

Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

Happy Tums

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

Margherita Focaccia
Pizza Slice
(G,Mk)

Sticky Jerk Chicken
with Jerk Gravy

Cottage Pie
Served with Gravy
(Mk)

Breaded Pollock
Fillets (F)

Veggie

Meat Free Mains

Macaroni and Cheese
with Pizza Sauce
(G,Mk,Mu)

Margherita Focaccia
Pizza Slice
(G,Mk)

Jerk Vegetables with
Jerk Gravy

Vegan Mince and
Vegetable Cottage
Pie Served with Gravy
(Mk,So)

Sweetcorn Pancake
with Salsa
(G,E,Mk)



Veg

Extra Good

Baby Carrots

Roasted Corn

Carrots

Green Beans

Peas

Roast Courgettes

Garden Salad

Roast Cauliflower

Cabbage

carbs

Fuel Food

Garlic and Rosemary
Bread
(G)

Potato Wedges

50/50 Rice and Peas

Parsnip and Potato
Mash
(Mk)

Skin on Chips



Dessert

Something Sweet

Fresh Fruit



Golden Syrup Sponge
and Custard
(G,E,Mk)

Fruit Jelly

Chocolate and
Orange Marble Cake
(G,E,Mk)

Natural Yoghurt
Or Fruit
(Mk,So)



Fresh Bread Served Daily. Due to circumstances we sometimes need to change the menus

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
03/09/26, 21/09/26
12/10/26

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

Classic
Beef Bolognese

Roasted Sausage
with Onion Gravy
(G,Su)

Margherita Focaccia
Pizza Slice
(G,Mk)

Chicken Enchilada in
Tomato Sauce
(G,Mk)

Fish Fingers
(G,F)



Veggie

Meat Free Mains

Vegan Mince
Bolognese
(So)

Vegetable Sausage
with Onion Gravy
(G)

Margherita Focaccia
Pizza Slice
(G,Mk)

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

Vegetable Fingers
(G)



Veg

Extra Good

Mixed Vegetables

Carrots

Cauliflower

Garden Salad with
Grated Carrot

Sweetcorn

Green Beans

Peas

carbs

Fuel Food

50/50 Whole Wheat
Fusili (G)
Garlic Bread (G)

Mashed Potato
(Mk)

Seasoned
Jacket Wedges

Savoury 50/50 Rice

Skin on Chips



Dessert

Something Sweet

Fresh Fruit



Hot Chocolate
Sponge with
Chocolate Custard
(G,E,Mk)

Fruit Jelly

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

Natural Yoghurt
Or Fruit
(Mk,So)



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Week 2

07/09/26, 28/09/26

19/10/26



Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

Happy Tums

Mild Chicken Curry

Beef Burger in a Bun
(G,So) M/C Se

Roast Chicken
Pieces with Gravy

Beef Meatballs in a
Tomato Sauce
(G)

Battered Pollock
Fillets (G,F)

Veggie

Meat Free Mains

Mild Vegetable Curry



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



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



Vegan Meatballs in a
Tomato sauce
(So)

Potato, Cheese &
Onion Pasty
(G,E,Mk)

Veg

Extra Good

Carrots

Sweet Corn

Carrots



Green Beans

Peas

Garden Peas

Roast Courgettes



Broccoli

Cauliflower

carbs

Fuel Food

Turmeric 50/50 Rice

Jacket Wedges



Roast New Potatoes



50/50 Fusilli (G)

Skin on Chips



Dessert

Something Sweet

Fresh Fruit

Beetroot Chocolate
Brownie
(G,E)

Fruit Jelly

Sticky Toffee with
Hot Fudge Sauce
(G,E,Mk)

Natural Yoghurt
Or Fruit
(Mk,So)



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Week 3

14/09/26, 05/10/26

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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