

Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

Halal Pepperoni Pizza Slice (G,Mk,Mu,So)	Beef Meatballs in a Tomato Sauce (G)	Sticky Jerk Chicken with Jerk Gravy	Beef Mince and Bean Tacos (G)	Fish Fingers (G,F,Mu) or Salmon Fish Fingers (G,F) with Tartar Sauce (Mu)
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Veggie

Meat Free Mains

Margherita Pizza Slice (G,Mk)	Vegan Meatballs in a Tomato sauce (So)	Jerk Vegetables with Jerk Gravy	Vegan Mince and Bean Tacos Topped with Cheese (Mk,So,G)	Vegetable Fingers (G) with Tartar sauce (Mu)
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Veg

Extra Good

Sweetcorn Roasted Broccoli with Edamame Beans (So)	Green Beans	Roasted Carrots	Celeriac Coleslaw (G,E,Mu,So,Su) Choose from our delicious Salad Bar	Peas Baked Beans
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Carbs

Fuel Food

Potato Wedges	50/50 Fusilli (G)	50/50 Rice and Peas	Beetroot and Garlic Focaccia (G)	Chips
Fruit Platter or Topped Yoghurt (Mk,So)	Pear and Vanilla Topsy Turvey Cake with Custard (G,E,Mk,So)	Fresh Fruit or Cheese and Crackers (G,Mk)	Fruit Platter or Topped Yoghurt (Mk,So)	Fruit Platter or Topped Yoghurt (Mk,So)

Dessert

Something Sweet

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

Week 1

Allergens

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

07/09/26, 28/09/26, 19/10/26,
16/11/26, 07/12/26

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals containing
Gluten

L = Lupin
Mk = Milk
Mo = Molluscs
P = Peanuts

Mu = Mustard
N = Nuts
Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

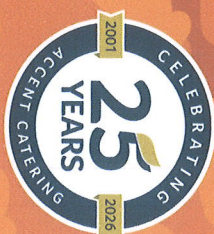
Autumn Rooting for Our Planet

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!

Menu



Monday

Tuesday

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Friday

Mains

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

Chicken Enchilada in Tomato Sauce (G,Mk)

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

Roasted Chicken Sausage with Onion Gravy (G,Su)

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

Veggie

Macaroni and Cheese with Pizza Sauce (G,Mk,Mu)

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

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

Vegetable Sausage with Onion Gravy (So)

Vegetable Fingers (G)

Veg

Coleslaw (E)

Mexican Sweetcorn

Mixed Vegetables

Carrots

Peas

Broccoli

Green Beans

Cauliflower

Baked Beans

Carbs

Garlic and Herb Focaccia (G)

Paprika Potato Wedges

Select from our delicious Salad Bar

Mashed Potato (Mk)

Chips

Dessert

Fruit Platter or Topped Yoghurt (Mk,So)

Berry Flapjack (G)

Fresh Fruit or Cheese and Crackers (G,Mk)

Fruit Platter or Topped Yoghurt (Mk,So)

Fruit Platter or Topped Yoghurt (Mk,So)

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

Week 2

Allergens

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

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

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Gluten

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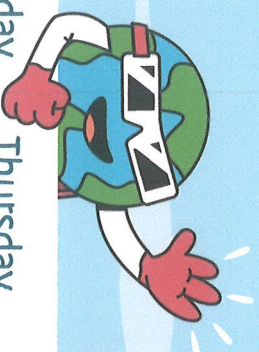


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Rooting for Our Planet

Autumn
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.

Menu



Monday

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Friday

Mains

Happy Tums

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

Beef Mince and Eat
Curious Curry

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

Accent Baked
Chicken with Gravy

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)

Root Vegetable and
Chickpea Curry

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

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

Green Onion,
Vegetable and
Chickpea Bubble and
Squeak

Veg

Extra Good

Coleslaw
(E)

Carrot

Cabbage and Kale

Honey Roasted
Parsnips

Peas

Roasted Broccoli

Green Beans

Roasted Sweet

Baked Beans

Carbs

Fuel Food

Potato Wedges

50/50 Rice

Potato and Turnip
Focaccia (G)

New Potatoes

Chips

Dessert

Something Sweet

Fruit Platter
or
Topped Yoghurt
(Mk,So)

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

Fresh Fruit or
Cheese and
Crackers
(G,Mk)

Fruit Platter
or
Topped Yoghurt
(Mk,So)

Fruit Platter
or
Topped Yoghurt
(Mk,So)

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

Week 3

21/09/26, 12/10/26, 09/11/26,
30/11/26

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