

Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

Happy Tums

Barbeque Chicken
Pizza Slice
(G,Mk)

Chicken and Herb
Sausage Roll
(G,E,Su)

Sticky Jerk Chicken
with Jerk Gravy

Pasta Bar:

(Wholemeal Penne (G))
Beef and Lentil
Bolognese (G)
Tomato Sauce
Cheddar Cheese and
Leek Sauce (G,Mk)

Breaded Pollock
Filletts (F,E) with
Tartar Sauce (Mu)

Veggie

Meat Free Mains

Margherita Pizza Slice
(G,Mk)

Vegan Sausage Roll
(G,So)

Jerk Vegetables with
Jerk Gravy

Pasta Bar:

(Wholemeal Penne (G))
Pesto Sauce
Tomato Sauce
Cheddar and Leek
Sauce (G,Mk)

Curried Carrot and
Chickpea Patty
(G,Mk)

veg

Extra Good

Celeriac Coleslaw
(G,E,Mu,So,Su)

Cauliflower

Roasted
Carrots

Cabbage and Kale

Peas

Roasted Broccoli with
Edamame Beans (So)

Sautee Green Beans

Broad Beans

Roasted Sweetcorn

Baked Beans

carbs

Fuel Food

Potato Wedges

Mashed Potato
(Mk)

50/50 Rice and Peas

Potato and Turmeric
Focaccia (G)

Chips

Dessert

Something Sweet

Fruit Platter

Pear and Vanilla
Topsy Turvey Cake
with Custard
(G,E,Mk,So)

Fruit Jelly

Yoghurt Topped with
Berry Puree
(Mk,So)

Italian Lemon Cookie
(G,E,Mk)

Jacket Potatoes, Salad Bar, Cold Desserts and Fresh Fruit Platters available daily.

Week 1

01/09/26, 28/09/26,
09/11/26 and 07/12/26

Allergens

Please note the allergens shown within these menus are subject to change.

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals containing
Gluten

L = Lupin
Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

Autumn

Rooting for Our Planet

From root to tip,
we're using every
part of our root
vegetables in
Captain Earth's
recipes, to make
them good for you
and the planet.



Look for this logo to
find Captain Earth's
tasty dishes!



Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

Happy Tums

Macaroni and Cheese
(G,Mk,Mu)

Jacket Potato Bar:
Chicken Sausage (G,Su)
Baked Beans and Pepperoni and Cheese (Mk,Mu,So)

Roasted Sausage with Onion Gravy (G,Su)

Beef Mince and Vegetable Shepards Pie with Potato and Parsnip Mash, Served with Gravy (Mk)

Fish Fingers (G,F,Mu) or Salmon Fish Fingers (G,F) with Tartar Sauce (Mu)

Veggie

Meat Free Mains

Tomato and Basil Pasta (G)

Jacket Potato Bar:
Baked Beans and Cheese (Mk)
Margherita Topping (Mk)

Vegetable Sausage with Onion Gravy (So)

Vegan Mince and Vegetable Shepards Pie with Potato and Parsnip Mash, Served with Gravy (Mk,So)

Vegetable Fingers (G) with Tartar sauce (Mu)

veg

Extra Good

Coleslaw (E)

Mexican Sweetcorn

Carrots

Green Beans

Cauliflower

Mixed Vegetables

Peas

Baked Beans

carbs

Fuel Food

Garlic and Herb Focaccia (G)

Mashed Potato (Mk)

Select from our delicious Salad Bar

Chips

Dessert

Something Sweet

Fruit Platter

Yoghurt with Mango Puree (Mk,So)

Fruit Jelly

Beetroot and Red Velvet Cake (G,E,Mk)

Vanilla Ice Cream (Mk)

Jacket Potatoes, Salad Bar, Cold Desserts and Fresh Fruit Platters available daily.

Week 2

07/09/26, 05/10/26,
16/11/26 and 14/12/26

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L = Lupin
Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
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Autumn

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Menu



Monday Tuesday Wednesday Thursday Friday

Mains

Happy Tums

Pepperoni Pizza Slice
(G,Mk,Mu,So)

Lamb Mince and Eat
Curious Curry

Accent Baked
Chicken with Gravy

Lamb Mince and
Bean Tacos

Pollock Fillets (F,E)
Served Tartar Sauce
(Mu)

Veggie

Meat Free Mains

Margherita Pizza with
Roasted Peppers
(G,Mk)

Root Vegetable and
Chickpea Curry

Cheesy Baked
Quinoa and Broccoli
Bites

Vegan Mince and
Bean Tacos Topped
with Cheese
(Mk,So)

Green Onion,
Vegetable and
Chickpea Bubble and
Squeak

veg

Extra Good

Coleslaw
(E)

Carrot

Honey Roasted
Parsnips

Choose from our
delicious Salad Bar

Peas

Roasted Broccoli

Green Beans

Baked Beans

carbs

Fuel Food

Potato Wedges

50/50 Rice

New Potatoes

Beetroot and Garlic
Focaccia (G)

Chips

Dessert

Something Sweet

Fruit Platter

Yoghurt Topped with
Berry Puree
(Mk,So)

Fruit Jelly

Apple Cake with
Custard
(G,E,Mk)

Berry Flapjack
(G)

Jacket Potatoes, Salad Bar, Cold Desserts and Fresh Fruit Platters available daily.

Week 3

14/09/26, 12/10/26
and 23/12/26

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E = Eggs P = Peanuts Su = Sulphur Dioxide

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Monday Tuesday Wednesday Thursday Friday

Mains

Happy Tums

Chicken and Vegetable Stir Fry (G,So)	Beef Meatballs in a Tomato Sauce (G)	Roast Chicken with Gravy	Lamb and Eat Curious Curry	Fish Fingers (G,F,Mu) or Salmon Fish Fingers (G,F) with Tartar Sauce (Mu)
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Veggie

Meat Free Mains

Soya Julienne Root Vegetable and Chickpea Stir Fry (G,So)	Vegan Meatballs in a Tomato sauce (So)	Root Vegetable and Bean Crumble with Gravy (G,Mk)	Vegan Mince and Eat Curious Curry (So)	Vegetable Fingers (G) with Tartar Sauce (Mu)
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veg

Extra Good

Cauliflower	Green Beans	Parsnips	Roasted Corn	Peas
Broccoli	Carrots	Carrots	Broad Beans	Baked Beans

carbs

Fuel Food

Egg Noodles (G,E)	50/50 Fusilli (G)	New Potatoes	50/50 Rice	Chips
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Dessert

Something Sweet

Fruit Platter	Fresh Yoghurt Topped with Mango Puree (Mk,So)	Fruit Jelly	Oat and Raisin Cookie (G,E,Mk)	Vanilla Ice Cream (Mk)
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Jacket Potatoes, Salad Bar, Cold Desserts and Fresh Fruit Platters available daily.

Week 4

21/09/26, 02/11/26
and 30/11/26

Allergens

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E = Eggs		Mo = Molluscs	P = Peanuts	Su = Sulphur Dioxide