

Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

Happy Tums

Barbeque Chicken
Pizza Slice
(G,Mk)

Beef and Bean Tacos

Sticky Jerk Chicken
with Jerk Gravy

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

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

Veggie

Meat Free Mains

Margherita Pizza Slice
(G,Mk)

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

Jerk Vegetables with
Jerk Gravy

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)

Choose from our
delicious Salad Bar

Roasted
Carrots

Broad Beans

Cabbage and Kale

Roasted Sweetcorn

Peas

Baked Beans

carbs

Fuel Food

Potato Wedges

Rosemary Focaccia
(G)

50/50 Rice and Peas

Garlic Focaccia (G)

Chips

Dessert

Something Sweet

Yoghurt Topped with
Berry Puree
(Mk,So)

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

Fruit Jelly

Ginger and Sunflower
Seed Flapjack
(G)

Italian Lemon Cookie
(G,E,Mk)



Halal Options, 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

31/08/2026, 28/09/2026,
02/11/2026 and 30/11/2026

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

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

Chicken and Bean Tacos

Roasted Sausage with Onion Gravy (G,Su)

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

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)

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

Vegetable Sausage with Onion Gravy (So)

Vegan Mince 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

Choose from our delicious Salad Bar

Carrots

Cauliflower

Mixed Vegetables

Peas

Baked Beans

carbs

Fuel Food

Garlic and Herb Focaccia (G)

Rosemary Focaccia (G)

Mashed Potato (Mk)

Select from our delicious Salad Bar

Waffle Fries

Dessert

Something Sweet

Yoghurt with Mango Puree (Mk,So)

Orange Cookie (G,E,Mk)

Fruit Jelly

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

Vanilla Ice Cream (Mk)



Halal Options, 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 2

07/09/2026, 05/10/2026,
09/11/2026 and 07/12/2026

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

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

Beef and Bean Tacos

Baked Chicken with
Gravy

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

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

Veggie

Meat Free Mains

Margherita Pizza with
Roasted Peppers
(G,Mk)

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

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

Vegan Sausage Roll
(G,So)

Bubble and Squeak


Veg

Extra Good

Coleslaw
(E) 

Choose from our
delicious Salad Bar

Honey Roasted
Parsnips 

Cauliflower

Peas

Roasted Broccoli

Broccoli

Baked Beans

carbs

Fuel Food

Potato Wedges 

Garlic Focaccia (G)

New Potatoes 

Mashed Potato
(Mk)

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)



Halal Options, 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

14/09/2026, 12/10/2026,
16/11/2026 and 14/12/2026

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

Chicken and
Vegetable Stir Fry
(G,So)



Lamb and Bean
Tacos

Roast Chicken with
Gravy

Beef Curry

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

Veggie

Meat Free Mains

Vegetable and
Chickpea Stir Fry
(G,So)



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

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



Vegan Curry
(So)

Vegetable Fingers
(G) with Tartar
Sauce (Mu)

Veg

Extra Good

Cauliflower

Broccoli

Choose from our
delicious Salad Bar

Parsnips

Carrots



Roasted Corn

Broad Beans

Peas

Baked Beans

carbs

Fuel Food

Egg Noodles (G,E)

Garlic Focaccia (G)

New Potatoes



50/50 Rice

Waffle Fries



Dessert

Something Sweet

Yoghurt Topped with
Berry Puree
(Mk,So)

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



Fruit Jelly

Oat and Raisin
Cookie
(G,E,Mk)

Vanilla Ice Cream
(Mk)



Halal Options, 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 4

21/09/2026, 19/10/2026
and 23/11/2026

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