

ed's

SUPER FANTASTIC SCHOOLS MEALS

November 2025 – March 2026

CATER^{ed}



WEEK 1

W/C: MONDAY 3RD NOV, 24TH NOV, 15TH DEC, 19TH JAN, 9TH FEB, 9TH MARCH, 30TH MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CHOICE 1 - H, V</p> <p>Macaroni cheese with garlic bread and veg</p> <p>Allergens: Glu, Wh, Mu, Mi m/c Se</p>	<p>CHOICE 1 - H</p> <p>Potato topped chicken pie served with veg</p> <p>Allergens: Glu Wh Ce Mi m/c Bar</p>	<p>CHOICE 1 - H</p> <p>Sausage and mashed potato served with veg and gravy</p> <p>Allergens: Glu Wh</p>	<p>CHOICE 1 - H</p> <p>Roast chicken served with roast potatoes, Yorkshire pudding veg and gravy</p> <p>Allergens: Glu Wh E Mi</p>	<p>CHOICE 1 - W</p> <p>Youngs fish fingers served with fresh chips or wholemeal pasta and veg</p> <p>Allergens: Glu Wh F</p>
<p>CHOICE 2 - H, W, V, VE</p> <p>Vegan chilli with rice and veg</p> <p>Allergens: So</p>	<p>CHOICE 2 - H, V</p> <p>Broccoli and potato bake served with veg</p> <p>Allergens: Glu Wh Mi</p>	<p>CHOICE 2 - H, W, V, VE</p> <p>Vegan meatballs in a tomato sauce with pasta and veg</p> <p>Allergens: Glu Wh So</p>	<p>CHOICE 2 - H, V, VE</p> <p>Homemade bean cottage pie served with roast potatoes and veg</p>	<p>CHOICE 2 - H, V, W</p> <p>Cheese and tomato quiche with fresh chips or wholemeal pasta and veg</p> <p>Allergens: Glu Wh E Mi</p>
<p>SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE (MI) / TUNA MAYONNAISE (FE) HOT PANINI: CHOOSE FROM CHEESE & TOMATO OR HAM & TOMATO SERVED WITH TORTILLA CHIPS AND VEG</p> <p>(For the full allergy information, please refer to our webpage or check with your school)</p>				
<p>DESSERT - H, V</p> <p>Pear flapjack</p> <p>Allergens: Glu, O</p>	<p>DESSERT - H, V</p> <p>Chocolate shortbread</p> <p>Allergens: Glu Wh Mi m/c Bar</p>	<p>DESSERT - H, V, VE</p> <p>Fruit platter</p>	<p>DESSERT - H, V, VE</p> <p>Custard biscuit and fruit slices</p> <p>Allergens: Glu Wh</p>	<p>DESSERT - H, V</p> <p>Apple crumble and custard</p> <p>Allergens: Glu Wh O Mi m/c Bar</p>

AVAILABLE EVERY DAY: FRESH SALAD / FRESH FRUIT AND YOGHURT

Fresh fruit, local Warwickshire yoghurt 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.

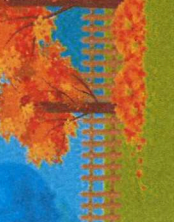
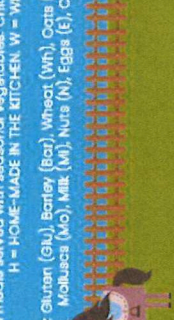
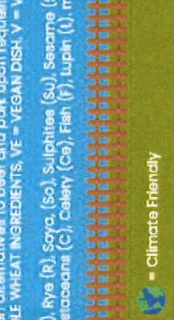
H = HOME-MADE IN THE KITCHEN, W = WHOLE WHEAT INGREDIENTS, VE = VEGAN DISH, V = VEGETARIAN.

