

# SPECIAL EVENTS WILL BE HELD IN YOUR SCHOOL —

CATER<sup>ed</sup>

PLEASE SPEAK TO YOUR  
CATERING MANAGER  
ABOUT HOW WE CAN  
RUN SPECIFIC THEME  
DAYS IN YOUR SCHOOL  
THIS YEAR.



## STAY UP TO DATE

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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, 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
- Local 'Made for Us' yoghurts
- Organic herbs
- 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 977166 or by email [catering@catered.org.uk](mailto: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](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 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 £2.20.**

For a full allergen breakdown please contact us at [catering@catered.org.uk](mailto: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<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

November 2021 to April 2022



# ed's AWESOME LUNCHTIME MENU

WEEK  
01

WEEK BEGINNING: 1<sup>ST</sup> NOVEMBER • 22<sup>ND</sup> NOVEMBER • 13<sup>TH</sup> DECEMBER  
17<sup>TH</sup> JANUARY • 7<sup>TH</sup> FEBRUARY • 7<sup>TH</sup> MARCH • 28<sup>TH</sup> MARCH • 4<sup>TH</sup> APRIL

CHOICE 1

CHOICE 2

MONDAY

Jumbo sausage  
and mash with  
onion gravy  
H



Vegan bolognaise  
with garlic bread  
H / V / VE



PUDDING

Peach muffin H, yoghurt and fresh fruit

TUESDAY

Home-made  
pizza cheese  
and tomato,  
pepperoni  
H / W



Veggie burger  
with seasoned  
wedges  
H / V



PUDDING

Fresh fruit or yoghurt

WEDNESDAY

Pasta  
bolognaise and  
garlic bread  
H / W



 Beanz  
cottage pie  
H / V / VE




PUDDING

Carrot cake H, yoghurt and fresh fruit

THURSDAY

Roast gammon,  
with roast  
potatoes and  
gravy  
H



 Roast  
with stuffing,  
roast potatoes  
and gravy  
H / V



PUDDING

Fresh fruit platter, yoghurt and fresh fruit

FRIDAY

Breaded fish  
fillet with chips  
or pasta



Spanish omelette  
with chips or  
pasta  
H / V



PUDDING

Crispy crunch H, yoghurt and fresh fruit

Photographs are for illustration purposes only

WEEK  
02

WEEK BEGINNING: 8<sup>TH</sup> NOVEMBER • 29<sup>TH</sup> NOVEMBER • 3<sup>RD</sup> JANUARY  
24<sup>TH</sup> JANUARY • 14<sup>TH</sup> FEBRUARY • 14<sup>TH</sup> MARCH • 11<sup>TH</sup> APRIL

CHOICE 1

CHOICE 2

MONDAY

Homemade  
meatballs in  
tomato sauce with  
seasoned wedges  
H



Vegan balls in  
tomato sauce  
with pasta  
V / VE



PUDDING

Apple flapjack H, yoghurt and fresh fruit

TUESDAY

Vegan nuggets  
served with  
seasoned  
wedges  
V / VE



Vegetable  
mousaka  
H / V

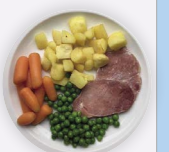


PUDDING

Fruit and yoghurt

WEDNESDAY

Gammon steak  
and pineapple  
with sauté  
potatoes



 Bean casserole  
H / V / VE



PUDDING

Custard biscuits with fruit wedges H, yoghurt and fresh fruit

THURSDAY

Roast chicken,  
stuffing, roast  
potatoes and  
gravy  
H




Courgette  
sausages with roast  
potatoes and gravy  
H / V



PUDDING

Fruit platter, yoghurt and fresh fruit

FRIDAY

 Fish fingers  
with chips or  
pasta



Roasted pepper  
quiche with chips  
or pasta  
H / V



PUDDING

Frozen Yoghurt, yoghurt and fresh fruit

WEEK  
03

WEEK BEGINNING: 15<sup>TH</sup> NOVEMBER • 6<sup>TH</sup> DECEMBER • 10<sup>TH</sup> JANUARY  
31<sup>ST</sup> JANUARY • 28<sup>TH</sup> FEBRUARY • 21<sup>ST</sup> MARCH

CHOICE 1

CHOICE 2

MONDAY

Cottage pie  
H / W



Vegan hot dogs  
with waffles  
W / V / VE



PUDDING

Pear flapjack H, yoghurt and fresh fruit

TUESDAY

Cheese wheels  
with waffles  
H / V



Vegan pasties with  
herby diced  
potatoes  
/ V / VE



PUDDING

Fruit segments or yoghurt

WEDNESDAY

All day  
breakfast



All day veggie  
breakfast  
V / VE



PUDDING

Chocolate brownie and ice cream H, yoghurt and fresh fruit

THURSDAY

Roast beef,  
Yorkshire pudding,  
with roast  
potatoes and gravy  
H



Savoury mince with  
roast potatoes  
and gravy  
H / V



PUDDING

Fruit salad, yoghurt and fresh fruit

FRIDAY

Crispy coated  
local pollock with  
chips and pasta  
H / W



Macaroni cheese  
served with  
garlic bread  
H / V



PUDDING

Shortbread fingers and fruit H, yoghurt and fresh fruit

CATE'S CORNER

Q: How do you make a milk shake?

A: Scare it!

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

FEEDING AMBITIONS - MAKING A DIFFERENCE - EVERY CHILD EVERY TIME