

# LOOK OUT FOR ed's SPECIAL EVENTS

CATER<sup>ed</sup>



THE KING'S CORONATION  
FRIDAY 5<sup>TH</sup> MAY



PLANT BASED WEEK  
MONDAY 15<sup>TH</sup> MAY - FRIDAY 19<sup>TH</sup> MAY



ARMED FORCES DAY  
FRIDAY 23<sup>RD</sup> JUNE



WOMEN'S WORLD CUP  
FRIDAY 20<sup>TH</sup> JULY



ROALD DAHL DAY  
WEDNESDAY 13<sup>TH</sup> SEPTEMBER



WORLD FOOD DAY  
MONDAY 16<sup>TH</sup> OCTOBER



## STAY UP TO DATE

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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 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)

### 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)

Please visit our pages at [www.catered.org.uk](http://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 CATERed webpages or by calling the FSM team on 01752 307410. 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 £2.60.

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.

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/>



LACA  
the school food people

FOOD  
Plymouth

RESURGAM  
CHARTER  
Commitment to a better  
green future for Plymouth

SUSTAINABLE  
FISH CITIES

SCHOOL FOOD PLAN  
ALLIANCE  
CATERed and Plymouth City Council  
support the School Food Plan Alliance

WE SUPPORT PLYMOUTH'S  
PLAN FOR PLASTICS

SUGAR  
SMART

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

April 2023 to October 2023





# ed's AWESOME LUNCHTIME MENU

WEEK  
01

WEEK BEGINNING: 17<sup>TH</sup> APRIL • 8<sup>TH</sup> MAY • 5<sup>TH</sup> JUNE • 26<sup>TH</sup> JUNE  
17<sup>TH</sup> JULY • 11<sup>TH</sup> SEPTEMBER • 2<sup>ND</sup> OCTOBER

CHOICE 1

CHOICE 2

MONDAY

Jerk chicken  
with rice  
and peas  
H/W



Vegan balls  
with pasta  
w/v



PUDDING

Fruit salad, yoghurt v/VE and fresh fruit

TUESDAY

Macaroni  
cheese  
with garlic  
bread  
H



Courgette  
burger in a  
brioche bun  
H/V



PUDDING

Strawberry dessert whip H/V, yoghurt and fresh fruit

WEDNESDAY

All day  
breakfast  
H



Vegan all  
day breakfast  
H/V/VE



PUDDING

Custard biscuit and fruit H/V/VE, yoghurt and fresh fruit

THURSDAY

Roast chicken  
with Yorkshire  
pudding, roast  
potatoes  
H



Butternut squash  
parcel served  
with roast  
potatoes, gravy  
H/V/VE



PUDDING

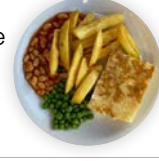
Yoghurt and fresh fruit v

FRIDAY

 Fish fingers  
and fresh chips



Baked vegetable  
omelette with  
fresh chips  
H/V



PUDDING

Vegan orange cake H/V/VE, yoghurt and fresh fruit

WEEK  
02

WEEK BEGINNING: 24<sup>TH</sup> APRIL • 15<sup>TH</sup> MAY • 12<sup>TH</sup> JUNE • 3<sup>RD</sup> JULY,  
24<sup>TH</sup> JULY • 18<sup>TH</sup> SEPTEMBER • 9<sup>TH</sup> OCTOBER

CHOICE 1

CHOICE 2

MONDAY

Spanish chicken  
served with  
new potatoes  
H



Vegan nuggets  
with pasta  
w/v/VE



PUDDING

Real fruit ice lolly, yoghurt and fresh fruit v

TUESDAY

Cheese wheels  
served with  
seasoned diced  
potatoes  
H/V



Vegetable  
Korma with  
rice and naan  
H/W/V/VE

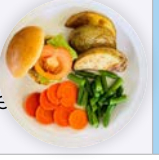


PUDDING

Yoghurt and fresh fruit v

WEDNESDAY

Crispy Piri Piri  
chicken burger  
in a brioche bun  
with herby wedge  
H



Vegetable  
frittata served  
with garlic bread  
H/V



PUDDING

Fruity flapjack H/V/VE, yoghurt and fresh fruit

THURSDAY

Roast gammon,  
roast potatoes,  
gravy  
H



Vegetable  
sausage,  
served with roast  
potatoes, gravy  
v/VE



PUDDING

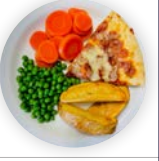
Fruit salad v/VE, yoghurt and fresh fruit

FRIDAY

Fish croquettes  
and fresh chips  
H



Cheese and  
tomato pizza  
with fresh chips  
H/V



PUDDING

Vegan chocolate brownie H/V/VE, yoghurt and fresh fruit

WEEK  
03

WEEK BEGINNING: 1<sup>ST</sup> MAY • 22<sup>ND</sup> MAY • 19<sup>TH</sup> JUNE • 10<sup>TH</sup> JULY  
4<sup>TH</sup> SEPTEMBER • 25<sup>TH</sup> SEPTEMBER • 16<sup>TH</sup> OCTOBER

CHOICE 1

CHOICE 2

MONDAY

Sausage roll  
with seasoned  
diced potatoes  
H



Mexican bean  
quesadilla  
with rice  
H/V



PUDDING

Yoghurt and fresh fruit v

TUESDAY

Homecooked  
ham and  
pineapple pizza  
with wedges  
H/V



Vegetable  
and tofu  
Chow mein  
H/V/VE



PUDDING

Fruity rocky road H/V, yoghurt and fresh fruit

WEDNESDAY

Spaghetti and  
meatballs  
H/W



Vegan chilli  
and rice  
H/W/V/VE



PUDDING

Fruit salad v/VE, yoghurt and fresh fruit

THURSDAY

Roast chicken  
with Yorkshire  
pudding, roast  
potatoes, gravy  
H



Broccoli and  
potato cheese  
bake with roast  
potatoes, gravy  
H/V



PUDDING

Jam and coconut sponge H/W/V, yoghurt and fresh fruit

FRIDAY

Oven baked  
battered pollock  
fillet and  
fresh chips



Cheese and  
tomato quiche  
with fresh chips  
H/W/V



PUDDING

Fruit and jelly H/V/VE, yoghurt and fresh fruit

CATE'S CORNER

Q: What did one tomato  
say to the other tomato?  
A: You go ahead and I'll  
ketchup.

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.

Jacket Potatoes available daily with a choice of Cheese, Beans or Tuna.

Lighter choices: Mon: Tuna Sandwich ~ Tues: Ham Wrap ~ Wed: Cheese Sandwich ~ Thurs: Tuna Wrap ~ Fri: Ham Sandwich

FEEDING AMBITIONS MAKING A DIFFERENCE - EVERY CHILD EVERY TIME