

Menu



Mains

Happy Tums

Monday	Tuesday	Wednesday	Thursday	Friday
Pepperoni Pizza Slice (G,Mk)	Cumberland Sausages (G,Su)	Roast Chicken with Gravy (Free of the Top14 allergens)	Penne Pasta with Beef Bolognaise (G)	Fish Fingers (G,F) Or Salmon Fish Fingers (G,F)

Veggie

Meat Free Mains

Margherita Pizza Slice (G,Mk)	Vegetarian Sausages (G,So)	Vegetarian Sausages (G,So)	Penne Pasta Tomato Sauce (G)	Cheddar Cheese Frittata (G,E,Mk)
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Veg

Extra Good

Cucumber Slices	Carrot Batons Green Beans 	Steamed Carrots Sweetcorn	Sweetcorn Steamed Savoy Cabbage and Kale	Garden Peas Baked Beans
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Carbs

Fuel Food

Cous Cous (G) (May Contain Mu,So)	Oven Roasted Potato Wedges	Roasted New Potatoes 	Penne Pasta (G)	Chips
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Jackets/ Pasta

Jacket Potato with Tuna Mayonnaise (E,F) Penne Pasta (G)	Jacket Potato with Baked Beans or Cheese(Mk) Penne Pasta (G)	Jacket Potato with Baked Beans or Cheese(Mk) Penne Pasta (G)	Jacket Potato with Baked Beans or Cheese(Mk) Penne Pasta (G)	Jacket Potato with Baked Beans or Cheese(Mk) Penne Pasta (G)
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Dessert

Something Sweet

Sliced Fresh Fruit Natural Yoghurt (Mk)	Sliced Fresh Fruit Natural Yoghurt (Mk)	Sliced Fresh Fruit Natural Yoghurt (Mk)	Sliced Fresh Fruit Chocolate Brownie and Custard (Mk,E,G)	Sliced Fresh Fruit Natural Yoghurt (Mk)
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Salad Bar 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!

31/8/26, 14/9/26, 28/9/26,
12/10/26, 2/11/26, 16/1/26,
30/11/26, 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

Menu



Mains

Happy Tums

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese with a Basil Crumb (G,Mk,So)	Chicken Str Fry (G,So)	Cumberland Sausages (G,Su)	Beef Cottage Pie, Served with Gravy (Mk)	Fish Fingers (G,F) Or Salmon Fish Fingers (G,F)

Veggie

Meat Free Mains

Accent Tomato and Basil Sauce with Penne Pasta (G)	Vegetable Stir Fry (G,So)	Vegetarian Sausages (G,So)	Vegan Mince and Vegetable Cottage Pie Served with Gravy (Mk,So)	Cheddar Cheese Frittata (G,E,Mk)
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Veg

Extra Good

Sliced Cucumber	Sweetcorn Steamed Green Beans	Garden Peas Sweetcorn	Carrots Sliced Cucumber 	Baked Beans Garden Peas
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Carbs

Fuel Food

Garlic and Herb Slice (G) (May Contain Mk,So)	Egg Noodles (E,G)	Roast Potatoes 	Select from our delicious Salad Bar	Chips
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Jackets/ Pasta

Jacket Potato with Tuna Mayonaise (E,F) Penne Pasta (G)	Jacket Potato with Baked Beans or Cheese(Mk) Penne Pasta (G)	Jacket Potato with Baked Beans or Cheese(Mk) Penne Pasta (G)	Jacket Potato with Baked Beans or Cheese(Mk) Penne Pasta (G)	Jacket Potato with Baked Beans or Cheese(Mk) Penne Pasta (G)
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Dessert

Something Sweet

Sliced Fresh Fruit Natural Yoghurt (Mk)	Sliced Fresh Fruit Natural Yoghurt (Mk)	Sliced Fresh Fruit Natural Yoghurt (Mk)	Sliced Fresh Fruit Carrot Cake(Mk,E,G)	Sliced Fresh Fruit Natural Yoghurt (Mk)
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7/9/26, 21/9/26, 5/10/26,
19/10/26, 9/11/26, 23/11/26,
7/12/26,

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