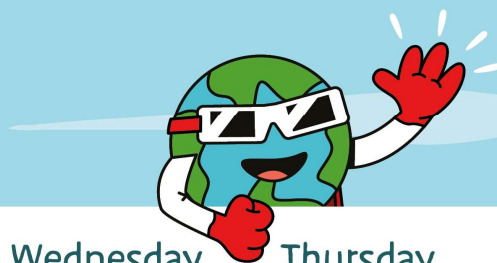


Menu



Mains

Happy Tums

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese (G,Mk)	Chicken Enchilada (G,Mk)	Roast Sausage With Yorkshire Pudding with Gravy (G,Su,E,Mk)	<u>Pasta Bar:</u> Carbonaro Sauce (Mk,G) Pesto Pasta (G)	Baked Fish Fillet (F,E)

Veggie

Meat Free Mains

Monday	Tuesday	Wednesday	Thursday	Friday
Margherita Pizza Slice (G,Mk)	Vegetable Enchilada (G,Mk)	Vegetable Sausage with Yorkshire Pudding Gravy (G,E,Mk)	<u>Pasta Bar:</u> Carbonaro Sauce (Mk,G) Pesto Pasta (G)	Cheese Omelette (E,Mk)



Veg

Extra Good

Monday	Tuesday	Wednesday	Thursday	Friday
Broccoli	Cauliflower	Roasted Honey Parsnips	Braised Kale	Peas
Sliced Carrots	Sweetcorn	Green Beans	Roasted Carrots	Baked Beans



carbs

Fuel Food

Monday	Tuesday	Wednesday	Thursday	Friday
Potato Wedges	Baked Wedges	Mash Potato (Mk)	Potato and Turmeric Focaccia (G)	Chips



Dessert

Something Sweet

Monday	Tuesday	Wednesday	Thursday	Friday
Fruit Or Yoghurt Topped with Berry Puree (Mk,So)	Lemon Drizzle Cake (G,E)	Fruit Jelly	Shortbread (G,E)	Beetroot Brownie (G,E)



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

31/08/26-
28/09/26-
26/10/26

Allergens

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

Ce = Celery
Cr = Crustacean
E = Eggs

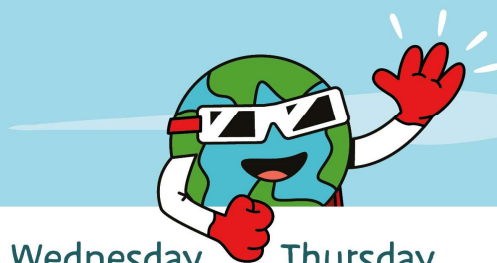
F = Fish
G = Cereals containing
Gluten

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

Pepperoni Pizza
(G,Mk)

Sausage Roll
(G,Su)

Honey Roasted
Chicken

Pasta Bar:
Penne Pasta

Baked
Fish Fingers (G,F)

Veggie

Meat Free Mains

Gnocchi with
Tomato Sauce

Cheese And Onion
Wellington
(G,Mk)

Honey Roasted
Vegetable

Beef Bolognese
Or
Tomato Basil
Sauce

Cheese And Onion
Quiche
(E,G,Mk)

Veg

Extra Good

Sweetcorn

Mixed Vegetables

Baby Carrot 
Roasted Parsnips

Select from our
delicious Salad Bar

Peas
Baked Beans

carbs

Fuel Food

Seasoned Wedges

Baked Waffle
Fries 

50/50
Rice

Homemade Focaccia
Bread
(G)

Chips 

Dessert

Something Sweet

Fruit
Or
Yoghurt with Mango
Puree
(Mk,So)

Thousand Island
Cake
(E,G)

Fruit Jelly

Chocolate Chip
Cookie
(G,E,Mk,So) 

Orange Cake
(E,G)

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

Autumn

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Week 2
07/09/26-
05/10/26-
02/11/26

Allergens

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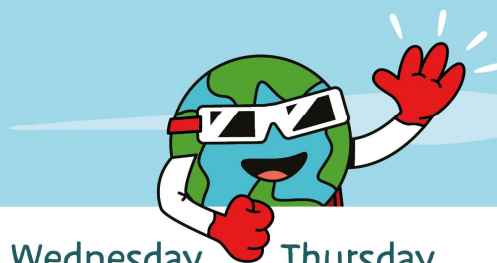
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Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

Happy Tums

Beef Lasagne
(G,Mk,E)

Mild Chicken
Curry
(Mk)

Roasted Sausage with
Gravy
(G,Su)

Pasta Bar:
Penne Pasta
(G)

Baked
Pollock Fillets
(F,E)

Veggie

Meat Free Mains

Mediterranean
Vegetable
Lasagne
(G,Mk,E)

Root Vegetable Curry

Vegetable Sausage
With Gravy
(E)

Chicken And Tomato
Sauce
Or
Cheesy Sauce
(G,Mk)

Baked Vegetable
Finger
(E)

Veg

Extra Good

Coleslaw
(E)

Carrot

Sweetcorn

Choose from our
delicious Salad Bar

Peas

Seasonal Greens

Green Beans

Honey Roasted
Parsnips

Baked Beans

carbs

Fuel Food

Roasted Leek
Focaccia
(G)

50/50 Rice

Mash Potato
(Mk)

Beetroot and Garlic
Focaccia (G)

Chips

Dessert

Something Sweet

Fruit
Or
Yoghurt Topped with
Berry Puree
(Mk,So)

Banana Cake
(G,E,Mk)

Fruit Jelly

Flapjack
(G)

Glazed Carrot
Cake
(G,E)

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

Autumn

Rooting for Our Planet

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Week 3

14/09/26-
12/10/26-
09/11/26

Allergens

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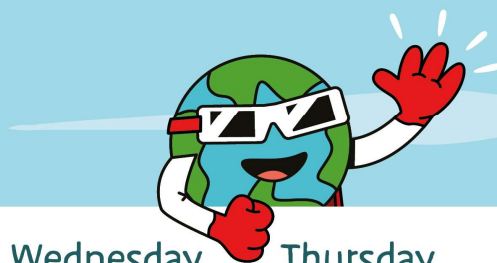
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Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

Happy Tums

Honey Glazed Chicken

Baked
Cottage pie
(Mk)

Roasted Sausage
Wellington
With Gravy
(G,E,Su)

Pasta Bar:
Penne Pasta
(G)

Baked
Fish
Fingers (G,F)

Veggie

Meat Free Mains

Honey Vegetables
Stir Fry

Baked
Vegetable Pie
(Mk)

Root Vegetable
Wellington
with Gravy
(G,Mk) 

Beef Bolognese
Or
Tomato Basil Sauce

Cheese Omlette
(E,Mk)

Veg

Extra Good

Cauliflower

Cauliflower

Parsnips 

Choose From Salad
Bar

Peas

Broccoli

Carrots 

Carrots 

Baked Beans

carbs

Fuel Food

Steamed Rice

Homemade Bread
(G)

New Potatoes 

Homemade Bread
(G)

Chips 

Dessert

Something Sweet

Fruit Or
Fresh Yoghurt Topped
with Mango Puree
(Mk,So)

Chocolate Orange
Biscuit
(G,E)

Fruit Jelly

Apple Crumble
(G)

Chocolate Cake
(G,E)

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

Autumn

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Week 4

21/09/26
19/10/26-
16/11/26

Allergens

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Gluten

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Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide