

# Menu



Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

Happy Tums

Chicken and  
Vegetable Stir Fry  
(G,So)

Chicken Sausages  
(G,Su)

Sticky Jerk Chicken  
with Jerk Gravy

Pasta Bar:  
(Wholemeal Penne (G))  
Beef and Lentil  
Bolognese (G)  
Tomato Sauce

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

## Veggie

Meat Free Mains

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

Vegan Sausages  
(G)

Jerk Vegetables with  
Jerk Gravy 

Pasta Bar:  
(Wholemeal Penne (G))  
Roast Veg Sauce  
Tomato Sauce

Vegetable Fingers  
(G) 

## Veg

Extra Good

Cauliflower 

Cauliflower

Roasted  
Carrots 

Cabbage and Kale 

Peas

Broccoli

Sautee Green Beans

Coleslaw(Mu)

Roasted Sweetcorn

Baked Beans

## carbs

Fuel Food

Egg Noodles  
(G,E) 

Mashed Potato  
(Mk)

50/50 Rice and Peas

Potato and Turmeric  
Focaccia (G) 

Chips 

## Dessert

Something Sweet

Fresh Fruit  
Platter

Pear and Vanilla  
Topsy Turvy Cake  
(G,E)

Fruit Jelly  
Fresh Fruit  
Platter

Fresh Fruit  
Platter

Chocolate Cake  
(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, 2/09/26, 12/10/26,  
09/11/26, 30/11/26

## 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

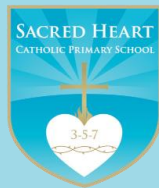
P = Peanuts

Se = Sesame Seeds

So = Soya

Su = Sulphur Dioxide

# Menu



Monday

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## Mains

Happy Tums

Beef Meatballs in a  
Tomato Sauce  
(G)

Chicken Enchilada in  
Tomato Sauce  
(G,Mk)

Roasted Sausage  
with Onion Gravy  
(G,Su)

Beef and Eat Curious  
Curry

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



## Veggie

Meat Free Mains

Vegan Meatballs in a  
Tomato sauce  
(So)

Tex Mex Smokey  
Bean and Vegetable  
Enchilada in a  
Tomato Sauce  
(G)

Vegetable Sausage  
with Onion Gravy  
(So)

Vegan Mince and Eat  
Curious Curry  
(So)

Vegetable Fingers(G)



## Veg

Extra Good

Green Beans

Mexican Sweetcorn

Carrots

Roasted Corn

Peas



Green Beans

Cauliflower

Broad Beans

Baked Beans

## carbs

Fuel Food

50/50 Fusilli (G)

Paprika Potato  
Wedges

Mashed Potato  
(Mk)

50/50 Rice

Chips



## Dessert

Something Sweet

Fresh Fruit  
Platter

Lemon Drizzle Cake  
(G,E)

Fruit Jelly  
Fresh Fruit  
Platter

Fresh Fruit  
Platter

Vanilla Ice Cream  
(Mk)  
Fresh Fruit  
Platter



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

Week 2

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

## Allergens

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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

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## Mains

Happy Tums

Beef Mince and Bean Tacos

Chicken and Eat Curious Curry

Roast Chicken with Gravy

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

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

## Veggie

Meat Free Mains

Vegan Mince and Bean Tacos Topped with Cheese  
(So)

Root Vegetable and Chickpea Curry



Vegetable Sausage with Onion Gravy  
(G)



Margherita Pizza with Roasted Peppers  
(G,Mk)

Vegetable Fingers(G)



## Veg

Extra Good

Choose from our delicious Salad Bar

Carrot



Green Beans

Honey Roasted Parsnips



Coleslaw  
(E)



Roasted Broccoli

Peas

Baked Beans

## carbs

Fuel Food

Beetroot & Garlic Focaccia (G)



50/50 Rice

New Potatoes



Potato Wedges



Chips



## Dessert

Something Sweet

Fresh Fruit Platter

Apple Cake  
(G,E)

Fruit Jelly  
Fresh Fruit Platter

Fresh Fruit Platter

Berry Flapjack  
(G)

*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 3

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

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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