

Menu



Mains

Happy Tums

Monday

Barbeque Chicken
Pizza Slice
(G,Mk)

Tuesday

Pork and Herb
Sausage Roll
(G,E,Su)

Wednesday

Roast Chicken with
Gravy

Thursday

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

Friday

Breaded Pollock
Filletts (F,E) with
Tartar Sauce (Mu)

Veggie

Meat Free Mains

Margherita Pizza Slice
(G,Mk)

Vegan Sausage Roll
(G,So)

Root Vegetable and
Bean Crumble
with Gravy (G,Mk) 

Pasta Bar:
(Wholemeal Penne (G))
Pesto Sauce
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
Sauttee Green Beans

Parsnips 
Carrots

Cabbage and Kale 
Roasted Sweetcorn

Peas
Baked Beans

carbs

Fuel Food

Potato Wedges 

Mashed Potato
(Mk)

Roast Potatoes

Potato and Turmeric
Focaccia (G) 

Chips 

Dessert

Something Sweet

Yoghurt Topped with
Berry Puree
(Mk,So)

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

Fruit Jelly

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

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

31/08/26, 21/09/26, 12/10/26,
09/11/26, 20/11/26

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



Mains

Happy Tums

Monday

Macaroni and Cheese with Beef Bolognese
(G,Mk,Mu)

Tuesday

Chicken Enchilada in Tomato Sauce
(G,Mk)

Wednesday

Roasted Pork Sausage with Onion Gravy
(G,Su)

Thursday

Beef Mince and Vegetable Cottage Pie with Potato and Parsnip Mash, Served with Gravy
(Mk)

Friday

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

Veggie

Meat Free Mains

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)

Veg

Extra Good

Coleslaw (E)



Broccoli

Mexican Sweetcorn

Green Beans

Carrots

Cauliflower

Mixed Vegetables

Peas

Baked Beans

carbs

Fuel Food

Garlic and Herb Focaccia (G)

Paprika Potato Wedges

Mashed Potato (Mk)

Select from our delicious Salad Bar

Chips

Dessert

Something Sweet

Yoghurt with Mango Puree
(Mk,So)

Orange Drop Cookie
(G,E,Mk)

Fruit Jelly

Beetroot and Red Velvet Cake
(G,E,Mk)

Vanilla Ice Cream
(Mk)

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

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Week 2
07/09/26, 28/09/26, 19/10/26,
16/11/26, 07/12/26

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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

Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

Happy Tums

Pepperoni Pizza Slice
(G,Mk,Mu,So)

Beef Meatballs in a
Tomato Sauce
(G)

Roast Gammon with
Gravy

Beef Mince and
Bean Tacos

Pollock Fillets (F,E)
Served Tartar Sauce
(Mu)

Veggie

Meat Free Mains

Margherita Pizza with
Roasted Peppers
(G,Mk)

Vegan Meatballs in a
Tomato sauce
(So)

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

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

Green Onion,
Vegetable and
Chickpea Bubble and
Squeak

Veg

Extra Good

Coleslaw
(E)

Green Beans

Honey Roasted
Parsnips

Choose from our
delicious Salad Bar

Peas

Roasted Broccoli

Carrots

Cauliflower

Baked Beans

carbs

Fuel Food

Potato Wedges

50/50 Fusilli (G)

Roasted New
Potatoes

Beetroot and Garlic
Focaccia (G)

Chips

Dessert

Something Sweet

Yoghurt Topped with
Berry Puree
(Mk,So)

Oat Cookie
(G,E,Mk)

Fruit Jelly

Apple Cake with
Custard
(G,E,Mk)

Berry Flapjack
(G)

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

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Week 3

14/09/26, 05/10/26, 02/11/26,
23/11/26, 14/12/26

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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