

# Little Foxes Forest School Spring Term Menu 2025



Dates	First course	Pudding
Week 1: 6 <sup>th</sup> January, 27 <sup>th</sup> January, 24 <sup>th</sup> February, 17 <sup>th</sup> March	<b>Monday:</b> Pasta e Ceci  Vegan and dairy free Gluten free alternative – Gluten free pasta	Scotch pancakes  Vegan alternative – Dairy free milk, no egg Dairy free alternative – Dairy free milk Gluten free alternative – Gluten free flour
	<b>Tuesday:</b> Vegetable and tofu rogan josh with rice  Vegan, dairy free and gluten free	Cinnamon poached pears  Vegan, dairy free and gluten free
	<b>Wednesday:</b> 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
	<b>Thursday:</b> Leek and potato soup served with wholemeal bread  Vegan and dairy free Gluten free alternative – Gluten free bread	Fruit crunch  Dairy free and gluten free Vegan alternative – No honey

<p>Week 2: 13<sup>th</sup> January, 3<sup>rd</sup> February, 3<sup>rd</sup> March, 24<sup>th</sup> March</p>	<p><b>Monday:</b> Red lentil dahl served with naan bread</p> <p>Vegan and dairy free Gluten free alternative – Gluten free naan</p>	<p>Yoghurt with banana and honey</p> <p>Gluten free Vegan alternative – Dairy free yoghurt and syrup Dairy free alternative – Dairy free yoghurt</p>
	<p><b>Tuesday:</b> Butternut squash and vegan sausage orzo</p> <p>Vegan and dairy free Gluten free alternative – Gluten free orzo</p>	<p>Oat and banana bites</p> <p>Vegan and dairy free Gluten free alternative – Gluten free oats</p>
	<p><b>Wednesday:</b> Red lentil and mixed bean vegetable chili 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>Rice pudding with berry puree</p> <p>Gluten free Vegan alternative – dairy free milk Dairy free alternative – dairy free milk</p>
	<p><b>Thursday:</b> 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>Banana cake</p> <p>Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour</p>
<p>Week 3: 20<sup>th</sup> January, 10<sup>th</sup> February, 10<sup>th</sup> March, 31<sup>st</sup> March</p>	<p><b>Monday:</b> 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>Bananas and custard</p> <p>Gluten free Vegan alternative – Dairy free custard Dairy free alternative – Dairy free custard</p>

	<p><b>Tuesday:</b> Lentil and sweet potato cottage pie</p> <p>Gluten free, vegan and dairy free</p>	<p>Blueberry cake</p> <p>Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour</p>
	<p><b>Wednesday:</b> 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>Banana and coconut macarons</p> <p>Vegan, dairy free and gluten free</p>
	<p><b>Thursday:</b> Thai green curry with potato, green beans and baby corn, served with rice</p> <p>Vegan, dairy free and gluten free</p>	<p>Swirly whirly pastry</p> <p>Vegan and dairy free Gluten free alternative – Gluten free pastry</p>