

# LOOK OUT FOR ed's SPECIAL EVENTS



**MAYFLOWER 400  
CELEBRATION LUNCH**  
WEDNESDAY 16TH SEPTEMBER



**HARVEST FESTIVAL LUNCH**  
TUESDAY 6TH OCTOBER



**YOUR SCHOOL CHRISTMAS LUNCH**  
DECEMBER



**FRIENDSHIP DAY**  
FRIDAY 12TH FEBRUARY



**INTERNATIONAL SCHOOL  
MEALS DAY**  
THURSDAY 11TH MARCH



## STAY UP TO DATE

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**At CATER<sup>ed</sup>, we pride ourselves that the majority of the food we serve is cooked from scratch every day, making Ed's lunchtime menu truly awesome! Because we use fresh, local, seasonal and organic ingredients we're also supporting local growers, farmers and the regional economy whilst we keep an eye on our eco-footprint.**

**We use:-**

- Locally caught and landed Pollock
- Free range eggs (including in our mayonnaise)
- Westcountry milk
- Local 'Made for Us' yoghurts
- Organic herbs
- No fried food
- Fairtrade sugar
- Organic wholemeal flour
- Seasonal fresh vegetables and fruit (which may vary due to availability)

### Tell Ed!

We want to know what you think about our food so if you have any questions, comments or want to send us some recipe ideas contact us on 01752 977166 or by email [catering@catered.org.uk](mailto:catering@catered.org.uk)



We are reducing sugar and replacing it by using fruits and vegetables to add sweetness to the dishes. We are founding partners in 'Sugar Smart Plymouth'.



For more information about school food in Plymouth please visit our pages at [www.catered.org.uk](http://www.catered.org.uk)

Did you know, all children in Reception, Year 1 and Year 2 are entitled to receive a school meal every day? This is called universal infant free school meals.

**So you can come in and have a great tasting meal every day and pay Ed nothing!**

For older children, information about free school meals can be found by following the link to Free School Meals within the CATERed webpages or by calling the FSM team on 01752 307410. **If you are buying a meal, one of Ed's Super Fantastic two course meals including a drink currently costs £2.20.**

We can meet all Medical and Food Intolerances. We ask that you come and have a chat with the Catering Manager at your child's school or contact us at the email listed above.

**You can find a full list of the allergens present in the menu on our website.**

Food Standards for school lunches came in to effect on 01 January 2015 – details can be found by following the link from our pages or by visiting <http://www.schoolfoodplan.com/actions/school-food-standards/>



is a company jointly owned by schools across the City and Plymouth City Council serving great tasting, freshly prepared food to children and young people every day.

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# ed's SUPER FANTASTIC SCHOOL MEALS

September 2020 to March 2021



[mayflower400uk.org](http://mayflower400uk.org)



Steering our future,  
inspired by the past.



Plymouth  
Delivery Partner

# ed's AWESOME LUNCHTIME MENU

**WEEK BEGINNING:**  
31<sup>ST</sup> AUG / 21<sup>ST</sup> SEP | 12<sup>TH</sup> OCT | 9<sup>TH</sup> NOV | 30<sup>TH</sup> NOV  
4<sup>TH</sup> JAN 2021 | 25<sup>TH</sup> JAN | 8<sup>TH</sup> MAR | 29<sup>TH</sup> MAR

## CHOICE 01

All American beef burger served with seasoned wedges H/W

PUDDING: **LANGSAGE FARM**  
Iced yoghurt dessert or fresh fruit & yoghurt

Homemade pizzas - cheese & tomato, pepperoni or meat feast with seasoned diced potatoes H/W

PUDDING: Fruit & yoghurt

Spaghetti bolognese served with garlic bread H

PUDDING: Savoury cornbread muffin H or fresh fruit & yoghurt

Roast chicken served with roast potatoes and gravy H

PUDDING: Fruit platter or fresh fruit & yoghurt

Local pollock coated in breadcrumbs served with chips or pasta H

PUDDING: Lemon drizzle cake H or fresh fruit & yoghurt

## CHOICE 02

**Quorn** Texan BBQ fillet served with seasoned wedges H/V

PUDDING: **LANGSAGE FARM**  
Iced yoghurt dessert or fresh fruit & yoghurt

Moroccan balls in tomato sauce served with pasta H/V/Ve

PUDDING: Fruit & yoghurt

**Quorn** Veggie nuggets served with potato wedges V

PUDDING: Savoury cornbread muffin H or fresh fruit & yoghurt

Puff pastry vegetable plait H/V

PUDDING: Fruit platter or fresh fruit & yoghurt

Courgette sausages served with chips or pasta H/V

PUDDING: Lemon drizzle cake H or fresh fruit & yoghurt

**WEEK 1**

**WEEK BEGINNING:**  
7<sup>TH</sup> SEP / 28<sup>TH</sup> SEP | 19<sup>TH</sup> OCT | 16<sup>TH</sup> NOV | 7<sup>TH</sup> DEC  
11<sup>TH</sup> JAN 2021 | 1<sup>ST</sup> FEB / 22<sup>ND</sup> FEB | 15<sup>TH</sup> MAR

