

# LOOK OUT FOR ed's SPECIAL EVENTS

# CATER<sup>ed</sup>



REMEMBRANCE DAY – FRIDAY  
9.11.18  
(CENTENARY OF THE END OF WW1)



NATIONAL SCHOOL MEALS WEEK  
12-16.11.18



AMERICAN THANKSGIVING DAY  
22.11.18  
(LINKING AND SUPPORTING MAYFLOWER 400)



CHRISTMAS LUNCH  
DECEMBER  
(SEE SCHOOL FOR DATES)



CHINESE NEW YEAR  
05.02.19



FRIENDSHIP DAY  
14.02.19



PANCAKE DAY SHROVE TUESDAY  
05.03.19

## STAY UP TO DATE

Like: facebook.com/plymouthcatered

Follow: @cateredplymouth



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 and 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)
- Organic milk
- Fairtrade apple juice
- Locally-sourced yoghurts
- Organic herbs
- Oily fish in our fishcakes
- 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 307187 or by email [catering@catered.org.uk](mailto:catering@catered.org.uk)



We are working to reduce the refined sugar content in all our recipes and where possible replacing sugar with honey. We have signed up to 'Sugar Smart Plymouth'.

For more information about school food in Plymouth please visit our pages at [www.catered.org.uk](http://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 have a great tasting meal every day and pay Ed nothing!**

For older children, information about free school meals can be found at <https://www.plymouth.gov.uk/schoolseducationchildcareskillsandemployability/freeschoolmeals> or by calling the team on 01752 307410. **If you're buying a meal, one of Ed's super fantastic two-course meals including a drink currently costs £2.20.**

Did you know we can meet special dietary needs? Come and have a chat with the catering manager at your child's school or contact us.

**For allergen advice please ask the catering manager.**

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<sup>ed</sup> 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 to March 2019

Ed's epic search for fresh, seasonal, organic and local food to help your child fill up and flourish at school continues.



Photographs are for illustration purposes only

# ed's AWESOME LUNCHTIME MENU

FEEDING AMBITIONS

WEEK 01

WEEK BEGINNING: 29<sup>TH</sup> OCTOBER • 19<sup>TH</sup> NOVEMBER • 10<sup>TH</sup> DECEMBER  
14<sup>TH</sup> JANUARY • 4<sup>TH</sup> FEBRUARY • 4<sup>TH</sup> MARCH • 25<sup>TH</sup> MARCH

CHOICE 1

CHOICE 2

MONDAY

Chicken and broccoli pasta bake (H) (W)



Vegetarian korma with rice and naan (H)



PUDDING

Orange and sultana cookies (H), yoghurt and fresh fruit

TUESDAY

BBQ pulled pork on a bun with sauté potatoes (H)



Linda McCartney sausage and sauté potatoes (H)



PUDDING

Rhubarb and custard muffins (H), yoghurt and fresh fruit

WEDNESDAY

Chicken burrito (H) (W)



Cheese wheels with herby wedges (H)



PUDDING

Cornish ice cream, yoghurt and fresh fruit

THURSDAY

Roast beef, Yorkshire pud, with roast potatoes and gravy (H)



Quorn fillet with roast potatoes and gravy (H)



PUDDING

Cheese and biscuits, yoghurt and fresh fruit

FRIDAY

Coated fish fillet with chips or pasta



Frittata with chips or pasta (H)



PUDDING

Fruit platter, yoghurt and fresh fruit

WEEK 02

WEEK BEGINNING: 5<sup>TH</sup> NOVEMBER • 26<sup>TH</sup> NOVEMBER • 17<sup>TH</sup> DECEMBER  
21<sup>ST</sup> JANUARY • 11<sup>TH</sup> FEBRUARY • 11<sup>TH</sup> MARCH • 1<sup>ST</sup> APRIL

CHOICE 1

CHOICE 2

MONDAY

Sweet and sour chicken with rice (H) (W)



Tomato and herb vegetarian balls with pasta (H) (W)



PUDDING

Vanilla sponge and custard (H) (W), yoghurt and fresh fruit

TUESDAY

Pizza choices (H) (W)



Bean burger in a bun with diced potato (H)



PUDDING

Jelly and fruit, yoghurt and fresh fruit

WEDNESDAY

Turkey lasagne with garlic bread (H)



Veggie mince with sweet potato mash (H)



PUDDING

Chocolate cracknel (H), yoghurt and fresh fruit

THURSDAY

Roast chicken & stuffing with roast potatoes and gravy (H)



Broccoli and cauliflower cheese with roast potatoes and gravy (H)



PUDDING

Fruit platter, yoghurt and fresh fruit

FRIDAY

Fish fingers with chips or pasta (H)



Falafel pitta pockets with chips or pasta (H)



PUDDING

Oaty fruit crunch (H), yoghurt and fresh fruit

WEEK 03

WEEK BEGINNING: 12<sup>TH</sup> NOVEMBER • 3<sup>RD</sup> DECEMBER • 7<sup>TH</sup> JANUARY  
28<sup>TH</sup> JANUARY • 25<sup>TH</sup> FEBRUARY • 18<sup>TH</sup> MARCH

CHOICE 1

CHOICE 2

MONDAY

Jerk chicken with cous cous (H)



Macaroni cheese (H)



PUDDING

Mini flapjack and fruit (H), yoghurt and fresh fruit

TUESDAY

All day breakfast



Veggie all day breakfast



PUDDING

Cornish icecream and fruit, yoghurt and fresh fruit

WEDNESDAY

Cottage pie (H)



Vegetarian chilli con carne with rice (H) (W)



PUDDING

Fruit and jelly (H) (W), yoghurt and fresh fruit

THURSDAY

Roast gammon with roast potatoes and gravy (H)



Birds eye vegetable fingers with roast potatoes and gravy



PUDDING

Fruit platter, yoghurt and fresh fruit

FRIDAY

Salmon fish cakes with chips or pasta (H)



Cheese and tomato quiche with chips or pasta (H) (W)



PUDDING

Cookie (H), yoghurt and fresh fruit

CATE'S CORNER

Q: What do you call cheese that isn't yours?

A: Nacho cheese!



FRESH FRUIT, LOCALLY SOURCED YOGHURT, ORGANIC MILK AND FRUIT JUICE AVAILABLE DAILY. FRESH DRINKING WATER IS AVAILABLE THROUGHOUT THE LUNCH TIME PERIOD. ALL MEALS SERVED WITH SEASONAL VEGETABLES. CHICKEN ALTERNATIVES TO BEEF AND PORK AVAILABLE UPON REQUEST.

H = HOME-MADE IN THE KITCHEN.  
W = WHOLE WHEAT INGREDIENTS.  
2 = THE VEGETARIAN LINE.

ed's REGULARS

Jacket Potatoes with:  
Beans / Cheese /  
Tuna Mayonnaise  
& Coleslaw

Chef's Daily Choice  
Fresh Salad Bar  
Sandwiches  
available on request

AVAILABLE DAILY

Did you know you can have mixed or brown rice instead of potatoes

