

Breakfast



Monday

Tuesday

Wednesday

Thursday

Friday

Cereals

Weetabix, Corn Flakes and Rice Krispies (G)

Semi-Skimmed Milk and Milk Alternatives

Mains

American Style
Pancakes with
Toppings
(G,Mk,E)

Sausage Bap
(G,Su)

Fruit Kebab

Pain Au
Chocolate
(G,Mk,So)

Bacon Roll
(G)

Bread Basket

Toast (G,So), Jam, Honey and Marmite

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

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

Breakfast



Monday

Tuesday

Wednesday

Thursday

Friday

Cereals

Weetabix, Corn Flakes and Rice Krispies (G)

Semi-Skimmed Milk and Milk Alternatives

Mains

Sausage Bap
(G,Su)

American style
Pancakes with
Toppings
(G,Mk,E)

Pain Au
Chocolate
(G,Mk,So)

Bacon Roll
(G)

Fruit Salad

Bread Basket

Toast (G,So), Jam, Honey and Marmite

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Week 2

07/09/26, 28/09/26, 19/10/26,
06/11/26, 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

Breakfast



Monday

Tuesday

Wednesday

Thursday

Friday

Cereals

Weetabix, Corn Flakes and Rice Krispies (G)

Semi-Skimmed Milk and Milk Alternatives

Mains

Pain Au
Chocolate
(G,Mk,So)

Fruit Salad

Sausage Bap
(G,Su)

American style
Pancakes with
Toppings
(G,Mk,E)

Bacon Roll
(G)

Bread Basket

Toast (G,So), Jam, Honey and Marmite

Autumn Rooting for Our Planet

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Week 3

14/09/26, 05/10/26, 02/11/26,
23/11/26, 14/12/26

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