

SPECIAL EVENTS WILL BE HELD IN YOUR SCHOOL —

CATER^{ed}

PLEASE SPEAK TO YOUR CATERING MANAGER ABOUT HOW WE CAN RUN SPECIFIC THEME DAYS IN YOUR SCHOOL THIS YEAR.



STAY UP TO DATE

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At CATER^{ed}, 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



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

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.**

For a full allergen breakdown please contact us at catering@catered.org.uk, let us know what school your child attends so we can talk through the menu offer currently at that school.

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/>



CATER^{ed} and Plymouth City Council support the School Food Plan Alliance



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.

Company No: 9355912 | VAT No: 208 5215 29



ed's SUPER FANTASTIC SCHOOL MEALS

April 2021 to October 2021



ed's AWESOME LUNCHTIME MENU

WEEK
01

WEEK BEGINNING: 19TH APRIL • 10TH MAY • 7TH JUNE • 28TH JUNE
19TH JULY • 6TH SEPTEMBER • 27TH SEPTEMBER • 18TH OCTOBER

CHOICE 1

CHOICE 2

MONDAY

Crispy coated chicken strips with seasoned wedges
H / W



Vegan chilli with rice and tortilla
H / V / VE



PUDDING

Thumbprint jam cookies and fruit H, yoghurt and fresh fruit

TUESDAY

Homemade pizza cheese and tomato, pepperoni
H / W



Vegan balls in tomato sauce with pasta
V / VE



PUDDING

Fruit and Yoghurt

WEDNESDAY

Beef lasagne and garlic bread
H



Quorn Veggie nuggets served with seasoned wedges
V / VE



PUDDING

Sultana and apricot cookie H / W, yoghurt and fresh fruit

THURSDAY

Roast chicken, stuffing, roast potatoes and gravy
H



Quorn Roast with stuffing, roast potatoes and gravy
H



PUDDING

Fresh fruit platter, yoghurt and fresh fruit

FRIDAY

Breaded fish fillet with chips or pasta



Vegan pasties with chips or pasta
H / V / VE



PUDDING

Orange and pineapple sundae H, yoghurt and fresh fruit

WEEK
02

WEEK BEGINNING: 26TH APRIL • 17TH MAY • 14TH JUNE
5TH JULY • 13TH SEPTEMBER • 4TH OCTOBER

CHOICE 1

CHOICE 2

MONDAY

Homemade meatballs in tomato sauce with seasoned wedges
H



Veggie burger with seasoned wedges
H / V



PUDDING

Strawberry mousse H, yoghurt and fresh fruit

TUESDAY

BBQ chicken with savoury rice
H



Tomato lentil bake
H / V / VE



PUDDING

Custard biscuits with fruit wedges H, yoghurt and fresh fruit

WEDNESDAY

All day breakfast



All day veggie breakfast
V / VE



PUDDING

Fruit and Yoghurt

THURSDAY

Roast beef and Yorkshire pudding with roast potatoes and gravy
H



HEINZ BEANZ Banz cobbler with roast potatoes
H / V / VE



PUDDING

Fruit platter, yoghurt and fresh fruit

FRIDAY

Young's Fish fingers with chips or pasta



Cheese and tomato quiche with chips or pasta
H



PUDDING

Fruity cookie H, yoghurt and fresh fruit

WEEK
03

WEEK BEGINNING: 3RD MAY • 24TH MAY • 21ST JUNE
12TH JULY • 20TH SEPTEMBER • 11TH OCTOBER

CHOICE 1

CHOICE 2

MONDAY

Beef burger with herby diced potatoes
H



Veggie bolognese with garlic bread
H / V / VE



PUDDING

Apple flapjack H, yoghurt and fresh fruit

TUESDAY

Cheese wheels with waffles
H / V



Vegan hot dogs with waffles
V / VE



PUDDING

Fruit segments or yoghurt

WEDNESDAY

French bread pizza: cheese and tomato or ham
H / W



Butternut squash and cauliflower curry with rice and Nann bread
H / V / VE



PUDDING

Chocolate brownie and ice cream H, yoghurt and fresh fruit

THURSDAY

Roast gammon with roast potatoes and gravy
H



HEINZ BEANZ Banz Cottage pie topped with sweet potato mash
H / V / VE



PUDDING

Fruit salad, yoghurt and fresh fruit

FRIDAY

Crispy coated local pollock with chips or pasta



Macaroni cheese served with crispy roll
H / V



PUDDING

Shortcake fingers and fruit H, yoghurt and fresh fruit

CATE'S CORNER

Q: What's orange and sounds like a parrot?

A: A carrot!



LANGSAY 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

Sandwiches
available on request

AVAILABLE DAILY



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



Photographs are for illustration purposes only

FEEDING AMBITIONS - MAKING A DIFFERENCE - EVERY CHILD EVERY TIME