Allergen Key: Gluten (Glu), Barley (Bar), Wheat (Wht), Oats (O), Rye (R), Soya (So), Sulphites (Su), Sesame (Se), Peanut (P), Mustard (Mu), Molluscs (Mo), Milk (M), Eggs (E), Cruciferae (C), Cakery (Ce), Fish (F), Lupin (L), m/c May Contain



Specialist to provide all the food for you

Tilda



ED'S SPECIAL EVENTS

NOVEMBER NATIONAL SCHOOL MEALS WEEK

Monday 10th - Friday 14th

While the menu remains the same this week, we're taking this opportunity to highlight the importance of school meals and the vital role they play in supporting children's health, wellbeing, and learning every day.

LACA's theme days celebrate the five key pillars of school meals: environment, community, nutrition, social connections, and cooking together.

DECEMBER CHRISTMAS LUNCH

Various dates

Roast turkey ^{Glu Wh}
or Quorn fillet ^{Glu Bar Wh}
roast potatoes,
trimmings and gravy

Christmas custard
biscuits ^{Glu Wh}

rudolf muffins ^{Glu Wh Mi E Su m/c So}
Krispmas pudding ^{Glu Bar Mi Su}

JANUARY INTERNATIONAL LEGO DAY

Wednesday 28th January

Lego pepperoni pizza
^{Glu Wh So Mi}

Everything Is Awesome ^W
mediterranean
vegetable tart ^{Glu Wh m/c Bar}

Crispy crunch brick bites
^{Glu Bar Mi Su}

FEBRUARY PANCAKE DAY

Tuesday 13th February

Change of dessert:
A selection of
sweet pancakes
^{Glu Wh E Mi}

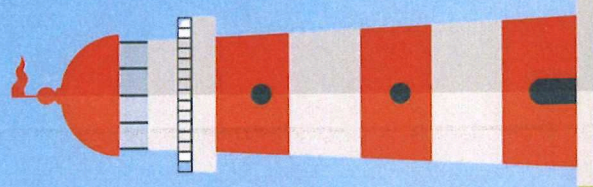
MARCH GREAT BRITISH PIE WEEK

Tuesday 3rd March

Beef and vegetable
pie ^{Glu Wh}

Creamy vegetable
and bean pie ^{Glu Wh Mi So}
both with broccoli and
green beans

Cherry flapjack
^{Glu Wh Bar}



(For additional allergy information, please speak to the kitchen or school)

Universal Infant

Free School Meals (UFSM):

All Reception, Year 1, and Year 2 children can enjoy a free school meal daily, regardless of household income.

We encourage everyone to take up this free offer!

Free School Meals (FSM):

If you think your child (any age) may be eligible, visit the CATERed website and follow the link to **Free School Meals** or call **01752 307410** for details. FSM eligibility also provides schools with extra funding through the Pupil Premium.

We encourage everyone who's eligible to take up this free offer!

Ed's Super Fantastic two-course meal costs £3.00

Need a full allergen breakdown? Email catering@catered.org.uk with your child's school name so we can provide specific menu details.

