

# CATER<sup>ed</sup>

## LOOK OUT FOR ed's SPECIAL EVENTS



**MAY THE FORKS  
BE WITH YOU!**  
04/5/17



**WORLD OCEAN DAY**  
08/6/17



**AMERICAN  
INDEPENDENCE DAY**  
04/7/17



**ROALD DAHL DAY**  
13/9/17



## STAY UP TO DATE



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Follow: @cateredplymouth

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 and 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)
- Organic milk
- Locally-sourced yoghurts
- Organic herbs
- Oily fish
- Fairtrade sugar
- Fairtrade apple juice
- 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 307187 or by email [catering@catered.org.uk](mailto:catering@catered.org.uk)

We are working to reduce the refined sugar content in all our dessert recipes and where possible replacing sugar with honey.

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 have a great tasting meal every day and pay Ed nothing!**

For older children, information about free school meals can be found at <http://web.plymouth.gov.uk/homepage/catered/cateredfreeschoolmeals.htm> or by calling the team on 01752 307410. **Or you can buy one of Ed's super fantastic two-course meal including a drink for just £2.10.**

Did you know we can meet special dietary needs? Come and have a chat with the catering manager at your child's school or contact us.

**For allergen advice please ask the catering manager.**

New 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 [www.schoolfoodplan.com/standards/](http://www.schoolfoodplan.com/standards/)



CATER<sup>ed</sup> 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 to October 2017

Ed's epic search for fresh, seasonal, organic and local food to help your child fill up and flourish at school continues.



Photographs are for illustration purposes only

# ed's AWESOME LUNCHTIME MENU

FEEDING AMBITIONS

WEEK 01

WEEK BEGINNING: APRIL 17<sup>TH</sup> • MAY 8<sup>TH</sup> • JUNE 5<sup>TH</sup>, 26<sup>TH</sup> • JULY 17<sup>TH</sup>, SEPTEMBER 4<sup>TH</sup>, 25<sup>TH</sup> • OCTOBER 16<sup>TH</sup>

## CHOICE 1

## CHOICE 2

MONDAY

Jumbo sausage hotdog with herby wedges



Vegetable sausage hotdog with herby wedges



PUDDING

Flapjack (W) (H) or locally-sourced yoghurt or fresh fruit

TUESDAY

Pasta carbonara with garlic bread (H)



Vegetable Chow Mein (H)



PUDDING

Lemon drizzle cake (W) (H) or freshly made yoghurt (H) or fresh fruit

WEDNESDAY

Turkey cutlet in tomato sauce with mash (H)



Cheese and potato pie (H)



PUDDING

Frozen yoghurt pots (H) or locally-sourced yoghurt or fresh fruit

THURSDAY

Roast chicken, stuffing and roast potatoes and gravy (H)



Quorn fillet, stuffing and roast potatoes and gravy



PUDDING

Ice cream and fresh fruit or freshly made yoghurt (H)

FRIDAY

Fish cakes with chips or pasta (W) (H)



Vegetable pasty with chips or pasta (W)



PUDDING

Muffins (H) or freshly made yoghurt (H) or fresh fruit

WEEK 02

WEEK BEGINNING: APRIL 24<sup>TH</sup> • MAY 15<sup>TH</sup> • JUNE 12<sup>TH</sup> • JULY 3<sup>RD</sup>, 24<sup>TH</sup> • SEPTEMBER 11<sup>TH</sup> • OCTOBER 2<sup>ND</sup>

## CHOICE 1

## CHOICE 2

MONDAY

Pepperoni pizza (W) (H)



Quorn tikka pinwheels (H)



PUDDING

Banana cake (W) (H) or locally-sourced yoghurt or fresh fruit

TUESDAY

Lasagne and garlic bread (H)



Macaroni cheese (H)



PUDDING

Water melon or freshly made yoghurt (H) or fresh fruit

WEDNESDAY

Chicken nuggets with sauté potatoes (H)



Quorn Swedish meatballs and pasta



PUDDING

Marbled sponge and custard (W) (H) or locally-sourced yoghurt or fresh fruit

THURSDAY

Roast beef, Yorkshire, roast potatoes and gravy (H)



Leek and potato plait (H)



PUDDING

Ice cream sundae or freshly made yoghurt (H) or fresh fruit

FRIDAY

Bubble batter fish fillet with chips or pasta (W)



Stuffed peppers with pasta (W) (H)



PUDDING

Chocolate brownie (W) (H) or freshly made yoghurt (H) or fresh fruit

WEEK 03

WEEK BEGINNING: MAY 1<sup>ST</sup>, 22<sup>ND</sup> • JUNE 19<sup>TH</sup> • JULY 10<sup>TH</sup> • SEPTEMBER 18<sup>TH</sup> • OCTOBER 9<sup>TH</sup>

## CHOICE 1

## CHOICE 2

MONDAY

Beef chilli and rice with tortilla (W) (H)



Vegetable and tomato pancakes (H)



PUDDING

Apple sponge (W) (H) or locally-sourced yoghurt or fresh fruit

TUESDAY

Chicken patties with tomato sauce (H)



Cheese wheels (H)



PUDDING

Frozen yoghurt pots (H) or freshly made yoghurt (H) or fresh fruit

WEDNESDAY

Ed's Breakfast (H)



Ed's vegetarian breakfast (H)



PUDDING

Custard biscuits (H) or locally-sourced yoghurt or fresh fruit

THURSDAY

Roast gammon, roast potatoes and gravy (H)



Vegetable crumble with roast potatoes and gravy (H)



PUDDING

Fresh fruit platter or freshly made yoghurt (H) or fresh fruit

FRIDAY

Breaded fish fillet with chips or pasta (W) (H)



French bread pizza chips or pasta (W) (H)



PUDDING

Jelly and ice cream or freshly made yoghurt (H) or fresh fruit

## CATE'S CORNER

Q: Did you hear about the carrot detective?

A: He got to the root of every case.

FRESH FRUIT, YOGHURT (LOCALLY-SOURCED ON MONDAYS AND WEDNESDAY), ORGANIC MILK AND FRUIT BASED DRINKS AVAILABLE DAILY. FRESH DRINKING WATER IS AVAILABLE THROUGHOUT THE LUNCH TIME PERIOD. ALL MEALS SERVED WITH SEASONAL VEGETABLES. CHICKEN ALTERNATIVES TO BEEF AND PORK AVAILABLE UPON REQUEST.

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

## ed's REGULARS

Jacket Potatoes with:  
Beans / Cheese /  
Tuna & Coleslaw

Chef's Daily Choice

Fresh Salad Bar

Sandwiches  
available on request

AVAILABLE DAILY

Moo Milk  
available on  
Mooondays and  
Wednesdays!