## CHOICE 01

Southern style crispy chicken strips with seasoned wedges H

PUDDING: **LANGSAGE FARM**  
Iced yoghurt dessert or fresh fruit & yoghurt

Homemade meatballs served in tomato sauce with pasta H/W

PUDDING: Fruit platter or fresh fruit & yoghurt

All day breakfast

PUDDING: Grated cheese & homemade savoury biscuits or fresh fruit & yoghurt

Roast beef served with Yorkshire pudding, roast potatoes and gravy H

PUDDING: Fruit & yoghurt

**Young's** Fish fingers served with chips or pasta

PUDDING: Victoria sponge H or fresh fruit & yoghurt

## CHOICE 02

Mac 'n' cheese served with garlic bread H/V

PUDDING: **LANGSAGE FARM**  
Iced yoghurt dessert or fresh fruit & yoghurt

Vegetable and **Quorn** fajitas H/V

PUDDING: Fruit platter or fresh fruit & yoghurt

**Quorn** All day veggie breakfast V

PUDDING: Grated cheese & homemade savoury biscuits or fresh fruit & yoghurt

Creamy vegetables served in a Yorkshire pudding with roast potatoes and gravy H/V

PUDDING: Fruit & yoghurt

Homemade veggie sausage roll served with chips or pasta H/V

PUDDING: Victoria sponge H or fresh fruit & yoghurt

**WEEK 2**

FEEDING AMBITIONS - MAKING A DIFFERENCE - EVERY CHILD EVERY TIME

**WEEK BEGINNING:**  
14<sup>TH</sup> SEP / 5<sup>TH</sup> OCT | 2<sup>ND</sup> NOV | 23<sup>RD</sup> NOV | 14<sup>TH</sup> DEC  
18<sup>TH</sup> JAN 2021 | 8<sup>TH</sup> FEB | 1<sup>ST</sup> MAR | 22<sup>ND</sup> MAR

## CHOICE 01

New York hotdog with crispy onions and herby diced potatoes H/W

PUDDING: **LANGSAGE FARM**  
Iced yoghurt dessert or fresh fruit & yoghurt

Cheese wheels served with seasoned wedges H/V

PUDDING: Fruit & yoghurt

BBQ chicken fillet served with savoury rice H

PUDDING: Fruit platter or fresh fruit & yoghurt

Roast gammon served with roast potatoes and gravy H

PUDDING: Chocanana pudding H or fresh fruit & yoghurt

Breaded fish fillet served with chips or pasta H

PUDDING: Scones & jam H or fresh fruit & yoghurt

## CHOICE 02

5 bean chilli served with rice H/W/V/Ve

PUDDING: **LANGSAGE FARM**  
Iced yoghurt dessert or fresh fruit & yoghurt

Veggie burger with seasoned wedges H/W/V

PUDDING: Fruit & yoghurt

French bread pizza H/V

PUDDING: Fruit platter or fresh fruit & yoghurt

Vegetable crumble served with roast potatoes and gravy H/W/V

PUDDING: Chocanana pudding H or fresh fruit & yoghurt

Cheese and tomato quiche served with chips or pasta H/W/V

PUDDING: Scones & jam H or fresh fruit & yoghurt

**WEEK 3**

## CATE'S CORNER

Q: What is the fastest bun?

A: Too late, it's gone!

**LANGSAGE FARM** FRESH FRUIT, LOCAL 'MADE FOR US' YOGHURT AND WEST COUNTRY MILK AVAILABLE DAILY. FRESH DRINKING WATER IS AVAILABLE THROUGHOUT THE LUNCH TIME PERIOD. ALL MEALS SERVED WITH SEASONAL VEGETABLES. CHICKEN ALTERNATIVES TO BEEF AND PORK UPON REQUEST. ONE MEAT FREE DAY.

H = HOME-MADE IN THE KITCHEN.  
W = WHOLE WHEAT INGREDIENTS.  
VE = VEGAN DISH.  
V = VEGETARIAN  
2 = THE VEGETARIAN LINE.

## ED's REGULARS

Jacket Potatoes with:  
Beans / Cheese /  
Tuna Mayonnaise  
& Coleslaw

Fresh Salad Bar

## AVAILABLE DAILY



**DID YOU KNOW**  
You can have mixed or brown rice instead of potatoes!