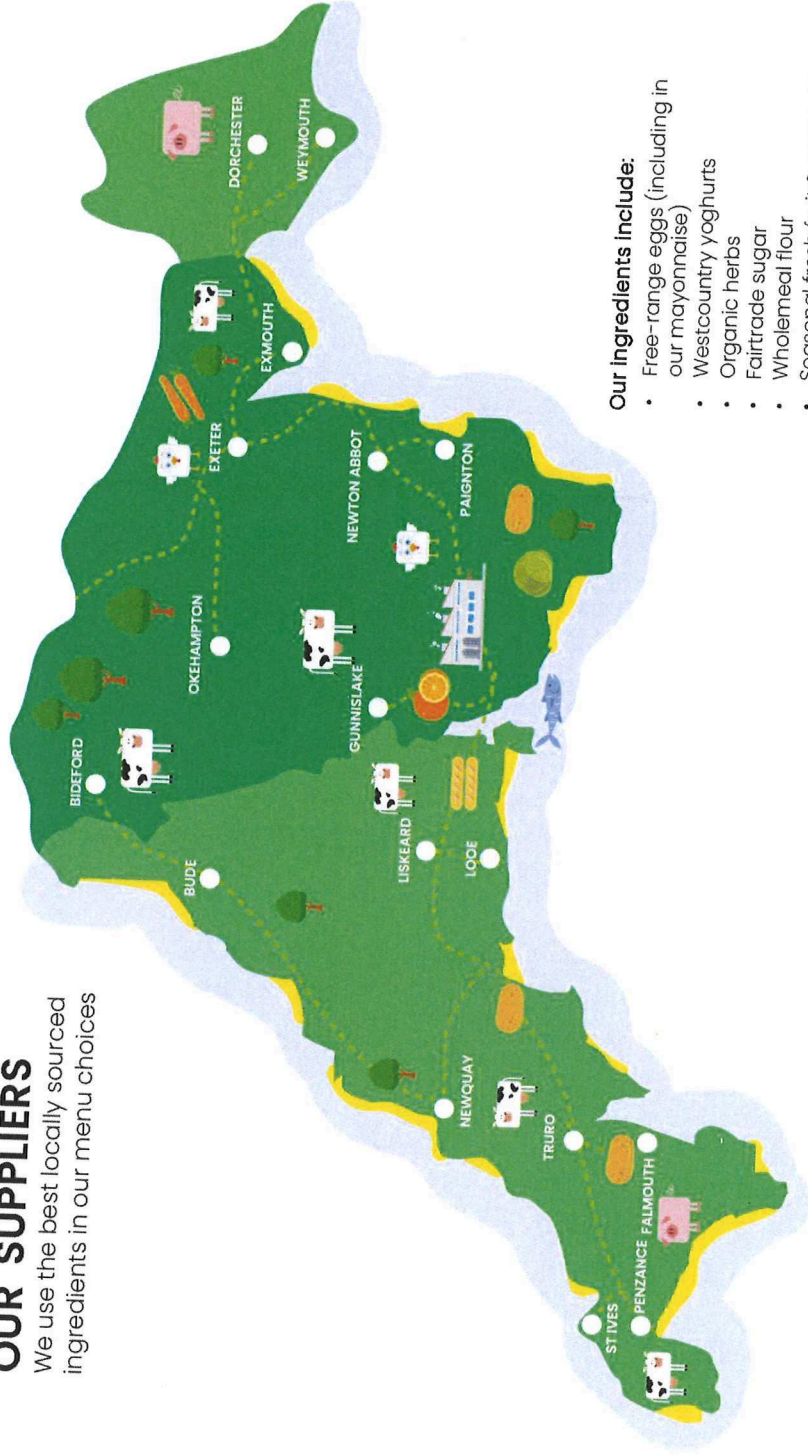
All school lunches meet the Mandatory School Food Standards, details can be found by following the link from our pages or by visiting <http://www.schoolfoodplan.com/actions/school-food-standards/>

We value your feedback! If you have questions, comments, or recipe ideas, call us at 01752 977166 or email catering@catered.org.uk.

At CATERed, we take pride in cooking the majority of our meals from scratch every day! We have created a high-quality lunchtime menu using fresh, local and seasonal ingredients. These delicious, healthy and affordable ingredients support local farmers, growers and producers and reduces our eco-footprint.

OUR SUPPLIERS

We use the best locally sourced ingredients in our menu choices



Our ingredients include:

- Free-range eggs (including in our mayonnaise)
- Westcountry yoghurts
- Organic herbs
- Fairtrade sugar
- Wholemeal flour
- Seasonal fresh fruit & vegetables (availability may vary)
- No fried food



CATERed and Plymouth City Council support the School Food Plan Alliance

CATERed
FEEDING AMERICANS - MAKING A DIFFERENCE EVERY CHILD, EVERY TIME

is a company jointly owned by schools across the City, surrounding areas 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
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