# LOOK OUT FOR ed's **SPECIAL EVENTS**



NATIONAL SCHOOL MEALS WEEK MONDAY 7TH - FRIDAY 11TH NOVEMBER



**CHRISTMAS LUNCH** DATE SET BY THE INDIVIDUAL SCHOOL



FRIENDSHIP LUNCH TUESDAY 7TH FEBRUARY



INTERNATIONAL SCHOOL MEALS DAY THURSDAY 9TH MARCH



**COMIC RELIEF** FRIDAY 17TH MARCH

## STAY UP TO DATE





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At CATERed, 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
- 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,



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 £2.40.

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/















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.







# eds SUPER FANTASTIC SCHOOL MEALS

October 2022 to March 2023



## ed's AWESOME LUNCHTIME MENU



WEEK BEGINNING: 31<sup>ST</sup> OCT • 21<sup>ST</sup> NOV • 12<sup>TH</sup> DEC • 16<sup>TH</sup> JAN 6<sup>TH</sup> FEB ● 6<sup>TH</sup> MARCH ● 27<sup>TH</sup> MARCH

### **CHOICE 1**

Cheese & tomato pizza with jacket wedges



**CHOICE 2** 

Vegan balls with tomato sauce & mixed vegetable rice H/W/V/Ve



PUDDING | Iced apple cake **H /W,/V** yoghurt and fresh fruit



Breaded nuggets, bba sauce & herby wedges **v/v**E



**PUDDING** Fresh fruit platter **H/V/VE**, yoghurt and fresh fruit

WEDNESDAY

Meatballs with tomato sauce served with pasta H/W



Vegan pasty pocket with sauté potatoes H/V/VE



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

THURSDAY

Roast chicken with Yorkshire pudding, roast potatoes & gravy



Courgette sausage with roast potatoes and gravy



**PUDDING** Fruit salad **V/VE**, yoghurt and fresh fruit

Crispy fish bites with fresh chips



Vegetable quiche with fresh chips H/W/V



PUDDING Chocolate brownie H/W/V, yoghurt and fresh fruit



WEEK BEGINNING: 7<sup>th</sup> NOV ◆ 28<sup>th</sup> NOV ◆ 2<sup>nd</sup> January 23<sup>RD</sup> JAN ● 20<sup>TH</sup> FEB ● 13<sup>TH</sup> MARCH

## **CHOICE 1**

Sausages in gravy served **MONDAY** with creamy

mash



Vegetable pie served with creamy mash H/V

**CHOICE 2** 



**TUESDAY** 

Beefy pasta bake and garlic bread н/w



French bread pizza with H/V





WEDNESDAY

Sweet and sour chicken served with rice н/w



Macaroni cheese with garlic bread



**PUDDING** Shortcake & fruit **H/W/V/VE**, yoghurt and fresh fruit

THURSDAY

Roast gammon with apple sauce, roast potatoes and gravy

Vegetable shepherds pie with gravy H/V/VE



**PUDDING** Fruit salad **V/VE**, yoghurt and fresh fruit

Young's Fish fingers with chips



Folded bean with fresh chips

PUDDING | Spiced pear tray bake served & custard H / W/V, yoghurt and fresh fruit



VEEK BEGINNING: 14™ NOV • 5™ DEC • 9™ JAN • 30™ JAN 27<sup>TH</sup> FEB ● 20<sup>TH</sup> MARCH

### CHOICE 1

MONDAY

Beef burger in a brioche roll with jacket wedges



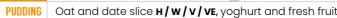
Sausage and haricot bean

stew served

creamy mash

**CHOICE 2** 

H/V/VE



TUESDA

Cheese wheel with herby diced potatoes H/V

All day

breakfast

PUDDING Fruit salad **V/vE**, yoghurt and fresh fruit



Ratatouille pasta bake H/V/VE



HOME-MADE IN THE KITCHEN. WHOLE WHEAT INGREDIENTS.

OGHURT AND WEST COUNTRY MILK AVAII ABLE DAILY, FRESH DRINKING WATER

IS AVAILABLE THROUGHOUT THE LUNCH TIMI PERIOD. ALL MEALS SERVED WITH SEASONA **VEGETABLES. CHICKEN ALTERNATIVES TO** 

BEEF AND PORK UPON REQUEST, ONE MEAT

ed's REGULARS

Beans / Cheese / Tuna Mayonnaise & Colesiaw

Fresh Salad Bar

Sandwiches

vailable on reques

AVAILABLE DAILY

HEINZ

BEANZ

CATE'S CORNER I: Why did the bee buy

a phone?

A: To cauliflower

VE = VEGAN DISH. VEGETARIAN

FREE DAY.

THE VEGETARIAN LINE.



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

THURSDAY

VEDNESDA

Roast chicken served with Yorkshire pudding, roast potatoes & gravy **H** 

**Bubble** coated

FRIDAY salmon fillet with

fresh chips



PUDDING Chocolate orange cake & chocolate sauce H/W/V yoghurt and fresh fruit

Broccoli bake with roast potatoes and gravy

Cheese and

fresh chips

H/V/VE

Vegan all day

breakfast

H/V/VE



PUDDING Banana flapjack **H/W/V/VE**, yoghurt and fresh fruit



DID AON KNOM

You can have Miked of promis ice

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

