

Menu



Mains

Happy Tums

Monday	Tuesday	Wednesday	Thursday	Friday
Barbeque Chicken Pizza Slice (G,Mk)	Beef Meatballs in Tomato Sauce (G)	Sticky Chicken with Gravy	<u>Pasta Bar:</u> (Wholemeal Penne (G)) Lamb and Lentil Bolognese (G) Tomato Sauce Cheddar Cheese and Leek Sauce (G,Mk)	Fish Fingers with Tomato Sauce (G,F)

Veggie

Meat Free Mains

Monday	Tuesday	Wednesday	Thursday	Friday
Margherita Pizza Slice (G,Mk)	Vegan Meatballs in Tomato Sauce (So)	Sticky Vegetables with Gravy	<u>Pasta Bar:</u> (Wholemeal Penne (G)) Pesto Sauce Tomato Sauce Cheddar and Leek Sauce (G,Mk)	Vegetable Fingers (G)

Veg

Extra Good

Monday	Tuesday	Wednesday	Thursday	Friday
Coleslaw Broccoli with Edamame Beans (So)	Green Beans Carrots	Roasted Carrots	Cabbage and Kale	Peas
		Broad Beans	Sweetcorn	Baked Beans

Carbs

Fuel Food

Monday	Tuesday	Wednesday	Thursday	Friday
Potato Wedges	50/50 Fusilli (G)	50/50 Rice and Peas	Potato and Turmeric Focaccia (G)	Chips

Jackets/ Pasta

Monday	Tuesday	Wednesday	Thursday	Friday
Wholemeal Pasta in Tomato Sauce with Cheese (G,Mk)	Jacket Potato with a Selection of Toppings (Mk,F)	Wholemeal Pasta with Cheese sauce (G,Mk)	Jacket Potato with a Selection of Toppings (Mk,F)	Wholemeal Pasta in Tomato Sauce with Cheese (G,Mk)

Dessert

Something Sweet

Monday	Tuesday	Wednesday	Thursday	Friday
Beetroot Chocolate Cake (G,E,Mk,So)	Pear and Vanilla Topsy Turvey Cake with Custard (G,E,Mk,So)	Fruit Jelly	Flapjack (G)	Italian Lemon Cookie (G,E,Mk)

Salad Bar, Cold Desserts and Fresh Fruit 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

31.08 21.09 12.10
2.11 23.11 14.12

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



Mains

Happy Tums

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Macaroni Pasts (G,Mk,So)	Chicken Enchilada Traybake in Tomato Sauce (G,Mk)	Roasted Sausage with Onion Gravy (G,Su)	Pepperoni Pizza (G,Mk)	Fish Fingers with Tomato Sauce (G,F)

Veggie

Meat Free Mains

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni and Cheese (G,Mk)	Tex Mex Smokey Bean and Vegetable Enchilada in a Tomato Sauce (G)	Vegetable Sausage with Onion Gravy (So)	Margherita Pizza (G,Mk)	Vegetable Fingers (G)

Veg

Extra Good

Monday	Tuesday	Wednesday	Thursday	Friday
Coleslaw Steamed Broccoli	Sweetcorn Green Beans	Carrots Cauliflower	Sweetcorn	Peas Baked Beans

Carbs

Fuel Food

Monday	Tuesday	Wednesday	Thursday	Friday
Garlic and Herb Focaccia (G)	Paprika Potato Wedges	Mashed Potato (Mk)	Potato Wedges	Chips

Jackets/Pasta

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potato with a Selection of Toppings (Mk,F)	Wholemeal Pasta In Tomato Sauce with Cheese (G,Mk)	Jacket Potato with a Selection of Toppings (Mk,F)	Wholemeal Pasta with Pesto Sauce and Cheese (G,Mk)	Jacket Potato with a Selection of Toppings (Mk,F)

Dessert

Something Sweet

Monday	Tuesday	Wednesday	Thursday	Friday
Jamaican Ginger Cake with Orange Frosting (G,E,Mk)	Orange Drop Cookie (G,E,Mk)	Fruit Jelly	Beetroot and Red Velvet Cake (G,E,Mk)	Vanilla Ice Cream (Mk)

Salad Bar, Cold Desserts and Fresh Fruit available daily.

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Week 2

7.09 28.09 19.10
9.11 30.11

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Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

Happy Tums

Chicken and vegetables Stir Fry
(G,So)

Lamb Mince and Bean Tacos

Accent Baked Chicken with Gravy

Pepperoni Pizza
(G,Mk)

Fish Fingers With Tomato Sauce
(G,F)

Veggie

Meat Free Mains

Vegetable and Chickpea Stir Fry
(G,So)

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

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

Margherita Pizza
(G,Mk)

Vegetable Fingers
(G)

Veg

Extra Good

Cauliflower

Broccoli



Choose from our delicious Salad Bar



Honey Parsnips

Cauliflower Florets



Sweetcorn

Peas

Baked Beans



Carbs

Fuel Food

Egg Noodles
(G,E)



Beetroot and Garlic Focaccia
(G)

New Potatoes



Potato Wedges



Chips



Jackets/Pasta

Wholemeal Pasta in Tomato Sauce with Cheese
(G,Mk)

Jacket Potato with a Selection of Toppings
(Mk,F)

Wholemeal Pasta with Pesto Sauce and Cheese
(G,Mk)

Jacket Potato with a Selection of Toppings
(Mk,F)

Wholemeal Pasta in Tomato Sauce with Cheese
(G,Mk)

Dessert

Something Sweet

Lemon Blueberry Sponge
(G,E)

Apple Cake with Custard
(G,E,Mk)

Fruit Jelly

Ice Cream
(Mk)

Flapjack
(G)

Salad Bar, Cold Desserts and Fresh Fruit available daily.

Week 3

14.09 5.10 16.11
7.12

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Autumn

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