

Menu



Mains

Happy Tums

Monday

Barbeque Chicken
Pizza Slice
(G,Mk)

Tuesday

Pulled Chicken
Bap
(G,Mk)

Wednesday

Roast Gammon
With Gravy
(none)

Thursday

Pasta Bar:
(Wholemeal Penne) (G)
Lamb and Lentil
Bolognaise (G)
Italian Tomato Sauce
Cheddar Cheese and
Leek Sauce (G,Mk)

Friday

Breaded pollock
Fillets (F,E) Served
with Home made
Tartar Sauce (Mu,E)

Veggie

Meat Free Mains

Margherita Pizza Slice
(G,Mk)

BBQ Mac & Cheese
with Garlic
Breadcrumbs
(G,So,Mk)

Seasonal Vegetable &
Lentil Wellington
Herb Gravy
(G,E)

Pasta Bar:
(Wholemeal Penne) (G)
Pesto Sauce
Italian Tomato Sauce
Cheddar and Leek
Sauce (G,Mk)

Curried Carrot and
Chickpea Patty
(G,Mk)

Veg

Extra Good

Celeriac Coleslaw (C,E,Mu,So,Su)
Roasted Broccoli with
Edamame Beans (So)

Cauliflower
Sautee Green
Beans

Roasted Carrots
Broad Beans

Braised Cabbage
and Kale
Roasted Sweetcorn

Peas
Baked Beans

carbs

Fuel Food

Skin on Potato Wedges

New Potatoes

Crunchy Roast
Potatoes

Potato and Turmeric
Focaccia (G)

Skin on Chips

Dessert

Something Sweet

Chocolate Chip and
Banana Tea Bread
(G,Mk,E,So)

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

Caramel Apple
Shortbread & Custard
(G,Mk)

Ginger and Sunflower
Seed Flapjack
(G)

Italian Lemon Cookie
(G,E,Mk)

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

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!

Week 1
W/C: 31/08/26, 21/09/26,
12/10/26, 09/11/26,
30/11/26, 21/12/26

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

Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

Happy Tums

Macaroni and Cheese with Lamb Bolognese Stuffing (G,Mk,Mu)

Beef Meatballs in Rich Tomato Sauce (G)

Roasted Cumberland Sausage with Red Onion Gravy (G,Su)

Cheesy Topped Chicken in Spinach and Roast tomato sauce (Mk,G)

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



Veggie

Meat Free Mains

Macaroni and Cheese with Pizza Sauce Stuffing (G,Mk,Mu)

Vegan Meatballs in a Rich Tomato Sauce (So)

Roasted Vegetable Sausage with Red Onion Gravy (So)

Cheesy Topped Eat Curious with Spinach and Roast Tomato Sauce (Mk,G)

Vegetable Fingers (G) with Tartar sauce (Mu,E)

Veg

Extra Good

Classic Coleslaw (E)



Sliced Carrots

Honey Carrots



Country Mixed Vegetables

Peas

Mexican Style Sweetcorn

Sautee Green Beans

Roasted Broccoli

Baked Beans

carbs

Fuel Food

Garlic and Herb Focaccia (G)

Skin on Paprika Potato Wedges



Mashed Potato (Mk)

50/50 Rice

Skin on Chips



Dessert

Something Sweet

Apricot Sponge (G,E)

Orange Drop Cookie (G,E,Mk)



Pear and Berry Crumble with Custard (G,Mk)

Biscoff Frosted Carrot Cake (G,E,So)



Scooped Vanilla Ice Cream (Mk)

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

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Week 2

W/C: 07/09/26, 28/09/26, 19/10/26, 16/11/26, 07/12/26

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Gluten

L = Lupin

Mk = Milk

Mo = Molluscs

Mu = Mustard

N = Nuts

P = Peanuts

Se = Sesame Seeds

So = Soya

Su = Sulphur Dioxide

Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

Happy Tums

Chicken Stir Fry with
Spinach and Julienne
Root Vegetables
(G,So) 

Beef lasagne
(G,Mk)

Roast Chicken Thigh
Served with gravy

Lamb Mince and
Buffalo Bean Taco

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

Veggie

Meat Free Mains

Soya Julienne Root
Vegetable, Spinach
and Chickpea Stir Fry
(G,So) 

Roasted Vegetable
Gnocchi
(G,Mk)

Cheesy Baked Quinoa
and Broccoli Bites
(G,Mk,E) 

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

Vegetable Spring
Roll with Sweet and
Sour Sauce
(G,So,Se)

Veg

Extra Good

Cauliflower

Green Beans

Honey Roasted
Parsnips 

Smokey Roasted
Corn

Peas

Steamed Broccoli

Carrots 

Cauliflower Florets 

Broad Beans

Baked Beans

carbs

Fuel Food

Egg Noodles (G,E)

Herby Diced
Potatoes

Roasted New
Potatoes 

Beetroot and Garlic
Focaccia
(G)

Skin on Chips 

Dessert

Something Sweet

Pineapple and
Raspberry Cake
(G,E,Mk)

Oat Cookie
(Mk,G,E)

Apple Sponge Cake
with Custard
(G,E,Mk)

Autumn Fruit
Turnover
(G,E,Mk)

Berry Flapjack
(G)

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

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Week 3
W/C: 14/09/26, 05/10/26,
02/11/26, 23/11/26, 14/12/26

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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