

# Menu



Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

Happy Tums

Macaroni and Cheese  
with Beef Bolognaise  
(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 Bolognaise

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  
Bolognaise  
(So)

Vegetable Sausage  
with Onion Gravy  
(So)

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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Gluten

L = Lupin

Mk = Milk

Mo = Molluscs

Mu = Mustard

N = Nuts

P = Peanuts

Se = Sesame Seeds

So = Soya

Su = Sulphur Dioxide