

After School Menu



Mains
Happy Tums

Smokey Butter Chicken Masala with Rice
Mac'n'Cheese with Garlic Bread
Chicken with Roast Potatoes & Gravy
Lamb Eat Curious Keema Burrito Bowl
Selection of Sandwiches & Nachos

Veggie
Meat Free Mains

Smokey Tofu Makhani with Rice
Mac'n'Cheese with Garlic Bread
Vegan Red Lentil Sage & Onion Sausage Roll with Roast Potatoes & Gravy
Eat Curious Veggie Keema Burrito Bowl
Selection of Sandwiches & Nachos

Dessert
Something Sweet

Chocolate Streusel Cake
Vanilla Muffins
Vegan Jelly
Lemon & Blueberry Sponge
Fruit Platter

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

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

After School Menu



Mains

Happy Tums

Selection of Sandwiches & Nachos

Margherita
Pizza with Wedges

Jacket Potato with Fillings

Beef Bolognaise with Penne Pasta

Fish Fingers with Chips

Selection of Sandwiches & Nachos

Veggie

Meat Free Mains

Jacket Potato with Fillings

Margherita
Pizza with Wedges

Vegetable Bolognaise with Pasta

Vegetable Fingers with Chips

Selection of Sandwiches & Nachos

Dessert

Something Sweet

Brownie

Chocolate Cake

Jelly

Carrot Cake

Fruit Platter

Monday Tuesday Wednesday Thursday Friday

Autumn

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Week 2

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 Milk = Milk N = Nuts So = Soya
E = Eggs Mo = Molluscs P = Peanuts Su = Sulphur Dioxide

After School Menu



Mains
Happy Tums

Veggie
Meat Free Mains

Dessert
Something Sweet

Monday	Tuesday	Wednesday	Thursday	Friday
Smokey Portuguese Meatballs Feijoada with Penne Pasta	Beef Chilli Con Carne with Rice	Sausage Rolls with Wedges	Sticky Hoi-Sin Chicken Stir-Fry with Noodles	Selection of Sandwiches & Nachos
Veggie Meatballs Feijoada with Penne Pasta	Eat Curious & 5 bean Chilli with Rice	Vegetarian Sausage Rolls with Wedges	Sticky Hoi-Sin Eat Curious Stir-Fry with Noodles	Selection of Sandwiches & Nachos
Lemon Cake	Apple Cake	Jelly	Banana cake	Fruit Platter

Autumn

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Week 3

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

Ce = Celery	F = Fish	Lu = Lupin	Mu = Mustard	Se = Sesame Seeds
Cr = Crustacean	G = Cereals containing Gluten	Mk = Milk	N = Nuts	So = Soya
E = Eggs		Mo = Molluscs	P = Peanuts	Su = Sulphur Dioxide