CATER^{ed} LOOK OUT FOR ed's SPECIAL EVENTS

















At CATERed, 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)

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

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/catered/reeschoolmeals.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 dietry 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/













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

Tell Ed!

We want to know what you think about our food so if you have any questions, comments or want to send us on 01752 307187 or by email catering@catered.org.uk

SUPER FANTASTIC SCHOOL MEALS

April to October 2017





CATE'S CORNER

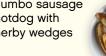
ed's AWESOME LUNCHTIME MENU

WEEK

WEEK BEGINNING: APRIL 17TH • MAY 8TH • JUNE 5TH. 26TH • JULY 17TH. SEPTEMBER 4TH. 25TH • OCTOBER 16^{TI}

CHOICE 1

Jumbo sausage hotdog with herby wedges



CHOICE 2

Vegetable sausage hotdog with herby wedges



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

TUESDAY

Pasta carbonara with garlic bread



Vegetable Chow Mein



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

WEDNESDA'

Turkey cutlet in tomato sauce with mash Cheese and potato pie



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

THURSDAY

Roast chicken, stuffing and roast potatoes and gravy

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 24TH • MAY 15TH • JUNE 12TH •

CHOICE 1

Pepperoni pizza (W) (H) MONDAY



CHOICE 2

Quorn tikka pinwheels



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

TUESDAY

Lasagne and garlic bread



Macaroni cheese



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

WEDNESDAY

Chicken nuggets with sauté



Quorn Swedish meatballs and pasta



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

THURSDAY

Roast beef. Yorkshire, roast potatoes and gravy



Leek and potato plait



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

FRIDAY

Bubble batter fish fillet with chips or pasta



Stuffed peppers with pasta (W) (H)



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



MONDA

VEEK BEGINNING: MAY 1ST. 22ND • JUNE 19TH • JULY 10TH • EPTEMBER 18TH • OCTOBER 9T

CHOICE 1

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



Vegetable and tomato pancakes



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

TUESDA

Chicken patties with tomato sauce (H)

Ed's Breakfast

(H)



Cheese wheels

Ed's vegetarian

breakfast



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

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

THURSDA

VEDNESDA



Vegetable crumble with roast potatoes and gravy



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

FRIDA

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

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



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



FRESH FRUIT, YOGHURT (LOCALLY SOURCED ON MONDAYS AND WEDNESDAY) ORGANIC MILK AND FRUIT BASED DRINKS AVAILABLE DAILY ALL MEALS SERVED WITH SEASONAL VEGETABLES. CHICKEN ALTERNATIVES TO BEEF AND PORK AVAILABLE UPON REQUEST.

 HOME-MADE IN THE KITCHEN. W = WHOLE WHEAT INGREDIENTS.



















