



Little Foxes Forest School, Westbury - Spring Term Menu 2025

Dates	First course	Pudding
Week 1 06/01, 27/01, 24/02, 17/03	Monday: Chef Helen's Pasta Sauce, served with pasta and cheese Vegan alternative – vegan cheese Dairy free alternative – vegan cheese Gluten free alternative – gluten-free pasta	Raspberry Ripple Pancake Bake Vegan – alternative available Dairy free – oat milk and plant based yoghurt Gluten free – gluten-free flour
	Tuesday: Lentil Ratatouille, served with couscous and cheese Vegan alternative – vegan cheese Dairy free alternative – vegan cheese Gluten free alternative – gluten-free couscous	Pear Crunch Vegan – n/a Dairy free – n/a Gluten free – gluten-free granola
	Wednesday: Rosemary baked Butternut Squash and Root Veg Soup, served with wholemeal bread Vegan alternative – n/a Dairy free alternative – n/a Gluten free alternative – gluten-free wholemeal bread	Vegan Apricot Flapjacks Vegan – n/a Dairy free – n/a Gluten free – n/a
	Thursday: Chili Non-Carne, served with rice, cheese and guacamole Vegan alternative – vegan cheese Dairy free alternative – vegan cheese Gluten free alternative – veggie mince without gluten	Oat and Banana Bites Vegan – dairy-free chocolate Dairy free – dairy-free chocolate Gluten free – n/a

Any alternative stated as 'n/a' for not applicable means the recipe is already suitable for this dietary requirement.



Dates	First course	Pudding
Week 2 13/01, 03/02, 03/03, 24/03	Monday: Lentil Dahl, served with naan bread Vegan alternative – n/a Dairy free alternative – n/a Gluten free alternative – gluten-free naan bread	Vegan Banana Bread Vegan – n/a Dairy free – n/a Gluten free – gluten-free flour
	Tuesday: Veggie Balls and Cheesy Mash, served with peas and a plant-based creamy sauce Vegan alternative – n/a Dairy free alternative – n/a Gluten free alternative – gluten-free flour in the sauce	Nut-free Vegan Hummingbird Cake Vegan – n/a Dairy free – n/a Gluten free – gluten-free flour
	Wednesday: Creamy Chickpea Curry, served with rice Vegan alternative – n/a Dairy free alternative – n/a Gluten free alternative – n/a	Melon Vegan – n/a Dairy free – n/a Gluten free – n/a
	Thursday: Hidden Veg Mac and Cheese Vegan alternative – plant-based cream and vegan cheese Dairy free alternative – plant-based cream and vegan cheese Gluten free alternative – gluten-free pasta	Swirly Buns Vegan – n/a Dairy free – n/a Gluten free – gluten-free pastry

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Dates	First course	Pudding
Week 3 20/01, 10/02, 10/03, 31/03	Monday: Tomato and Chickpea Stew, served with rice Vegan alternative – n/a Dairy free alternative – n/a Gluten free alternative – n/a	Vegan Scones and Jam Vegan – n/a Dairy free – n/a Gluten free – gluten-free flour
	Tuesday: Tomato and Red Pepper Soup, served with wholemeal bread Vegan alternative – n/a Dairy free alternative – n/a Gluten free alternative – gluten-free wholemeal bread	Greek Yoghurt and Honey Vegan – dairy-free yoghurt, no honey Dairy free – dairy-free yoghurt Gluten free – n/a
	Wednesday: Lentil Bolognese, served with pasta and grated cheese Vegan alternative – vegan cheese Dairy free alternative – vegan cheese Gluten free alternative – gluten-free pasta	Organix Gingerbread Men Vegan – n/a Dairy free – n/a Gluten free – gluten-free digestive
	Thursday: Moroccan Mushrooms, served with couscous and cheese Vegan alternative –vegan cheese Dairy free alternative –vegan cheese Gluten free alternative – gluten-free couscous	Sweet Potato Brownies Vegan – n/a Dairy free – n/a Gluten free – gluten-free flour

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