

# LOOK OUT FOR ed's SPECIAL EVENTS

# CATER<sup>ed</sup>

Children's food panel choice



**WORLD FAIR TRADE DAY**  
FRIDAY 10<sup>TH</sup> MAY



**WOMEN'S FOOTBALL WORLD CUP**  
WEDNESDAY 19<sup>TH</sup> JUNE



**ARMED FORCES DAY**  
FRIDAY 28<sup>TH</sup> JUNE



**AMERICAN INDEPENDENCE DAY**  
THURSDAY 4<sup>TH</sup> JULY



**ROALD DAHL DAY**  
FRIDAY 13<sup>TH</sup> SEPTEMBER



**MEN'S RUGBY WORLD CUP**  
FRIDAY 11<sup>TH</sup> OCTOBER



## STAY UP TO DATE

Like: [facebook.com/plymouthcatered](https://facebook.com/plymouthcatered)

Follow: [@cateredplymouth](https://twitter.com/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 reducing the refined sugar content in all our recipes and where possible replacing sugar with honey. 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](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.**

We can meet all Medical and Food Intolerances. Come and have a chat with the Catering Manager at your child's school or contact us at the email listed above.

**You can find a full list of the allergens present in the menu on our website.**

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



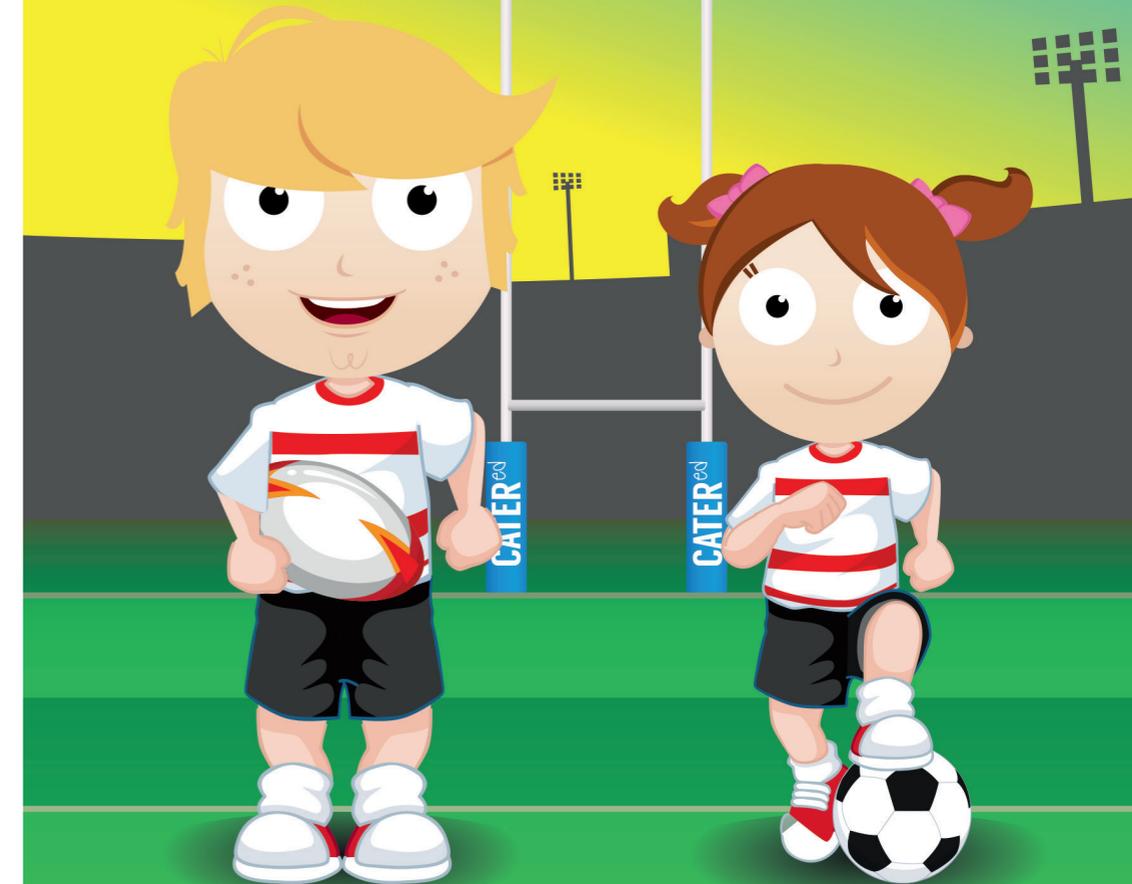
is a company jointly owned by schools across the City and Plymouth City Council serving great tasting, freshly prepared food to children and young people every day.

