

# Menu



Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

Happy Tums

Pepperoni Pizza  
Slice  
(G,Mk)

Chicken and  
Vegetable Stir Fry  
(G,So)

Roast Chicken  
with Gravy

Pasta Bar:  
50/50 Penne (G)  
Mince Beef Bolognaise  
Tomato Sauce

Fish Fingers  
(G,F)

## Veggie

Meat Free Mains

Margherita Pizza  
Slice  
(G,Mk)

Vegetable and  
chickpea stir fry  
(G,So)

Honey  
Vegetable Bake

Pasta Bar:  
50/50 Penne (G)  
Tomato Sauce

Tomato and Cheese  
Quiche  
(G,Mk,E)

## Veg

Extra Good

Sweetcorn  
Baked Beans

Cauliflower

Roasted  
Carrots

Cabbage and Kale

Peas

## carbs

Fuel Food

Potato Wedges

Egg Noodles  
(G,E)

Roast Potato

Garlic Bread  
(G,Mk,So)

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

Fresh fruit platter

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,  
16/11/26, 07/12/26

## 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

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Thursday

Friday

## Mains

Happy Tums

Macaroni with Beef Bolognese  
(G)

Chicken Enchilada  
in Tomato Sauce  
(G,Mk)

Roasted Sausage  
with Onion Gravy  
(G,Su)

Beef Mince and  
Bean Tacos  
(G,Mk,So)

Fish Fingers  
or  
Salmon Fish  
Fingers  
(G,F)



## Veggie

Meat Free Mains

Macaroni and Cheese  
(G,Mk)

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

Vegetable Sausage  
with Onion Gravy  
(So)

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

Vegetable Fingers  
(G)



## Veg

Extra Good

Carrots



Mexican Sweetcorn

Savoy Cabbage



Mixed Vegetables

Peas

Broccoli

Green Beans

Cauliflower

Baked Beans

## carbs

Fuel Food

Garlic Bread (G,Mk,So)

Paprika Potato  
Wedges

Mashed Potato  
(Mk)

Garlic Bread  
(Mk,So,G)

Chips



## Dessert

Something Sweet

Yoghurt with Mango Puree  
(Mk,So)

Fruit Jelly

Orange Drop  
Cookie  
(G,E,Mk)

Fresh Fruit

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,  
23/11/23, 14/12/26

## Allergens

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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

Pork sausage in a hot dog roll  
(G,Su,So,Se)

Sweet and sour Chicken  
(G,So)

Roast Chicken

Savoury Minced Beef Served with Gravy

Fish Fingers  
(G,F)

## Veggie

Meat Free Mains

Vegetable Sausage in a hot dog roll  
(G,So,Se)

Sweet and sour Vegetables  
(G,E) 

Potato, Cheese and Onion Slice  
(G,E,Mk)

Savoury Vegetarian Mince Served with Gravy  
(Ce,So,G)

Vegetable Finger  
(G)

## Veg

Extra Good

Sweetcorn



Carrot

Honey Roasted Parsnips



Mixed Vegetables

Peas

Broccoli

Green Beans

Baked Beans

## carbs

Fuel Food

Potato Wedges



50/50 Rice

Roast Potatoes

Mash Potato  
(Mk)

Chips



## Dessert

Something Sweet

Yoghurt Topped with Berry Puree  
(Mk,So)

Oat Cookie  
(G,E,Mk)

Fruit Jelly

Fresh Fruit

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, 09/11/26,  
30/11/26

## Allergens

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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