

After School Menu



Mains

Happy Tums

Monday

Freshly Baked
Baguettes **(G)** with a
Filling of Grated
Cheese **(Mk)** or Tuna
Mayonnaise **(E,F)**

Tuesday

Seasoned Chicken in a
Crispy Taco Shell

Seasoned Vegetable
in a Crispy Taco Shell

Wednesday

Margherita Focaccia
Pizza
(G,Mk,E)

Thursday

Chicken Hot Dog with
Tomato Ketchup
(G,Se,So)

Vegetable Sausage
Hot Dog with Tomato
Ketchup
(G,Se,So)

Friday

Roasted Vegetable &
Mozzarella
Quesadilla
(G,Mk)

Dessert

Something Sweet

Yoghurt
Selection of Fruit

Yoghurt
Selection of Fruit

Yoghurt
Selection of Fruit

Yoghurt
Selection of Fruit

Yoghurt
Selection of Fruit

Daily

Available
Everyday

Selection of Salads

Selection of Salads

Selection of Salads

Selection of Salads

Selection of Salads

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 A

07/09/26, 05/10/28,
09/11/26, 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

After School Menu



Mains

Happy Tums

Chicken Burger in a
Soft Bun **(G,Se)**
or
Vegetable Burger in a
Soft Bun **(G,Se)**

Cheese & Potato Puff
Pastry
(G,Mk)

Stir Fry Chicken
Noodles **(G,E,So)**
or
Vegetable Stir Fry
Noodles **(G,E,So)**

French Bread Pizza
(G,Mk)

Penne Pasta **(G)** with a
Basil & Tomato Sauce

Dessert

Something Sweet

Yoghurt
Selection of Fruit

Yoghurt
Selection of Fruit

Yoghurt
Selection of Fruit

Yoghurt
Selection of Fruit

Yoghurt
Selection of Fruit

Daily

Available
Everyday

Selection of Salads

Selection of Salads

Selection of Salads

Selection of Salads

Selection of Salads

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Week B

14/09/26, 12/10/26, 16/11/26,
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

After School Menu



Mains

Happy Tums

Penne Pasta with
Cheese Sauce
(G,Mk)

Freshly Baked
Baguette with Grated
Cheese (G,Mk,So) or
Tuna Mayo (E,F)

Margherita Pizza
(G,Mk)

Seasoned Chicken with
a Crispy Taco Shell
or
Seasoned Vegetables
in a Crispy Taco Shell

Roasted Vegetable &
Mozzarella Quesadilla
(Mk, G)

Dessert

Something Sweet

Yoghurt
Selection of Fruit

Yoghurt
Selection of Fruit

Yoghurt
Selection of Fruit

Yoghurt
Selection of Fruit

Yoghurt
Selection of Fruit

Daily

Available
Everyday

Selection of Salads

Selection of Salads

Selection of Salads

Selection of Salads

Selection of Salads

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Week C

28/09/26, 02/11/26,
30/11/26

Allergens

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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

Monday

French Bread Pizza
(G,Mk,E)

Tuesday

Penne Pasta
Tomato and Basil

Wednesday

Cheese & Potato Puff
Pastry
(G,Mk)

Thursday

Stir Fry Chicken
Noodles
(G,E,So)

Vegetable Stir Fry
Noodles (G,E,So)

Friday

Chicken Burger
(G,So,Se)

Dessert

Something Sweet

Yoghurt
Selection of Fruit

Yoghurt
Selection of Fruit

Yoghurt
Selection of Fruit

Yoghurt
Selection of Fruit

Yoghurt
Selection of Fruit

Daily

Available
Everyday

Selection of Salads

Selection of Salads

Selection of Salads

Selection of Salads

Selection of Salads

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Week D

05/10/26, 02/11/26,
30/11/26

Allergens

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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