

# ed's AWESOME LUNCHTIME MENU

WEEK 01

WEEK BEGINNING: 22<sup>ND</sup> APRIL • 13<sup>TH</sup> MAY • 10<sup>TH</sup> JUNE • 1<sup>ST</sup> JULY  
22<sup>ND</sup> JULY • 16<sup>TH</sup> SEPTEMBER • 7<sup>TH</sup> OCTOBER

CHOICE 1 CHOICE 2

MONDAY

Chicken curry  
with rice &  
naan bread  
H



Macaroni  
cheese with  
garlic bread  
H



PUDDING Yummy ice lollies, yoghurt and fresh fruit

TUESDAY

Beef Burger in  
a bun with  
wedges  
H I W



**Quorn**  
Cowboy hotpot  
with quorn  
sausages  
H



PUDDING Fresh fruit salad with honey yoghurt, yoghurt and fresh fruit

WEDNESDAY

Sausage &  
bean wheel  
with mash  
H



**BirdsEye**  
vegetable  
fingers with  
mash  
H



PUDDING Flapjack H, yoghurt and fresh fruit

THURSDAY

Roast beef  
with yorkshire  
pudding & roast  
potatoes  
H



Vegetarian  
parcels with  
roast potatoes  
H



PUDDING Fruit platter, yoghurt and fresh fruit

FRIDAY

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



Cheese quiche  
with chips or  
pasta  
H I W



PUDDING Pineapple upside down cake H I W, yoghurt and fresh fruit

WEEK 02

WEEK BEGINNING: 29<sup>TH</sup> APRIL • 20<sup>TH</sup> MAY • 17<sup>TH</sup> JUNE • 8<sup>TH</sup> JULY  
2<sup>ND</sup> SEPTEMBER • 23<sup>RD</sup> SEPTEMBER • 14<sup>TH</sup> OCTOBER

CHOICE 1 CHOICE 2

MONDAY

Beef pasta  
bolognaise  
H I W



**Quorn**  
Nugget  
pitta Pockets  
with seasoned  
wedges



PUDDING Apple cake H I W, yoghurt and fresh fruit

TUESDAY

All day breakfast  
H



**Quorn**  
Vegetarian all  
day breakfast  
H



PUDDING Fresh fruit platter, yoghurt and fresh fruit

WEDNESDAY

Pork meatballs  
with gravy &  
mash potato  
H



French bread  
pizza & wedges  
H



PUDDING Lime & vanilla traybake H I W, yoghurt and fresh fruit

THURSDAY

Roast turkey  
with roast  
potatoes  
H



Vegetable  
crumble with  
roast potatoes  
H



PUDDING Cheese & biscuits, yoghurt and fresh fruit

FRIDAY

Crispy coated  
fish fillet with  
chips or pasta  
H



Cheese wheels  
with chips or  
pasta  
H



PUDDING Ice cream pot, yoghurt and fresh fruit

WEEK 03

WEEK BEGINNING: 6<sup>TH</sup> MAY • 3<sup>RD</sup> JUNE • 24<sup>TH</sup> JUNE • 15<sup>TH</sup> JULY  
9<sup>TH</sup> SEPTEMBER • 30<sup>TH</sup> SEPTEMBER

CHOICE 1 CHOICE 2

MONDAY

Southern style  
chicken with  
seasoned  
wedges  
H



Tomato &  
basil rice  
H



PUDDING Chocolate brownie surprise H, yoghurt and fresh fruit

TUESDAY

Cheese & tomato  
or pepperoni  
pizza with saute  
potatoes  
H



Swedish style  
**Quorn** balls in a  
tomato sauce  
with pasta  
H I W



PUDDING Berry jelly H, yoghurt and fresh fruit

WEDNESDAY

Beef lasagne  
H



Mixed bean  
chilli & rice  
H



PUDDING Custard biscuits H, yoghurt and fresh fruit

THURSDAY

Roast gammon  
with roast  
potatoes &  
apple sauce  
H



Cheese & potato  
plait with  
roast potatoes  
H



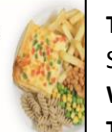
PUDDING Carrot cake H I W, yoghurt and fresh fruit

FRIDAY

Fishcakes with  
chips or pasta  
H



Roasted pepper  
quiche with  
chips or pasta  
H I W



PUDDING Fruit platter, yoghurt and fresh fruit



CATE'S CORNER

Q: What is a fishes favourite game?

A: Salmon Saus!

**Yeo Valley**  
FRESH FRUIT, LOCALLY  
SOURCED YOGHURT, ORGANIC  
MILK AND FRUIT JUICE  
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.

## Light Choices

**Monday** – Tuna and Pasta Salad

**Tuesday** – Ham Salad Wrap

**Wednesday** – Egg Salad Rolls

**Thursday** – Chicken Salad

Wrap

**Friday** - Cheese and Tomato Rolls

## Jacket Potato Fillings

**Monday** – Cheese

**Tuesday** – Tuna and Sweetcorn

**Wednesday** – Beans

**Thursday** – Chilli

**Friday** - Chicken and Mayonnaise

Photographs are for illustration purposes only

FEEDING AMBITIONS - MAKING A DIFFERENCE EVERY CHILD EATS



# LOOK OUT FOR ed's SPECIAL EVENTS

**CATER<sup>ed</sup>**

Children's food panel choice



**WORLD FAIR TRADE DAY**  
FRIDAY 10<sup>TH</sup> MAY



**WOMEN'S FOOTBALL WORLD CUP**  
WEDNESDAY 19<sup>TH</sup> JUNE



**ARMED FORCES DAY**  
FRIDAY 28<sup>TH</sup> JUNE



**AMERICAN INDEPENDENCE DAY**  
THURSDAY 4<sup>TH</sup> JULY



**ROALD DAHL DAY**  
FRIDAY 13<sup>TH</sup> SEPTEMBER



**MEN'S RUGBY WORLD CUP**  
FRIDAY 11<sup>TH</sup> OCTOBER

## STAY UP TO DATE

Like: [facebook.com/plymouthcatered](https://facebook.com/plymouthcatered)

Follow: [@cateredplymouth](https://twitter.com/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
- Fairtrade apple juice
- 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)

### 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 reducing the refined sugar content in all our recipes and where possible replacing sugar with honey. 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 have a great tasting meal every day and pay Ed nothing!**

For older children, information about free school meals can be found at <https://www.plymouth.gov.uk/schoolseducationchildcareskillsandemployability/freeschoolmeals> or by calling the team on 01752 307410. If you're 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. 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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**CATER<sup>ed</sup>**  
FEEDING AMBITIONS - MAKING A DIFFERENCE EVERY CHILD EVERY TIME

# ed's SUPER FANTASTIC SCHOOL MEALS

April to October 2019

