

# SPECIAL EVENTS WILL BE HELD IN YOUR SCHOOL –

CATER<sup>ed</sup>

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



## STAY UP TO DATE

- Like: facebook.com/plymouthcatered
- Follow: @cateredplymouth
- Follow: @cateredplymouth

Design by www.cruncheandcreative.co.uk

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, 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](mailto: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](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 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](mailto: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/>



LACA  
the school food people

FOOD  
Plymouth

RESURGAM  
CHARTER  
Committed to a better, greener future for Plymouth

SUSTAINABLE  
FISH CITIES

SCHOOL FOOD PLAN  
ALLIANCE  
CATER<sup>ed</sup> and Plymouth City Council support the School Food Plan Alliance

CATER<sup>ed</sup>  
FEEDING AMBITIONS - MAKING A DIFFERENCE EVERY CHILD EVERY TIME

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



CATER<sup>ed</sup>  
FEEDING AMBITIONS - MAKING A DIFFERENCE EVERY CHILD EVERY TIME

# ed's SUPER FANTASTIC SCHOOL MEALS

November 2021 to April 2022



# ed's AWESOME LUNCHTIME MENU

WEEK 01

WEEK BEGINNING: 1<sup>ST</sup> NOVEMBER • 22<sup>ND</sup> NOVEMBER • 13<sup>TH</sup> DECEMBER  
17<sup>TH</sup> JANUARY • 7<sup>TH</sup> FEBRUARY • 7<sup>TH</sup> MARCH • 28<sup>TH</sup> MARCH • 4<sup>TH</sup> APRIL

CHOICE 1

CHOICE 2

MONDAY

Jumbo sausage and mash with onion gravy  
H



Vegan bolognaise with garlic bread  
H / V / VE



PUDDING Peach muffin H, yoghurt and fresh fruit

TUESDAY

Home-made pizza cheese and tomato, pepperoni  
H / W



Veggie burger with seasoned wedges  
H / V



PUDDING Fresh fruit or yoghurt

WEDNESDAY

Pasta bolognaise and garlic bread  
H / W



HEINZ BEANZ  
Beanz cottage pie  
H / V / VE



PUDDING Carrot cake H, yoghurt and fresh fruit

THURSDAY

Roast gammon, with roast potatoes and gravy  
H



QUORN Roast with stuffing, roast potatoes and gravy  
H / V



PUDDING Fresh fruit platter, yoghurt and fresh fruit

FRIDAY

Breaded fish fillet with chips or pasta



Spanish omelette with chips or pasta  
H / V



PUDDING Crispy crunch H, yoghurt and fresh fruit

WEEK 02

WEEK BEGINNING: 8<sup>TH</sup> NOVEMBER • 29<sup>TH</sup> NOVEMBER • 3<sup>RD</sup> JANUARY  
24<sup>TH</sup> JANUARY • 14<sup>TH</sup> FEBRUARY • 14<sup>TH</sup> MARCH • 11<sup>TH</sup> APRIL

CHOICE 1

CHOICE 2

MONDAY

Homemade meatballs in tomato sauce with seasoned wedges  
H



Vegan balls in tomato sauce with pasta  
V / VE



PUDDING Apple flapjack H, yoghurt and fresh fruit

TUESDAY

Vegan nuggets served with seasoned wedges  
V / VE



Vegetable moussaka  
H / V



PUDDING Fruit and yoghurt

WEDNESDAY

Gammon steak and pineapple with sauté potatoes



HEINZ BEANZ  
Bean casserole  
H / V / VE



PUDDING Custard biscuits with fruit wedges H, yoghurt and fresh fruit

THURSDAY

Roast chicken, stuffing, roast potatoes and gravy  
H



Courgette sausages with roast potatoes and gravy  
H / V



PUDDING Fruit platter, yoghurt and fresh fruit

FRIDAY

LOUNGE  
Fish fingers with chips or pasta



Roasted pepper quiche with chips or pasta  
H / V



PUDDING Frozen Yoghurt, yoghurt and fresh fruit

WEEK 03

WEEK BEGINNING: 15<sup>TH</sup> NOVEMBER • 6<sup>TH</sup> DECEMBER • 10<sup>TH</sup> JANUARY  
31<sup>ST</sup> JANUARY • 28<sup>TH</sup> FEBRUARY • 21<sup>ST</sup> MARCH

CHOICE 1

CHOICE 2

MONDAY

Cottage pie  
H / W



Vegan hot dogs with waffles  
W / V / VE



PUDDING Pear flapjack H, yoghurt and fresh fruit

TUESDAY

Cheese wheels with waffles  
H / V



Vegan pasties with herby diced potatoes  
V / VE



PUDDING Fruit segments or yoghurt

WEDNESDAY

All day breakfast



All day veggie breakfast  
V / VE



PUDDING Chocolate brownie and ice cream H, yoghurt and fresh fruit

THURSDAY

Roast beef, Yorkshire pudding, with roast potatoes and gravy  
H



Savoury mince with roast potatoes and gravy  
H / V



PUDDING Fruit salad, yoghurt and fresh fruit

FRIDAY

Crispy coated local pollock with chips and pasta  
H / W



Macaroni cheese served with garlic bread  
H / V



PUDDING Shortbread fingers and fruit H, yoghurt and fresh fruit



CATE'S CORNER

Q: How do you make a milk shake?  
A: Score it!

FRESH FRUIT, LOCAL WESTCOUNTRY 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  
Z - 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  
mince or brown rice  
instead of potatoes!

Tilda



MAKING A DIFFERENCE. EVERY CHILD EVERY TIME

Photographs are for illustration purposes only

Jacket Potato choice each day: Tuna, Cheese or Beans

Lighter Choice: Mon – Tuna sandwich, Tues – Ham wrap, Wed – Cheese sandwich, Thurs – Tuna wrap, Fri – Ham sandwich