

LOOK OUT FOR ed's SPECIAL EVENTS

CATER^{ed}



THE KING'S CORONATION
FRIDAY 5TH MAY



PLANT BASED WEEK
MONDAY 15TH MAY - FRIDAY 19TH MAY



ARMED FORCES DAY
FRIDAY 23RD JUNE



WOMEN'S WORLD CUP
FRIDAY 20TH JULY



ROALD DAHL DAY
WEDNESDAY 13TH SEPTEMBER



WORLD FOOD DAY
MONDAY 16TH OCTOBER



STAY UP TO DATE

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At CATER^{ed}, 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

Please visit our pages at 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 CATER^{ed} 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 £2.80.

For a full allergen breakdown please contact us at 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/>



LACA
The school food people

FOOD
Plymouth

RESURGAM
CHARTER
Commitment to a better
greenhouse future for Plymouth

SUSTAINABLE
FISH CITIES

SCHOOL FOOD PLAN
ALLIANCE
CATER^{ed} and Plymouth City Council
support the School Food Plan Alliance

WE SUPPORT PLYMOUTH'S
PLAN FOR PLASTICS

SUGAR
SMART

CATER^{ed}
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



ed's SUPER FANTASTIC SCHOOL MEALS

September 2023 to December 2023



CATER^{ed}
FEEDING AMBITIONS - MAKING A DIFFERENCE
EVERY CHILD, EVERY TIME

ed's AWESOME LUNCHTIME MENU

WEEK 01

WEEK BEGINNING: 11th SEPTEMBER • 2nd OCTOBER • 30th OCTOBER • 20th NOVEMBER • 11th DECEMBER

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

WEEK 02

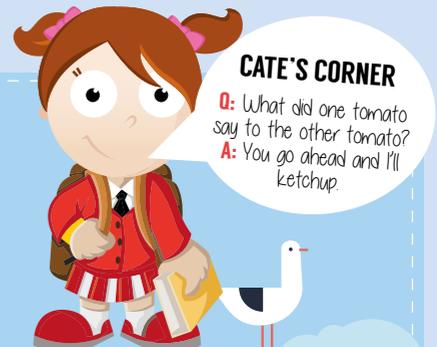
WEEK BEGINNING: 18th SEPTEMBER • 9th OCTOBER • 6th NOVEMBER • 27th NOVEMBER • 18th DECEMBER

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

WEEK 03

WEEK BEGINNING: 4th SEPTEMBER • 25th SEPTEMBER • 16th OCTOBER • 13th NOVEMBER • 4th DECEMBER

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

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