and gluten free
	Thursday: Red Thai curry with chick peas and tofu served with rice Vegan, dairy free and gluten free	Blueberry cake Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour