

SPECIAL EVENTS WILL BE HELD IN YOUR SCHOOL —

CATER^{ed}

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



STAY UP TO DATE

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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
- Free range eggs (including in our mayonnaise)
- Westcountry milk
- Westcountry 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



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

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, 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/>



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



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



ed's SUPER FANTASTIC SCHOOL MEALS

April 2022 to October 2022



ed's AWESOME LUNCHTIME MENU

WEEK 01

WEEK BEGINNING: 25TH APRIL • 16TH MAY • 13TH JUNE
4TH JULY • 25TH JULY • 19TH SEPTEMBER • 10TH OCTOBER

CHOICE 1

CHOICE 2

MONDAY

Jumbo sausage with sauté potatoes



Vegan balls with mixed vegetable rice
VE



PUDDING

Fruit salad **VE**, yoghurt and fresh fruit

TUESDAY

Chicken pie with mash & gravy
H



Breaded vegan nuggets with herby wedges
VE



PUDDING

Jelly & ice cream **V**, yoghurt and fresh fruit

WEDNESDAY

Pasta bolognaise and garlic bread
H/W



Vegetable pasty with sauté potatoes
H/VE



PUDDING

Victoria sponge **H**, yoghurt and fresh fruit

THURSDAY

Roast gammon with roast potatoes and gravy
H



Courgette sausage with roast potatoes and gravy
H/V



PUDDING

Fresh fruit platter **VE**, yoghurt and fresh fruit

FRIDAY

Coated fish fillet with chips
H



Cheese & tomato pizza
H/W/V



PUDDING

Gingerbread **H/V**, yoghurt and fresh fruit

WEEK 02

WEEK BEGINNING: 2ND MAY • 23RD MAY • 20TH JUNE • 11TH JULY
25TH JULY • 5TH SEPTEMBER • 26TH SEPTEMBER • 17TH OCTOBER

CHOICE 1

CHOICE 2

MONDAY

Beef burger in a bun with sauté potatoes
W



Vegan chilli with rice
H/W/VE



PUDDING

Fruit lolly **VE**, yoghurt and fresh fruit

TUESDAY

Bbq chicken with vegetable rice & Pitta
H/W



Macaroni cheese
H/V

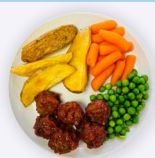


PUDDING

Krispie crunch **H/VE**, yoghurt and fresh fruit

WEDNESDAY

Meatballs with herby wedges
H



Mediterranean vegetable tart with sauté potatoes
H/VE



PUDDING

Fruit and jelly **VE**, yoghurt and fresh fruit

THURSDAY

Roast turkey with roast potatoes and gravy
H




Cauliflower & broccoli cheese with roast potatoes and gravy
H/V



PUDDING

Custard biscuit & fruit **H**, yoghurt and fresh fruit

FRIDAY

 Fish fingers with chips



Cheese & onion quiche
H/W/V



PUDDING

Fresh fruit platter **VE**, yoghurt and fresh fruit

WEEK 03

WEEK BEGINNING: 9TH MAY • 6TH JUNE • 27TH JUNE
18TH JULY • 12TH SEPTEMBER • 3RD OCTOBER

CHOICE 1

CHOICE 2

MONDAY

Chicken curry with rice & naan
H/W



French bread pizza with herby wedges
H/V



PUDDING

Fruit and yoghurt **V**

TUESDAY

Cheese wheels with sauté potatoes
H/V



Vegan bolognaise with pasta
H/VE



PUDDING

Carrot cake **H/V**, yoghurt and fresh fruit

WEDNESDAY

All day breakfast
H



Vegan all day breakfast
H/V



PUDDING

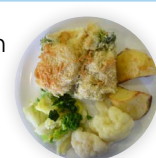
Cheese, crackers & apple slices **H/V**, yoghurt and fresh fruit

THURSDAY

Roast chicken with roast potatoes and gravy
H



Broccoli bake with roast potatoes and gravy
H/V



PUDDING

Ice cream sundae **VE**, yoghurt and fresh fruit

FRIDAY

Salmon fish cake with chips



Spanish omelette
H/W/V



PUDDING

Shortbread & fruit **H/V**, yoghurt and fresh fruit



CATE'S CORNER

Q: Why are mushrooms always invited to parties?

A: Because they are such fungus

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.

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
mixed or brown rice
instead of potatoes!
Tilda



Photographs are for illustration purposes only and listed items may be subject to change due to supply.

Lighter Choices: Monday Tuna Sandwich ~ Tuesday Ham Wrap ~ Wednesday Cheese Sandwich ~ Thursday Tuna Wrap ~ Friday Ham Sandwich
Jacket Potatoes - Cheese, Tuna or Beans available daily

MAKING A DIFFERENCE EVERY CHILD EVERY TIME