

LOOK OUT FOR ed's SPECIAL EVENTS

CATER^{ed}



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 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
- 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 £2.40.**

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/>



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

October 2022 to March 2023



ed's AWESOME LUNCHTIME MENU

WEEK
01

WEEK BEGINNING: 31ST OCT • 21ST NOV • 12TH DEC • 16TH JAN
6TH FEB • 6TH MARCH • 27TH MARCH

CHOICE 1

CHOICE 2

MONDAY

Cheese & tomato pizza with jacket wedges
H/V



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



PUDDING

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

TUESDAY

Beef chilli with rice & nacho chips
H/W



Breaded nuggets, bbq sauce & herby wedges
V/VE



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
H



Courgette sausage with roast potatoes and gravy
H/V



PUDDING

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

FRIDAY

Crispy fish bites with fresh chips
H



Vegetable quiche with fresh chips
H/W/V



PUDDING

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

WEEK
02

WEEK BEGINNING: 7TH NOV • 28TH NOV • 2ND JANUARY
23RD JAN • 20TH FEB • 13TH MARCH

CHOICE 1

CHOICE 2

MONDAY

Sausages in gravy served with creamy mash
H



Vegetable pie served with creamy mash
H/V



PUDDING

Fruity cookie **H/W/V**, yoghurt and fresh fruit

TUESDAY

Beefy pasta bake and garlic bread
H/W



French bread pizza with herby wedges
H/V



PUDDING

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

WEDNESDAY

Sweet and sour chicken served with rice
H/W



Macaroni cheese with garlic bread
H/V



PUDDING

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

THURSDAY

Roast gammon with apple sauce, roast potatoes and gravy
H




Vegetable shepherds pie with gravy
H/V/VE



PUDDING

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

FRIDAY

 Fish fingers with chips



Folded bean & cheese quesadillas with fresh chips
H/V/VE



PUDDING

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

WEEK
03

WEEK BEGINNING: 14TH NOV • 5TH DEC • 9TH JAN • 30TH JAN
27TH FEB • 20TH MARCH

CHOICE 1

CHOICE 2

MONDAY

Beef burger in a brioche roll with jacket wedges
H



Sausage and haricot bean stew served creamy mash
H/V/VE



PUDDING

Oat and date slice **H/W/V/VE**, yoghurt and fresh fruit

TUESDAY

Cheese wheel with herby diced potatoes
H/V



Ratatouille pasta bake
H/V/VE



PUDDING

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

WEDNESDAY

All day breakfast
H



Vegan all day breakfast
H/V/VE



PUDDING

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

THURSDAY

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



Broccoli bake with roast potatoes and gravy
H/V



PUDDING

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

FRIDAY

Bubble coated salmon fillet with fresh chips



Cheese and potato slice with fresh chips
H/V/VE



PUDDING

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

CATE'S CORNER

Q: Why did the bee buy a phone?

A: To cauliflower.

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