

LOOK OUT FOR ed's SPECIAL EVENTS

CATER^{ed}



THE KING'S CORONATION
FRIDAY 5TH MAY



PLANT BASED WEEK
MONDAY 15TH MAY – FRIDAY 19TH MAY



ARMED FORCES DAY
FRIDAY 23RD JUNE



WOMEN'S WORLD CUP
FRIDAY 20TH JULY



ROALD DAHL DAY
WEDNESDAY 13TH SEPTEMBER



WORLD FOOD DAY
MONDAY 16TH OCTOBER



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 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

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 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 £2.80.

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/>



LACA
the school food people

FOOD
Plymouth

RESURGAM
CHARTER
Commitment to a better greenest future for Plymouth

SUSTAINABLE
FISH CITIES

SCHOOL FOOD PLAN
ALLIANCE
CATER^{ed} and Plymouth City Council support the School Food Plan Alliance

WE SUPPORT PLYMOUTH'S
PLAN FOR PLASTICS

SUGAR
SMART

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



ed's

SUPER FANTASTIC SCHOOL MEALS

September 2023 to December 2023



CATER^{ed}
FEEDING AMBITIONS - MAKING A DIFFERENCE
EVERY CHILD, EVERY TIME

Design by www.crunchecreative.co.uk

ed's AWESOME LUNCHTIME MENU

WEEK 01

WEEK BEGINNING: 11th SEPTEMBER • 2nd OCTOBER • 30th OCTOBER • 20th NOVEMBER • 11th DECEMBER

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

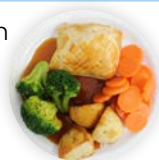
Custard biscuit and fruit H/V/VE, yoghurt and fresh fruit

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: 18th SEPTEMBER • 9th OCTOBER • 6th NOVEMBER • 27th NOVEMBER • 18th DECEMBER

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

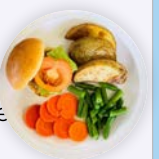


PUDDING

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

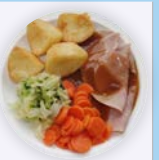


PUDDING

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: 4th SEPTEMBER • 25th SEPTEMBER • 16th OCTOBER • 13th NOVEMBER • 4th DECEMBER

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.

FEEDING AMBITIONS MAKING A DIFFERENCE EVERY CHILD EVERY TIME