

Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

Happy Tums

Margherita Pizza
(G,Mk)

Veggie Sausage Roll
(G,E)

Jerk Vegetables
With Gravy

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

Curried Carrot and
Chickpea Curry
(G,Mk)

Veggie

Meat Free Mains

Roast Vegetable and
Basil Pizza
(G,Mk)

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

Sticky Jerk Chicken
with Jerk Gravy

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

Breaded Pollock
Fillets (F,E) with
Tartar Sauce (Mk)

Veg

Extra Good

Celeriac Coleslaw
(C,E,Mu,So,Su)
Roasted Broccoli with
Edamame Beans (So)

Cauliflower
Sautee Green Beans

Roasted
Carrots

Broad Beans

Cabbage and Kale

Roasted Sweetcorn

Peas

Baked Beans

carbs

Fuel Food

Potato Wedges

Mashed Potato
(Mk)

50/50 Rice and Peas

Potato and Turmeric
Focaccia (G)

Chips

Dessert

Something Sweet

Italian Lemon
Cookies
(G,Mk,E)

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

Fruit Jelly

Ginger and Sunflower
Seed Flapjack
(G)

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

3rd Sep, 21st Sep,
12th Oct, 9th Nov, 30th Nov

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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Friday

Mains

Happy Tums

Veggie Mince Pasta
Bolognese
(G,So)

Beef Meatballs with
Tomato Sauce
(G)

Roasted Sausage
with Onion Gravy
(G,Su)

Lamb Mince and
Vegetable 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 Meatball with
Tomato Sauce
(So)

Vegetable Sausage
with Onion Gravy
(So)

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

Vegetable Fingers (G)
with Tartar sauce
(Mu)

Veg

Extra Good

Coleslaw
(E)

Green Beans

Carrots

Mixed Vegetables

Peas

Broccoli

Carrots

Cauliflower

Baked Beans

carbs

Fuel Food

Garlic and Herb
Focaccia (G)

Paprika Potato
Wedges

Mashed Potato (Mk)

Select from our
delicious Salad Bar

Chips

Dessert

Something Sweet

Vanilla Ice Cream
(Mk)

Orange Drop Cookie
(G,E,Mk)

Fruit Jelly

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

Vanilla Ice Cream
(Mk)

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Week 2

7th Sep, 28th Sep, 19th
Oct, 16 Nov, 7th Dec

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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

Margherita Pizza
(G,Mk)

Mild Root Vegetable
And Chickpea Curry

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

Julienne Veg Spinach
& Chickpea Stir Fry
(G,So)

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

Veggie

Meat Free Mains

Margherita Pizza
with Roasted
Peppers
(G,Mk)

Lamb Mince and Eat
Curious Curry

Accent Baked
Chicken with Gravy

Chicken Stir Fry
With Spinach
(G,So)

Green Onion,
Vegetable and
Chickpea Bubble and
Squeak

Veg

Extra Good

Coleslaw
(E)

Carrot

Honey Roasted
Parsnips

Cauliflower
Sweetcorn

Peas

Roasted Broccoli

Green Beans

Baked Beans

carbs

Fuel Food

Potato Wedges

50/50 Rice

New Potatoes

Steamed Noodles
(G)

Chips

Dessert

Something Sweet

Berry Flapjack
(G)

Chocolate Marble
Cake
(G,E,Mk)

Fruit Jelly

Apple Cake with
Custard
(G,E,Mk)

Fresh Fruit Platter
Yoghurt (Mk,So)

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Week 3

14th Sep, 5th Oct, 2nd
Nov, 23rd Nov, 14th, Dec

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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