

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 **(Mk,So)**
Selection of Fruit

Yoghurt **(Mk,So)**
Selection of Fruit

Yoghurt **(Mk,So)**
Selection of Fruit

Yoghurt **(Mk,So)**
Selection of Fruit

Yoghurt **(Mk,So)**
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

31/08/26, 28/09/28,
02/11/26, 30/11/26

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 **(Mk,So)**
Selection of Fruit

Yoghurt **(Mk,So)**
Selection of Fruit

Yoghurt **(Mk,So)**
Selection of Fruit

Yoghurt **(Mk,So)**
Selection of Fruit

Yoghurt **(Mk,So)**
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

07/09/26, 05/10/26, 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

Monday	Tuesday	Wednesday	Thursday	Friday
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,E)	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 (Mk,So) Selection of Fruit	Yoghurt (Mk,So) Selection of Fruit	Yoghurt (Mk,So) Selection of Fruit	Yoghurt (Mk,So) Selection of Fruit	Yoghurt (Mk,So) Selection of Fruit
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Daily

Available Everyday

Selection of Salads	Selection of Salads	Selection of Salads	Selection of Salads	Selection of Salads
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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 C

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

Monday
French Bread Pizza
(G,Mk,E)

Tuesday
Penne Pasta
Tomato and Basil
(G)

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 (Mk,So)
Selection of Fruit

Yoghurt (Mk,So)
Selection of Fruit

Yoghurt (Mk,So)
Selection of Fruit

Yoghurt (Mk,So)
Selection of Fruit

Yoghurt (Mk,So)
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

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Week D

21/09/26, 19/10/26, 23/11/26

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