

Menu



Mains

Happy Tums

Veggie

Meat Free Mains

Veg

Extra Good

Carbs

Fuel Food

Jackets/ Pasta

Dessert

Something Sweet

Monday

Tuesday

Wednesday

Thursday

Friday

Barbeque Chicken
Pizza Slice
(G,Mk)

Beef Meatballs in
Tomato Sauce
(G)

Sticky Chicken with
Gravy

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

Fish Fingers with
Tomato Sauce
(G,F)

Margherita Pizza Slice
(G,Mk)

Vegan Meatballs in
Tomato Sauce
(So)

Sticky Vegetables
with Gravy 

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

Vegetable Fingers
(G) 

Coleslaw 

Green Beans

Roasted
Carrots 

Cabbage and Kale 

Peas

Broccoli with
Edamame Beans (So)

Carrots

Broad Beans

Sweetcorn

Baked Beans

Potato Wedges 

50/50 Fusilli
(G)

50/50 Rice and Peas

Potato and Turmeric
Focaccia (G) 

Chips 

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)

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

F = Fish

L = Lupin

Mu = Mustard

Se = Sesame Seeds

Cr = Crustacean

G = Cereals containing

Mk = Milk

N = Nuts

So = Soya

E = Eggs

Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide

Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Mains Happy Tums	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	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	Coleslaw	Sweetcorn	Carrots	Sweetcorn	Peas
	Steamed Broccoli	Green Beans	Cauliflower		Baked Beans
Carbs Fuel Food	Garlic and Herb Focaccia (G)	Paprika Potato Wedges	Mashed Potato (Mk)	Potato Wedges	Chips
Jackets/Pasta	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	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.

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.



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Week 2

7/09, 28/09, 19/10,
9/11, 30/11

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Mk = Milk

N = Nuts

So = Soya

E = Eggs

Gluten

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P = Peanuts

Su = Sulphur Dioxide

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.

Autumn Rooting for Our Planet

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Week 3

14/09, 5/10, 16/11, 7/12

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Se = Sesame Seeds

Cr = Crustacean

G = Cereals containing Gluten

Mk = Milk

N = Nuts

So = Soya

E = Eggs

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide