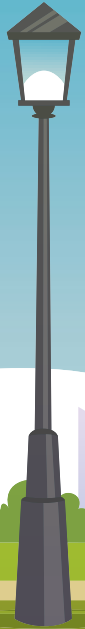


ed's

# SUPER FANTASTIC SCHOOL MEALS

October 2024 - March 2025






# WEEK 1





## WINTER WARMER PASTA

Homemade tomato sauce with pasta,  
served with tortilla chips and vegetables.

**W/C - MONDAY 4TH NOVEMBER, 25TH NOVEMBER, 16TH DECEMBER, 20TH JANUARY, 10TH FEBRUARY, 10TH MARCH, 31ST MARCH**

MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHOICE 1 - H, W, V,</b> Margherita pizza with potato wedges <b>Allergens:</b> (Glu), (Wh), (So), (Mi), m/c (E)	<b>CHOICE 2 - H, W</b> Chicken curry with rice <b>Allergens:</b> (Su)	 All day breakfast – choose from meat or climate friendly option	<b>CHOICE 1 - H</b> Roast chicken, Yorkshire pudding, gravy and roast potatoes <b>Allergens:</b> (Glu), (Wh), (Mi), (E)	<b>CHOICE 1 - H</b> Homemade breaded haddock fillet served with fresh chips <b>Allergens:</b> (Glu), (Wh), (E), (Mi)
 <b>CHOICE 2 - H, W, V, VE</b> Katerveg meatballs served with homemade tomato sauce & pasta <b>Allergens:</b> (Glu), (Wh), (So)	 <b>CHOICE 2 - H, V, VE</b> Chickpea & sweetcorn burger served in a bun with potato wedges <b>Allergens:</b> (Glu), (Wh), (Mi), (So)	<b>Meat Option Allergens:</b> (Glu), (Wh), (E), (Mi) <b>Climate Friendly Allergens:</b> (Glu), (Wh)	<b>CHOICE 2 - H, V</b> Golden pastry topped vegetable pie, gravy & roast potato <b>Allergens:</b> (Glu), (Wh), (Mi), (Ce)	<b>CHOICE 2 - H, V</b> Tangy cheese, quinoa & vegetable muffin served with fresh chips <b>Allergens:</b> (Glu), (Wh), (E), (Mi)

**SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW**

 <b>DESSERT - V, VE</b> Fruit Salad	<b>DESSERT - H, W, V</b> Butternut and date cake <b>Allergens:</b> (Wh), (E)	 <b>DESSERT - H, V, VE</b> Cornish fairing biscuits and fruit slices <b>Allergens:</b> (Glu), (Mi), (E)	 <b>DESSERT - H, V, VE</b> Fruit platter or Yoghurt <b>Allergens:</b> (Su), (Mi)	 <b>DESSERT - H, W, V, VE</b> Fruity cornflake tart with custard <b>Allergens:</b> (Wh), (Bar)
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**AVAILABLE EVERY DAY: FRESH SALAD BAR / FRESH FRUIT AND YOGHURT**



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.

**Allergen Key:** Gluten (Glu), Barley (Bar), Wheat (Wh), Oats (O), Rye (R), Soya, (So), Sulphites (Su), Sesame (Se), Peanuts (P), Mustard (Mu), Molluscs (Mo), Milk (Mi), Nuts (N), Eggs (E), Crustaceans (C), Celery (Ce), Fish (F), Lupin (L), m/c: May Contain

 = Climate Friendly

**DID YOU  
KNOW**  
You can have  
mixed or brown rice  
instead of potatoes!

*Tilda*







# WEEK 2




## WINTER WARMER PASTA

Homemade tomato sauce with pasta,  
served with tortilla chips and vegetables.

**W/C - MONDAY 11TH NOVEMBER, 2ND DECEMBER, 6TH JANUARY, 27TH JANUARY, 24TH FEBRUARY, 17TH MARCH**

MONDAY	MEAT FREE TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHOICE 1 - H, W</b> Baked bean and sausage pasta bake <b>Allergens:</b> (Glu), (Wh)	 <b>CHOICE 1 - H, V, VE</b> Katerveg mince chilli and rice <b>Allergens:</b> (So)	<b>CHOICE 1 - H</b> Chicken chow mein <b>Allergens:</b> (Glu), (Wh), (Se), (So)	<b>CHOICE 1 - H</b> Roast beef, Yorkshire pudding, gravy and roast potatoes <b>Allergens:</b> (Glu), (Wh), (Mi), (E)	<b>CHOICE 1</b> Fish fingers served with fresh chips <b>Allergens:</b> (Glu), (Wh), (F)
 <b>CHOICE 2 - V, VE</b> Quorn dippers with seasoned potato wedges <b>Allergens:</b> (Glu), (Wh)	<b>CHOICE 2 - H, V</b> Tasty cheese wheels with herby diced potato <b>Allergens:</b> (Glu), (Wh), (Mi), (Mu)	 <b>CHOICE 2 - H, V, VE</b> Vegetable sausage, mash and gravy <b>Allergens:</b> (Glu), (Wh), (Ce)	 <b>CHOICE 2 - H, V, VE</b> Roast Quorn fillet, gravy and roast potatoes <b>Allergens:</b> (Glu), (Wh), (Bar)	<b>CHOICE 2 - H, W, V</b> Homemade cheese and tomato quiche served with fresh chips <b>Allergens:</b> (Glu), (Wh), (E), (Mi)

**SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW**

 <b>DESSERT - V, VE</b> Fruit Salad	 <b>DESSERT - H, V, VE</b> Fruity flapjack <b>Allergens:</b> (Glu), (O) m/c (Wh), (Bar)	<b>DESSERT - H, W, V</b> Westcountry root cake <b>Allergens:</b> (Glu), (Wh), (E) m/c (Mi), (Bar)	 <b>DESSERT - H, V, VE</b> Fruit Platter <b>Allergens:</b> (Glu), (O), M/C: (Wh), (Bar)	<b>DESSERT - H, V</b> Zesty cake with custard <b>Allergens:</b> (Glu), (Wh), (E), (Su), (Mi) m/c (Bar)
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**AVAILABLE EVERY DAY: FRESH SALAD BAR / FRESH FRUIT AND YOGHURT**



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.

**Allergen Key:** Gluten (Glu), Barley (Bar), Wheat (Wh), Oats (O), Rye (R), Soya (So), Sulphites (Su), Sesame (Se), Peanuts (P), Mustard (Mu), Molluscs (Mo), Milk (Mi), Nuts (N), Eggs (E), Crustaceans (C), Celery (Ce), Fish (F), Lupin (L). m/c: May Contain

**DID YOU  
KNOW**  
You can have  
mixed or brown rice  
instead of potatoes!












# WEEK 3

## WINTER WARMER PASTA

Homemade tomato sauce with pasta,  
served with tortilla chips and vegetables.

**W/C - MONDAY 18TH NOVEMBER, 9TH DECEMBER, 13TH JANUARY, 3RD FEBRUARY,  
3RD MARCH, 24TH MARCH**

MONDAY	TUESDAY	MEAT FREE WEDNESDAY	THURSDAY	FRIDAY
<b>CHOICE 1 - H, W</b> Beef cobbler served with mash and gravy <b>Allergens:</b> (Glu)(Wh) m/c (Mi)(Bar)	<b>CHOICE 1 - H</b> Chicken paella	 <b>CHOICE 1 - H, V, VE</b> Tasty Katerveg bolognaise with garlic bread & pasta <b>Allergens:</b> (Glu), (Wh), (So) m/c (Se)	<b>CHOICE 1 - H</b> Roast gammon loin, Yorkshire Pudding, gravy & roast potatoes <b>Allergens:</b> (Glu), (Wh), (E)	<b>CHOICE 1 - H</b> Homemade fish cakes served with fresh chips <b>Allergens:</b> (Glu), (Wh), (F), (E)
<b>CHOICE 2 - H, V</b> Crispy samosa with rice <b>Allergens:</b> (Glu), (Wh), (E)	 <b>CHOICE 2 - V, VE</b> Quorn nuggets with diced potato <b>Allergens:</b> (Glu), (Wh)	<b>CHOICE 1 - H, V</b> Creamy macaroni cheese with garlic bread <b>Allergens:</b> (Glu), (Wh), (Mi), (Mu) m/c(Se)	 <b>CHOICE 2 - H, V, VE</b> Golden crisp topped shepherds pie, gravy & roast potatoes <b>Allergens:</b> m/c (Glu), (Wh), (Bar)	 <b>CHOICE 2 - V, VE</b> Quorn fingers served with fresh chips <b>Allergens:</b> (Glu), (Wh)
SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW				
 <b>DESSERT - V VE</b> Fruit salad	<b>DESSERT - H, V</b> Orange honey cake <b>Allergens:</b> (Glu), (Wh), (Mi), (E)	 <b>DESSERT - H, V, VE</b> Custard biscuits with fruit slices <b>Allergens:</b> (Glu), (Wh)	 <b>DESSERT - H, V, VE</b> Fruit Platter <b>Allergens:</b> (So)	 <b>DESSERT - H, W, V, VE</b> Chocolate cake with chocolate sauce <b>Allergens:</b> (Glu)(Wh)(E)(Mi) m/c(Bar)
AVAILABLE EVERY DAY: FRESH SALAD BAR / FRESH FRUIT AND YOGHURT 				

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**Allergen Key:** Gluten (Glu), Barley (Bar), Wheat (Wh), Oats (O), Rye (R), Soya (So), Sulphites (Su), Sesame (Se), Peanuts (P), Mustard (Mu), Molluscs (Mo), Milk (Mi), Nuts (N), Eggs (E), Crustaceans (C), Celery (Ce), Fish (F), Lupin (L). m/c: May Contain

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instead of potatoes!  
*Tilda*



# ED'S SPECIAL EVENTS



## NOVEMBER

**BONFIRE NIGHT**  
(TUESDAY 5TH NOVEMBER)

Hotdogs with seasoned wedges, Warming chilli and rice, Jacket potatoes with bonfire beans and cheese, Toffee apple cake and custard



## DECEMBER

**CHRISTMAS LUNCH**  
(SEE YOUR SCHOOL FOR DATE)

See your schools poster for the full Christmas menu and date



## JANUARY

**SIX NATIONS**  
(FRIDAY 31ST JANUARY)

Fish fillet and chips or pasta, Cheese and leek plait, served with French green beans and carrots, Melting moments



## FEBRUARY

**TEDDY BEAR DAY**  
(MONDAY 10TH FEBRUARY)

Winnie the Pooh honey chicken with seasoned wedges and coleslaw, Kung Fu Panda stir fried noodles with veg, Paddington Bear marmalade cake



## MARCH

**INTER. SCHOOL MEAL DAY**  
(THURSDAY 13TH MARCH)

Roast beef and Yorkshire pudding, Italian Frittata, Lamington tray bake, Salad bar includes Swedish beetroot and apple salad



**STAY UP TO DATE:**



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[@cateredplymouth](https://www.instagram.com/cateredplymouth)



[@cateredplymouth](https://www.tiktok.com/@cateredplymouth)



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

**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)

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:** 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 Fourlanesend Primary web pages. 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 £2.75.

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/>



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



**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

## 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)

