

ed's

SUPER FANTASTIC SCHOOL MEALS

January 2024 – March 2024

CATERed
FEEDING AMBITIONS - MAKING A DIFFERENCE
EVERY CHILD, EVERY TIME



WEEK 1

W/C - MONDAY: 1ST JAN, 22ND JAN, 19TH FEB, 11TH MARCH

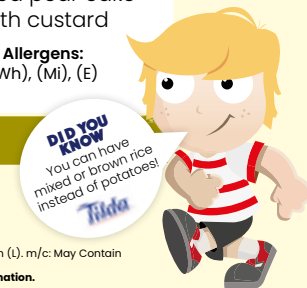
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE 1 - H V Cheese & tomato pizza with seasoned wedges Allergens: (Wh), (So), (Mi). M/C (E)	CHOICE 1 - H Lasagne with garlic bread Allergens: (Wh), (Mu), (Mi). M/C (Bar, E, SE)	CHOICE 1 - H All day breakfast Allergens: (Wh), (Mi), (E)	CHOICE 1 - H Roast chicken, Yorkshire pudding, roast potatoes & gravy Allergens: (Wh), (Mi), (E)	CHOICE 1 - H Coated pollock served with fresh chips Allergens: (Wh), (F), M/C (Bar)
CHOICE 2 - H W V VE Vegan bolognaise pasta bake Allergens: (Wh), (So)	CHOICE 2 - V VE Vegan sausages served with mash Allergens: (So)	CHOICE 2 - H V VE Vegan all day breakfast Allergens: (Wh)	CHOICE 2 - H W V VE Vegan mince and onion pie (sliced potato top) & gravy Allergens: (Wh), (Bar), (So)	CHOICE 2 - H W V VE Cheese and tomato quiche Allergens: (Wh), (Mu), (Mi), (E)
SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW				
DESSERT - V VE Fruit Salad, fresh fruit or yoghurt Allergens: (Mi)	DESSERT - H V Fruity flapjack Allergens: (O), M/C (Bar, Wh)	DESSERT - H V Creamy rice pudding Allergens: (Mi)	DESSERT - VE Fresh fruit platter, fresh fruit or yoghurt Allergens: (Su)(Mi)	DESSERT - H W V VE Spiced pear cake with custard Allergens: (Wh), (Mi), (E)
AVAILABLE EVERY DAY: FRESH SALAD BAR / SANDWICHES ON REQUEST / FRESH FRUIT AND YOGHURT				

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, 2 = THE VEGETARIAN LINE.

Allergen Key: Gluten (Glu), Barley (Bar), Wheat (Wh), Oats (O), Soya (So), Sulphites (Su), Sesame (Se), Peanuts (P), Mustard (Mu), Molluscs (Mo), Milk (Mi), Nuts (N), Eggs (E), Crustaceans (C), Celery (Ce), Fish (F), Lupin (L). m/c: May Contain

Allergens and ingredient information correct at the time of menu production but subject to change due to stock availability. Please speak to your catering manager for the most up to date information.



WEEK 2

W/C - MONDAY: 8TH JAN, 29TH JAN, 26TH FEB, 18TH MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE 1 - H W Chicken & vegetable pasta bake served with garlic bread Allergens: (Wh), (Mi), M/C (So)	CHOICE 1 - H Sausage & bean plait served with creamy mash Allergens: (Wh), (E), (Mi).	CHOICE 1 - H Dig down cottage pie Allergens: M/C (Wh, Bar)	CHOICE 1 - H Roast gammon with roast potatoes & gravy	CHOICE 1 Fish fingers served with fresh chips Allergens: (Wh), (F)
CHOICE 2 - W V VE Quorn nuggets with savoury rice Allergens: (Wh), (Mu)	CHOICE 2 - H W V VE Vegetable pasta bake Allergens: (Wh), (Mi)	CHOICE 2 - H V VE Bean & rice burrito Allergens: (Wh)	CHOICE 2 - H V VE Vegan shepherds pie Allergens: (So)	CHOICE 2 - H V Savoury cheesy muffin served with fresh chips Allergens: (Wh), (Mi), (E), M/C (O, Bar)

SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW

DESSERT - V VE Fruit Salad, fresh fruit or yoghurt Allergens: (Mi)	DESSERT - H W V Fruity Cookie Allergens: (Wh), (O), (E), M/C (Bar)	DESSERT - H V Fresh fruit platter, fresh fruit or yoghurt Allergens: (Su)(Mi)	DESSERT - H W V Chocolate MALTed cake Allergens: (Wh), (Bar), (Mi), (E)	DESSERT - H W V Toffee apple sponge with custard Allergens: (Wh), (Mi), (E)
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AVAILABLE EVERY DAY: FRESH SALAD BAR / SANDWICHES ON REQUEST / FRESH FRUIT AND YOGHURT

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WEEK 3

W/C - MONDAY: 15TH JAN, 5TH FEB, 4TH MARCH, 25TH MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE 1 - H Meatballs with spaghetti & tomato sauce Allergens: (Wh)	CHOICE 1 Beefburger in a brioche roll with wedges Allergens: (Wh), (Mi), (E), (Su) M/C (So, Se, Mu, R, Bar)	CHOICE 1 - H V Macaroni cheese with garlic bread Allergens: (Wh), (Mi), (Mu) M/C (So)	CHOICE 1 - H Roast chicken, Yorkshire pudding, roast potatoes & gravy Allergens: (Wh), (Mi), (E)	CHOICE 1 - H Homemade fish croquettes served with fresh chips Allergens: (Wh), (F), (E)
CHOICE 2 - V VE Quorn dippers with seasoned wedges & tomato dip Allergens: (Wh)	CHOICE 2 - H V Courgette sausages, mash & gravy Allergens: (Wh), (Bar), (Mi), (E)	CHOICE 2 - H W V VE Vegan sausage savoury rice Allergens: (So)	CHOICE 2 - H V VE Vegetable bubble and squeak	CHOICE 2 - H V Pizza wheels Allergens: (Wh), (So), (Mi), M/C (E)
SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW				
DESSERT - V VE Fruit Salad, fresh fruit or yoghurt Allergens: (Mi)	DESSERT - H W V Chocolate brownie Allergens: (Wh), (E)	DESSERT - H V Fresh fruit platter, fresh fruit or yoghurt Allergens: (Su), (Mi)	DESSERT - H W V VE Banana bread Allergens: (Wh)	DESSERT - H V Jam sponge & custard Allergens: (Wh), (Mi), (Su), (E)

AVAILABLE EVERY DAY: FRESH SALAD BAR / SANDWICHES ON REQUEST / FRESH FRUIT AND YOGHURT

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ED'S SPECIAL EVENTS



JANUARY

VEGANUARY

(ALL MONTH)

We will be focusing on the dishes on the menu that are vegetarian.



FEBRUARY

CHINESE NEW YEAR
(FRIDAY 9TH FEBRUARY)

Year of the dragon!



MARCH

WORLD BOOK DAY

(THURSDAY 7TH MARCH)

Dishes that celebrate the wonderful world of literature.



STAY UP TO DATE:



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Design by www.crunchcreative.co.uk

At CATER^{ed}, 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 and Mackerel
- Free range eggs (including in our mayonnaise)
- Westcountry milk
- Westcountry yoghurts
- Organic herbs
- No fried food
- Fairtrade sugar
- Wholemeal flour
- Seasonal fresh vegetables and fruit (which may vary due to availability)

Please visit our pages at www.catered.org.uk

UFSM: All children in Reception, Year 1 and Year 2 are entitled to receive a **FREE** school meal every day regardless of household circumstances. 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!

We encourage everyone to take up this free offer!

FSM: If you think you may be entitled to free school meals for your child under aged 7 and for older children, information about free school meals can be found by following the link to Free School Meals within the Burraton school meal web pages or by calling the FSM team on 01872 323298. Eligibility for FSM also provides schools with additional income via the Pupil Premium.

We encourage everyone one who's eligible to take up this free offer!

If you are buying a meal, one of Ed's Super Fantastic two course meals including a drink currently costs £2.80.

For a full allergen breakdown please contact us at catering@catered.org.uk, let us know what school your child attends so we can talk through the menu offer currently at that school.

Mandatory Food Standards apply to all school lunches details can be found by following the link from our pages or by visiting <http://www.schoolfoodplan.com/actions/school-food-standards/>



CATER^{ed} and Plymouth City Council support the School Food Plan Alliance



CATER^{ed}
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

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

