

Menu



Twickenham
PRIMARY ACADEMY



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

Happy Tums

Barbeque Chicken
Pizza Slice
(G,Mk)

Mild Beef Mince
Keema Curry

Mild Sticky Jerk
Chicken with Mild
Jerk Gravy

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

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

Veggie

Meat Free Mains

Margherita Pizza Slice
(G,Mk)

Mild Root Vegetable
and Chickpea Keema
Curry

Mild Jerk Vegetables
with Mild Jerk Gravy

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

Curried Carrot and
Chickpea Patty
(G,Mk)

Veg

Extra Good

Celeriac Coleslaw
(Ce,E,Mu,So,Su)
Roasted Broccoli with
Edamame Beans (So)

Carrot Batons
Cut Green beans

Roasted
Carrots
Broad Beans

Braised Cabbage
and Kale
Roasted Sweetcorn

Peas
Baked Beans

carbs

Fuel Food

Skin on Potato
Wedges

50/50 Rice

50/50 Rice and Peas

Potato and Turmeric
Focaccia (G)

Skin on 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

Jamaican Ginger
Cake with Orange
Frosting
(G,E,Mk)

Italian Lemon Cookie
(G,E,Mk)

Jacket Potatoes, Salad Bar, Cold Desserts and Fresh Fruit Platter 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

31/8/26, 21/9/26, 12/10/26,
2/11/26, 23/11/26, 7/12/26

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

Menu



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Monday

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Mains

Happy Tums

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

Cumberland Pork Sausage with Red Onion Gravy
(G,Su)

Roast Chicken Thigh
Served with gravy

Beef Mince and Buffalo Bean Tacos

Breaded pollock Fillets (F,E) Served with Home Made Tartar Sauce (Mu)

Veggie

Meat Free Mains

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

Vegetable Sausage with Red Onion Gravy
(So)

Lentil and Vegetable Pastie
Served with Gravy (G)

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

Vegetable Fingers (G) with Tartar sauce (Mu)



Veg

Extra Good

Classic Coleslaw (E)



Mexican Style Sweetcorn

Sliced Carrots



Choose from our delicious Salad Bar

Peas

Steamed Broccoli

Sautee Green Beans

Roasted Cauliflower

Baked Beans

carbs

Fuel Food

Garlic and Herb Focaccia (G)

Mashed Potato (Mk)

Roasted New Potatoes



Beetroot and Garlic Focaccia (G)



Skin on Chips



Dessert

Something Sweet

Yoghurt with Mango Puree (Mk,So)

Orange Drop Cookie (G,E,Mk)



Fruit Jelly

Apple Sponge Cake with Custard (G,E,Mk)

Scooped Vanilla Ice Cream (Mk)

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

Week 2

7/9/26, 28/9/26, 19/10/26,
9/11/26, 23/11/26, 14/12/26

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Gluten

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Mu = Mustard

N = Nuts

P = Peanuts

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Mains

Happy Tums

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

Chicken and Herb
Sausage Roll
Served with Gravy
(G,E,Su)

Accent Baked
Chicken with Gravy

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

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

Veggie

Meat Free Mains

Margherita Pizza
Slice with Roasted
Peppers
(G,Mk)

Vegan Sausage Roll
Served with Gravy
(G,So)

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

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

Homemade Cheese
and Onion Pasty
(G,Mk)

Veg

Extra Good

Classic Coleslaw
(E)



Cauliflower

Honey Roasted
Parsnips



Country Mixed
Vegetables

Peas

Roasted Broccoli

Sautee Green Beans

Sliced Carrots



Baked Beans

carbs

Fuel Food

Skin on Potato
Wedges



Mashed Potato (Mk)

Thyme Baked New
Potatoes



Select from our
delicious Salad Bar

Skin on Chips



Dessert

Something Sweet

Yoghurt Topped with
Berry Puree
(Mk,So)

Oat Cookie
(G,E,Mk)

Fruit Jelly

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



Berry Flapjack
(G)

Jacket Potatoes, Salad Bar, Cold Desserts and Fresh Fruit Platter 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.



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Week 3

14/9/26, 5/10/26, 26/10/26,
16/11/26, 30/11/26

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Gluten

L = Lupin

Mk = Milk

Mo = Molluscs

Mu = Mustard

N = Nuts

P = Peanuts

Se = Sesame Seeds

So = Soya

Su = Sulphur Dioxide