

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 Lasagne (G,Mk,E)	Roast Chicken, Yorkshire Pudding and Rosemary Gravy (G,E,Mk)	<u>Pasta Bar:</u> (Wholemeal Penne (G)) Lamb and Lentil Bolognese (G) Tomato Sauce Cheddar Cheese and Leek Sauce (G,Mk)	Breaded Pollock Filletts (F,G) Served with Tartar Sauce (Mu)
Margherita Pizza Slice (G,Mk)	Vegetable lasagne (G,So,mk)	Quorn Roast with Yorkshire pudding and glaze	<u>Pasta Bar:</u> (Wholemeal Penne (G)) Pesto (G) Tomato Sauce (G) Cheddar Cheese and Leek Sauce (G,Mk)	Baked Vegetable Fingers (G)
Celeriac Goleislaw (C,Mu,So,Su) Broccoli Edamame Beans (So)	Cauliflower Green Beans	Roasted Carrots	Sweetcorn Salad Bar	Peas Baked Beans
Potato Wedges	Roast Potatoes	Wholéméat Pasta with Pesto Sauce and Cheese (G,Mk)	Potato and Turmeric Focaccia (G)	Chins
Wholéméat Pasta in Tomato Sauce with Cheese (G,Mk)	Jacket Potato with a Selection of Toppings (Mk,F)	Wholéméat Pasta with Pesto Sauce and Cheese (G,Mk)	Jacket Potato with a Selection of Toppings (Mk,F)	Wholéméat Pasta in Tomato Sauce with Cheese (G,Mk)
Fresh Fruit	Pear and Vanilla Topsy Turvey Cake with Custard (G,E,Mk,So)	Fruit Jelly	Fruity Flapjack (G)	Italian Lemon Cookie (G,E,Mk)

Salad Bar, Cold Desserts and Fresh Fruit available daily.

Week 1
31/8/26 21/9/26
12/10/26 9/11/26
30/11/26

Allergens
Please note the allergens shown within these menus are subject to change.
Ce = Celery
Gr = 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!



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Monday	Tuesday	Wednesday	Thursday	Friday
Beef Bolognese with Macaroni (G)	Chicken Enchilada Traybake in Tomato Sauce (G,Mk)	Toad In The Hole with Onion Gravy (G,Su,Mk,E)	Lamb Mince and Vegetable Shepherds Pie with Potato and Parsnip Mash served with Gravy (Mk)	Fish Fingers with Tartar Sauce (G,F,M)
Macaroni and Cheese with Pizza Sauce (G,Mk,Mu)	Tex Mex Smokey Bean and Vegetable Enchilada in a Tomato Sauce (G)	Vegetable Sausage with Onion Gravy (So)	Vegan Mince and Vegetable Cottage Pie with Potato and Parsnip Mash served with Gravy (Mk,So)	Vegetable Fingers (G) with Tartar Sauce (Mu)
Coleslaw	Mexican Sweetcorn	Carrots	Mixed Vegetables	Peas
Steamed Broccoli	Green Beans	Cauliflower		Baked Beans
Garlic and Herb Focaccia (G)	Paprika Potato Wedges	Roasted Potato	Select from our delicious Salad Bar	Chips
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)
Fresh Fruit	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.

Week 2

7/9/26 28/9/26
19/10/26 16/11/26
7/12/26

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Cr = Crustacean G = Cereals containing Mu = Mustard So = Soya
E = Eggs L = Lupin Mk = Milk N = Nuts Su = Sulphur Dioxide
Mo = Molluscs P = Peanuts



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Monday Tuesday Wednesday Thursday Friday

Mains

Happy Tums

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

Lamb and Eat Curious Curry

Roast Gammon Served with Gravy

Beef Meatballs in a Tomato Sauce (G)

Veggie

Meat Free Mains

Vegetable Fingers (G) with Tartar Sauce (Mu)

Vegan Mince and Eat Curious Curry (So)

Quorn Roast Served with Gravy (E,Mk)

Vegan Meatballs in a Tomato Sauce (So)

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

Veg

Extra Good

Peas Baked Beans

Roasted Corn Broad Beans

Parsnips Carrots

Green Beans Carrots

Cauliflower Broccoli

carbs

Fuel Food

Chips

50/50 Rice

Roast Potatoes

50/50 Fusilli (G)

Egg Noodles (G,E)

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)

Jamaican Ginger Cake with Orange Frosting (G,E,Mk)

Dessert

Something Sweet

Vanilla Ice Cream (Mk)

Oat and Raisin Cookie (G,E,Mk)

Fruit Jelly

Fresh Fruit

Salad Bar, Cold Desserts and Fresh Fruit available daily.

Week 3

14/9/26 5/10/26
2/11/26 23/11/26
14/12/26

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Mo = Molluscs

Mu = Mustard
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Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide