

# LOOK OUT FOR ed's SPECIAL EVENTS

CATER<sup>ed</sup>



THE KING'S CORONATION  
FRIDAY 5<sup>TH</sup> MAY



PLANT BASED WEEK  
MONDAY 15<sup>TH</sup> MAY - FRIDAY 19<sup>TH</sup> MAY



ARMED FORCES DAY  
FRIDAY 23<sup>RD</sup> JUNE



WOMEN'S WORLD CUP  
FRIDAY 20<sup>TH</sup> JULY



ROALD DAHL DAY  
WEDNESDAY 13<sup>TH</sup> SEPTEMBER



WORLD FOOD DAY  
MONDAY 16<sup>TH</sup> OCTOBER



## 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 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](mailto:catering@catered.org.uk)

Please visit our pages at [www.catered.org.uk](http://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 £2.60.

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.

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/>

Design by [www.crunchecreative.co.uk](http://www.crunchecreative.co.uk)



LACA  
The school food people

FOOD  
Plymouth

RESURGAM  
CHARTER  
Commitment to a sustainable future for Plymouth

SUSTAINABLE  
FISH CITIES

SCHOOL FOOD PLAN  
ALLIANCE  
CATER<sup>ed</sup> and Plymouth City Council support the School Food Plan Alliance

WE SUPPORT PLYMOUTH'S  
PLAN FOR PLASTICS

SUGAR  
SMART

CATER<sup>ed</sup>  
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



CATER<sup>ed</sup>  
FEEDING AMBITIONS - MAKING A DIFFERENCE EVERY CHILD, EVERY TIME


# ed's SUPER FANTASTIC SCHOOL MEALS

April 2023 to October 2023

# ed's AWESOME LUNCHTIME MENU











WEEK 01

WEEK BEGINNING: 17<sup>TH</sup> APRIL • 8<sup>TH</sup> MAY • 5<sup>TH</sup> JUNE • 26<sup>TH</sup> JUNE  
17<sup>TH</sup> JULY • 11<sup>TH</sup> SEPTEMBER • 2<sup>ND</sup> OCTOBER

	CHOICE 1	CHOICE 2
<b>MONDAY</b>	Jerk chicken with rice and peas H/W 	Vegan balls with pasta W/V 
<b>PUDDING</b>	Fruit salad, yoghurt v/v/ve and fresh fruit	
<b>TUESDAY</b>	Macaroni cheese with garlic bread H 	Courgette burger in a brioche bun H/V 
<b>PUDDING</b>	Strawberry dessert whip H/V, yoghurt and fresh fruit	
<b>WEDNESDAY</b>	All day breakfast H 	Vegan all day breakfast H/V/VE 
<b>PUDDING</b>	Custard biscuit and fruit H/V/VE, yoghurt and fresh fruit	
<b>THURSDAY</b>	Roast chicken with Yorkshire pudding, roast potatoes H 	Butternut squash parcel served with roast potatoes, gravy H/V/VE 
<b>PUDDING</b>	Yoghurt and fresh fruit v	
<b>FRIDAY</b>	 Fish fingers and fresh chips 	Baked vegetable omelette with fresh chips H/V 
<b>PUDDING</b>	Vegan orange cake H/V/VE, yoghurt and fresh fruit	









WEEK 02

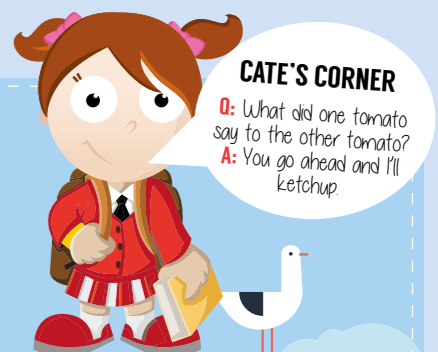
WEEK BEGINNING: 24<sup>TH</sup> APRIL • 15<sup>TH</sup> MAY • 12<sup>TH</sup> JUNE • 3<sup>RD</sup> JULY,  
24<sup>TH</sup> JULY • 18<sup>TH</sup> SEPTEMBER • 9<sup>TH</sup> OCTOBER

	CHOICE 1	CHOICE 2
<b>MONDAY</b>	Spanish chicken served with new potatoes H 	Vegan nuggets with pasta W/V/VE 
<b>PUDDING</b>	Real fruit ice lolly, yoghurt and fresh fruit v	
<b>TUESDAY</b>	Cheese wheels served with seasoned diced potatoes H/V 	Vegetable Korma with rice and naan H/W/V/VE 
<b>PUDDING</b>	Yoghurt and fresh fruit v	
<b>WEDNESDAY</b>	Crispy Piri Piri chicken burger in a brioche bun with herby wedge H 	Vegetable frittata served with garlic bread H/V 
<b>PUDDING</b>	Fruity flapjack H/V/VE, yoghurt and fresh fruit	
<b>THURSDAY</b>	Roast gammon, roast potatoes, gravy H 	Vegetable sausage, served with roast potatoes, gravy V/VE 
<b>PUDDING</b>	Fruit salad v/v/ve, yoghurt and fresh fruit	
<b>FRIDAY</b>	Fish croquettes and fresh chips H 	Cheese and tomato pizza with fresh chips H/V 
<b>PUDDING</b>	Vegan chocolate brownie H/V/VE, yoghurt and fresh fruit	

WEEK 03

WEEK BEGINNING: 1<sup>ST</sup> MAY • 22<sup>ND</sup> MAY • 19<sup>TH</sup> JUNE • 10<sup>TH</sup> JULY  
4<sup>TH</sup> SEPTEMBER • 25<sup>TH</sup> SEPTEMBER • 16<sup>TH</sup> OCTOBER

	CHOICE 1	CHOICE 2
<b>MONDAY</b>	Sausage roll with seasoned diced potatoes H 	Mexican bean quesadilla with rice H/V 
<b>PUDDING</b>	Yoghurt and fresh fruit v	
<b>TUESDAY</b>	Homecooked ham and pineapple pizza with wedges H/V 	Vegetable and tofu Chow mein H/V/VE 
<b>PUDDING</b>	Fruity rocky road H/V, yoghurt and fresh fruit	
<b>WEDNESDAY</b>	Spaghetti and meatballs H/W 	Vegan chilli and rice H/W/V/VE 
<b>PUDDING</b>	Fruit salad v/v/ve, yoghurt and fresh fruit	
<b>THURSDAY</b>	Roast chicken with Yorkshire pudding, roast potatoes, gravy H 	Broccoli and potato cheese bake with roast potatoes, gravy H/V 
<b>PUDDING</b>	Jam and coconut sponge H/W/V, yoghurt and fresh fruit	
<b>FRIDAY</b>	Oven baked battered pollock fillet and fresh chips 	Cheese and tomato quiche with fresh chips H/W/V 
<b>PUDDING</b>	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**