

Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

Happy Tums

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

Chicken Enchilada in
Tomato Sauce
(G,Mk)

Roasted Pork
Sausage with Onion
Gravy
(G,Su)

Beef and Eat Curious
Curry

Breaded Pollock
Fillets **(F)** with Tartar
Sauce **(Mu)**

Veggie

Meat Free Mains

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

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

Vegetable Sausage
with Onion Gravy
(So)

Vegan Mince and Eat
Curious Curry
(So)

Curried Carrot and
Chickpea Patty
(G,Mk) 

Veg

Extra Good

Cabbage and Kale

Mexican Sweetcorn

Carrots 

Roasted Corn 

Peas

Roasted Sweetcorn

Green Beans

Cauliflower

Broad Beans

Baked Beans

carbs

Fuel Food

Potato and Turmeric
Focaccia **(G)** 

Paprika Potato
Wedges 

Mashed Potato **(Mk)**

50/50 Rice 

Chips 

Dessert

Something Sweet

Fruit Platter

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

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

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

Wednesday

Thursday

Friday

Mains

Happy Tums

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

Beef Meatballs in a
Tomato Sauce
(G)

Roast Chicken with
Gravy

Beef 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

Margherita Pizza with
Roasted Peppers
(G,Mk)

Vegan Meatballs in a
Tomato sauce
(So)

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

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

Parsnips

Mixed Vegetables

Peas

Roasted Broccoli

Carrots

Carrots

Baked Beans

carbs

Fuel Food

Potato Wedges

50/50 Fusilli (G)

New Potatoes

Select from our
delicious Salad Bar

Chips

Dessert

Something Sweet

Strawberry Fool
(Mk)

Orange Drop Cookie
(G,E,Mk)

Fruit Jelly

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

Vanilla Ice Cream
(Mk)

Jacket Potatoes, Salad Bar, Cold Desserts and Fresh Fruit Platters available daily.

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Week 2

02/11/26, 23/11/26, 14/12/26

Allergens

Please note the allergens shown within these menus are subject to change.

Ce = Celery

F = Fish

L = Lupin

Mu = Mustard

Se = Sesame Seeds

Cr = Crustacean

G = Cereals containing

Mk = Milk

N = Nuts

So = Soya

E = Eggs

Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide

Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

Happy Tums

Macaroni and Cheese
(G,Mk,Mu)

Beef Mince and Bean Tacos

Accent Baked Chicken with Gravy

Chicken and Vegetable Stir Fry
(G,So)

Pollock Fillets (F,E)
Served 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) 

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

Soya Julienne Root Vegetable and Chickpea Stir Fry
(G,So) 

Green Onion, Vegetable and Chickpea Bubble and Squeak 

Veg

Extra Good

Coleslaw (E) 

Choose from our delicious Salad Bar

Honey Roasted Parsnips 

Cauliflower

Peas

Broccoli

Broccoli

Baked Beans

carbs

Fuel Food

Garlic and Herb Focaccia (G)

Beetroot and Garlic Focaccia (G) 

New Potatoes 

Egg Noodles (G,E)

Chips 

Dessert

Something Sweet

Fruit Platter

Oat Cookie (G,E,Mk)

Fruit Jelly

Apple Cake (G,E,Mk)

Berry Flapjack (G)

Jacket Potatoes, Salad Bar, Cold Desserts and Fresh Fruit Platters available daily.

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Week 3

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