

LOOK OUT FOR ed's SPECIAL EVENTS





AMERICAN THANKS GIVING DAY THURSDAY 28TH NOVEMBER (LINKING AND SUPPORTING MAYFLOWER 400)



CHINESE NEW YEAR MONDAY 27th JANUARY

PANCAKE DAY SHROVE TUESDAY TUESDAY 25TH FEBRUARY



STAY UP TO DATE

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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, farmers and the regional economy whilst we keep an eye on our eco-footprint.

We use:-

CATERed

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



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'.

WE SUPPORT PLYMOUTH'S PLAN FOR PLASTICS

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-choice meals including a drink currently costs £2.20.

We can meet all Medical and Food Intolerances. 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/





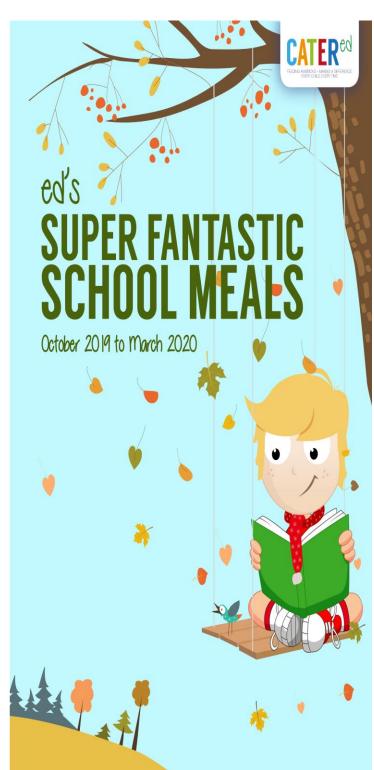






is a company jointly owned by schools across the City and Plymouth City Council serving great tasting, freshly prepared food to children and young people every day.

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 some recipe ideas contact us on 01752 977166 or by email catering@catered.org.uk