Company No: 9355912 | VAT No: 208 5215 29



# ed's SUPER FANTASTIC SCHOOL MEALS

April to October 2019



# ed's AWESOME LUNCHTIME MENU

**WEEK 01**

**WEEK BEGINNING:** 22<sup>ND</sup> APRIL • 13<sup>TH</sup> MAY • 10<sup>TH</sup> JUNE • 1<sup>ST</sup> JULY  
22<sup>ND</sup> JULY • 16<sup>TH</sup> SEPTEMBER • 7<sup>TH</sup> OCTOBER

	CHOICE 1	CHOICE 2
<b>MONDAY</b>	Chicken curry with rice & naan bread H	Macaroni cheese with garlic bread H
<b>PUDDING</b>	Yummy ice lollies, yoghurt and fresh fruit	
<b>TUESDAY</b>	Beef Burger in a bun with wedges H I W	<b>Quorn</b> Cowboy hotpot with quorn sausages H
<b>PUDDING</b>	Fresh fruit salad with honey yoghurt, yoghurt and fresh fruit	
<b>WEDNESDAY</b>	Sausage & bean wheel with mash H	<b>BirdsEye</b> vegetable fingers with mash H
<b>PUDDING</b>	Flapjack H, yoghurt and fresh fruit	
<b>THURSDAY</b>	Roast beef with yorkshire pudding & roast potatoes H	Vegetarian parcels with roast potatoes H
<b>PUDDING</b>	Fruit platter, yoghurt and fresh fruit	
<b>FRIDAY</b>	<b>Young's</b> Fish fingers with chips or pasta H I W	Cheese quiche with chips or pasta H I W
<b>PUDDING</b>	Pineapple upside down cake H I W, yoghurt and fresh fruit	

**WEEK 02**

**WEEK BEGINNING:** 29<sup>TH</sup> APRIL • 20<sup>TH</sup> MAY • 17<sup>TH</sup> JUNE • 8<sup>TH</sup> JULY  
2<sup>ND</sup> SEPTEMBER • 23<sup>RD</sup> SEPTEMBER • 14<sup>TH</sup> OCTOBER

	CHOICE 1	CHOICE 2
<b>MONDAY</b>	Beef pasta bolognese H I W	<b>Quorn</b> Nugget pitta Pockets with seasoned wedges
<b>PUDDING</b>	Apple cake H I W, yoghurt and fresh fruit	
<b>TUESDAY</b>	All day breakfast H	<b>Quorn</b> Vegetarian all day breakfast H
<b>PUDDING</b>	Fresh fruit platter, yoghurt and fresh fruit	
<b>WEDNESDAY</b>	Pork meatballs with gravy & mash potato H	French bread pizza & wedges H
<b>PUDDING</b>	Lime & vanilla traybake H I W, yoghurt and fresh fruit	
<b>THURSDAY</b>	Roast turkey with roast potatoes H	Vegetable crumble with roast potatoes H
<b>PUDDING</b>	Cheese & biscuits, yoghurt and fresh fruit	
<b>FRIDAY</b>	Crispy coated fish fillet with chips or pasta H	Cheese wheels with chips or pasta H
<b>PUDDING</b>	Ice cream pot, yoghurt and fresh fruit	

**WEEK 03**

**WEEK BEGINNING:** 6<sup>TH</sup> MAY • 3<sup>RD</sup> JUNE • 24<sup>TH</sup> JUNE • 15<sup>TH</sup> JULY  
9<sup>TH</sup> SEPTEMBER • 30<sup>TH</sup> SEPTEMBER

	CHOICE 1	CHOICE 2
<b>MONDAY</b>	Southern style chicken with seasoned wedges H	Tomato & basil rice H
<b>PUDDING</b>	Chocolate brownie surprise H, yoghurt and fresh fruit	
<b>TUESDAY</b>	Cheese & tomato or pepperoni pizza with saute potatoes H	Swedish style <b>Quorn</b> balls in a tomato sauce with pasta H I W
<b>PUDDING</b>	Berry jelly H, yoghurt and fresh fruit	
<b>WEDNESDAY</b>	Beef lasagne H	Mixed bean chilli & rice H
<b>PUDDING</b>	Custard biscuits H, yoghurt and fresh fruit	
<b>THURSDAY</b>	Roast gammon with roast potatoes & apple sauce H	Cheese & potato plait with roast potatoes H
<b>PUDDING</b>	Carrot cake H I W, yoghurt and fresh fruit	
<b>FRIDAY</b>	Fishcakes with chips or pasta H	Roasted pepper quiche with chips or pasta H I W
<b>PUDDING</b>	Fruit platter, yoghurt and fresh fruit	

**CATE'S CORNER**  
Q: What is a fishes favourite game?  
A: Salmon Says!

**Yeo Valley** 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!

Photographs are for illustration purposes only

**FEEDING AMBITIONS - MAKING A DIFFERENCE - EVERY CHILD EVERY TIME**