

Little Foxes Forest School Spring Term Menu 2026



Dates	First course	Pudding
Week 1: 5 th January, 26 th January, 23 rd February, 16 th March	Monday: Leek and potato soup served with wholemeal bread Vegan and dairy free Gluten free alternative – Gluten free bread	Flapjack bites Vegan and dairy free Gluten free alternative – Gluten free oats
	Tuesday: 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	Bananas and custard Gluten free Vegan alternative – Dairy free custard Dairy free alternative – Dairy free custard
	Wednesday: Cowboy beans with mashed potato Vegan, dairy free and gluten free	Yoghurt with berry puree Gluten free Vegan alternative – Dairy free yoghurt Dairy free alternative – Dairy free yoghurt
	Thursday: Sweet potato, chick pea and tofu curry served with rice Vegan, dairy free and gluten free	Blueberry cake Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour

Week 2: 12 th January, 2 nd February, 2 nd March, 23 rd March	Monday: Vegetable bolognese with plant based mince Vegan and dairy free Gluten free alternative – Gluten free pasta	Fruit crunch – mixed fruit with granola topping Vegan, dairy free and gluten free
	Tuesday: Palak paneer curry served with rice Vegan, dairy free and gluten free	Banana melts – creamy yoghurt, vanilla extract and soft cheese whipped up and topped with banana slices Gluten free Vegan alternative – Dairy free soft cheese and dairy free yoghurt Dairy free alternative - Dairy free soft cheese and dairy free yoghurt
	Wednesday: Creamy tomato and lentil soup served with wholemeal bread Vegan and dairy free Gluten free alternative – Gluten free bread	Swirly whirly homemade cinnamon bun Vegan and dairy free Gluten free alternative – Gluten free pastry
	Thursday: Vegetable balls with mash, peas and a creamy sauce Gluten free Vegan alternative – Dairy free cream Dairy free alternative – Dairy free cream	Cheese and pineapple Gluten free Vegan alternative – Dairy free cheese Dairy free alternative – Dairy free cheese

Week 3: 19 th January, 9 th February, 9 th March, 30 th March	<p>Monday: Vegetable rogan josh 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>Tuesday: Red lentil and mixed bean vegetable chilli with wraps, grated cheese and homemade guacamole</p> <p>Vegan alternative – Dairy free cheese</p> <p>Dairy free alternative - Dairy free cheese</p> <p>Gluten free alternative – Gluten free wraps</p>	<p>Yoghurt with mixed fruit puree</p> <p>Gluten free</p> <p>Vegan alternative – Dairy free yoghurt</p> <p>Dairy free alternative – Dairy free yoghurt</p>
	<p>Wednesday: Homemade red sunflower seed pesto with pasta</p> <p>Vegan alternative – Yeast flakes instead of pecorino</p> <p>Dairy free alternative – Yeast flakes instead of pecorino</p> <p>Gluten free alternative – Gluten free pasta</p>	<p>Chocolate and beetroot cake</p> <p>Dairy free</p> <p>Vegan alternative – No egg</p> <p>Gluten free alternative – Gluten free flour</p>
	<p>Thursday: Vegetable and Quorn casserole with herby roast potatoes</p> <p>Vegan, dairy free and gluten free</p>	<p>Banana and coconut macaroons</p> <p>Vegan, dairy free and gluten free</p>