

🎃 Inclusive Halloween Party Menu Blueprint 🎃

From Seasonal Wellness 4U

Spooky, Fun & Safe for Everyone!

🥗 Spooky Savory Spread

1. "Monster Eye" Caprese Skewers

Cherry tomatoes, fresh mozzarella balls, basil leaves with black olive "pupils", and balsamic glaze drizzle

🥜 **Nut-Free** 🥕 **Vegetarian** 🌾 **Gluten-Free** 🍬 **Low-Sugar**

🕒 *Prep: 15 min | Make morning of party | Keep refrigerated*

2. "Witch Finger" Veggie Sticks with Hummus Cauldrons

Carrot "fingers" with knuckle lines, bell pepper & celery strips, individual hummus cups

🥜 **Nut-Free*** 🥕 **Vegetarian** 🌿 **Vegan Option** 🍬 **Low-Sugar**

🕒 *Prep: 20 min | *Skip almond "fingernails" for nut allergies | Prep day before*

3. "Mummy Dogs" (Two Versions)

Regular: Turkey/chicken sausages wrapped in crescent dough strips

Picky Eater: Plain chicken strips arranged as mummies with cheese

🥜 **Nut-Free** 💪 **Protein-Packed** 😊 **Kid-Friendly**

🕒 *Bake: 12-15 min at 375°F | Bake fresh day of party*

4. "Jack-O'-Lantern" Stuffed Peppers

Orange bell peppers with carved faces, stuffed with quinoa, black beans, corn, and cheese


🥜 **Nut-Free** 🥕 **Vegetarian** 💪 **High-Fiber** ❤️ **Diabetic-Friendly**

🕒 *Bake: 30 min at 375°F | Can make day ahead and reheat*

5. "Spider Web" Pizza

Flatbread pizzas with ranch dressing, spider web design, and black olive spiders

 **Nut-Free**  **Vegetarian Option**  **Kid-Favorite**


 *Bake per package directions | Add web design after baking | Label carb count for diabetic guests*

Slightly Sweet Treats

6. "Monster Mouth" Apple Bites

Apple slices with sunflower seed butter and mini marshmallow "teeth"


 **Nut-Free**  **Protein**  **Natural Sugar**

 *Prep: 15 min | Make 2-3 hours before party | Brush with lemon juice*

7. "Ghostly" Frozen Banana Pops

Frozen banana halves dipped in Greek yogurt with chocolate chip or raisin eyes


 **Nut-Free**  **Protein**  **Gluten-Free**  **Diabetic-Friendly***

 *Make 1-2 days ahead | *Use raisin eyes for lower sugar version | Keep frozen until serving*

8. "Pumpkin Patch" Energy Balls

Oats, honey, coconut, mini chocolate chips, pumpkin puree with pretzel stick "stems"

 **Nut-Free***  **Vegetarian**  **High-Fiber**

 *Make the day before | *Verify all ingredients from nut-free facilities for severe allergies*

Festive Mocktails

9. "Witch's Brew" Sparkling Punch

Sparkling water, lime juice, cranberry juice, fresh mint with optional dry ice fog


 **Nut-Free**  **Low-Sugar**  **Vegan**  **Adult-Approved**

 *Mix just before serving | Dry ice: adult supervision only!*

10. "Vampire's Delight" Mocktail

Pomegranate juice, orange juice, sparkling water with pomegranate seed garnish




 **Nut-Free**  **Vegan**  **Antioxidant-Rich**  **Adult-Approved**




 *Mix per serving | No added sugar needed*

Icon Key

 **Nut-Free:** Safe for nut allergies (verify all ingredient labels) | 

Vegetarian: No meat |  **Vegan:** No animal products

 **Gluten-Free:** No wheat/gluten |  **Diabetic-Friendly:** Lower carb/sugar or easily portioned |  **Protein-Packed:** Good protein source

 **Low-Sugar:** Minimal added sugar |  **Kid-Friendly:** Popular with most kids |  **Adult-Approved:** Sophisticated enough for grown-ups

 **From Seasonal Wellness 4U** 

www.seasonalwellness4u.com

Making every celebration healthier, happier, and more inclusive!