

# Menu



## Mains

Happy Tums

### Monday

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

### Tuesday

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

### Wednesday

Sticky Jerk Chicken  
with Jerk Gravy

### Thursday

Lamb and Eat  
Curious Curry

### Friday

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

## Veggie

Meat Free Mains

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

Vegan Sausage Roll  
(G,So)

Jerk Vegetables with  
Jerk Gravy

Vegan Mince and Eat  
Curious Curry

Curried Carrot and  
Chickpea Patty  
(G,Mk)

## Veg

Extra Good

Cabbage and Kale

Cauliflower

Roasted  
Carrots

Roasted Corn

Peas

Roasted Sweetcorn

Sautee Green Beans

Broad Beans

Broad Beans

Baked Beans

## carbs

Fuel Food

Mashed Potato  
(Mk)

50/50 Rice and Peas

50/50 Rice

Chips

## Dessert

Something Sweet

Yoghurt Topped with  
Berry Puree  
(Mk,So)

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

Fruit Jelly

Ginger and  
Sunflower Seed  
Flapjack  
(G)

Fruit and Jelly

*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

WC 31<sup>st</sup> Aug, 21<sup>st</sup> Sept, 12<sup>th</sup>  
Oct, 9<sup>th</sup> Nov, 30<sup>th</sup> 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



## Mains

Happy Tums

Monday

Macaroni and Cheese  
(G,Mk)

Tuesday

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

Wednesday

Roasted Sausage with Onion Gravy  
(G,Su)

Thursday

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

Friday

Fish Fingers (G,F,Mu) or Salmon Fish Fingers (G,F) with Tartar Sauce (Mu)

## Veggie

Meat Free Mains

Macaroni and Cheese  
(G,Mk)

Margherita Pizza  
(G,Mk)

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)

Sweetcorn

Carrots

Mixed Vegetables

Peas

Broccoli

Peas

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

Yoghurt with Mango Puree  
(Mk,So)

Orange Drop Cookie  
(G,E,Mk)

Fruit Jelly

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

Fruit Jelly

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

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Look for this logo to find Captain Earth's tasty dishes!

Week 2

WC 7<sup>th</sup> Sept, 28<sup>th</sup> Sept, 19<sup>th</sup> Oct, 16<sup>th</sup> Nov, 7<sup>th</sup> Dec

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Se = Sesame Seeds

So = Soya

Su = Sulphur Dioxide

# Menu



Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

Happy Tums

Vegetable Stir Fry  
(G,So)

Beef Meatballs in a  
Tomato Sauce  
(G)

Accent Baked  
Chicken with Gravy

Lamb Mince and  
Bean Tacos

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

## Veggie

Meat Free Mains

Vegetable Stir Fry  
(G,So)

Vegan Meatballs in a  
Tomato Sauce  
(so)

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

Vegan Mince and  
Bean Tacos Topped  
with Cheese  
(Mk,So)

Vegetable Fingers  
(G)

## Veg

Extra Good

Cauliflower 

Carrot 

Honey Roasted  
Parsnips 

Choose from our  
delicious Salad Bar

Peas

Broccoli

Green Beans

Baked Beans

## carbs

Fuel Food

Egg Noodles  
(G,E)

50/50 Fusilli  
(G)

New Potatoes 

Beetroot and Garlic  
Focaccia (G) 

Chips 

## Dessert

Something Sweet

Yoghurt Topped with  
Berry Puree  
(Mk,So)

Oat Cookie  
(G,E,Mk)

Fruit Jelly

Apple Cake with  
Custard  
(G,E,Mk)

Fruit and Jelly

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Week 3

WC 14<sup>th</sup> Sept, 5<sup>th</sup> Oct, 2<sup>nd</sup>  
Nov, 23<sup>rd</sup> Nov, 14<sup>th</sup> Dec

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N = Nuts

P = Peanuts

Se = Sesame Seeds

So = Soya

Su = Sulphur Dioxide