

LOOK OUT FOR ed's SPECIAL EVENTS

CATER^{ed}
 ✨ Children's food panel choice



WORLD FAIR TRADE DAY
FRIDAY 10TH MAY



WOMEN'S FOOTBALL WORLD CUP
WEDNESDAY 19TH JUNE



ARMED FORCES DAY
FRIDAY 28TH JUNE



AMERICAN INDEPENDENCE DAY
THURSDAY 4TH JULY



ROALD DAHL DAY
FRIDAY 13TH SEPTEMBER



MEN'S RUGBY WORLD CUP
FRIDAY 11TH OCTOBER



STAY UP TO DATE

Like: facebook.com/plymouthcatered

Follow: @cateredplymouth

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 and 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)
- Organic milk
- Fairtrade apple juice
- Locally-sourced yoghurts
- Organic herbs
- Oily fish in our fishcakes
- 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 307187 or by email catering@catered.org.uk



We are reducing the refined sugar content in all our recipes and where possible replacing sugar with honey. 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

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 have a great tasting meal every day and pay Ed nothing!

For older children, information about free school meals can be found at <https://www.plymouth.gov.uk/schoolseducationchildcareskillsandemployability/freeschoolmeals> or by calling the team on 01752 307410. **If you're buying a meal, one of Ed's super fantastic two-course meals including a drink currently costs £2.20.**

We can meet all Medical and Food Intolerances. Come and have a chat with the Catering Manager at your child's school or contact us at the email listed above.

You can find a full list of the allergens present in the menu on our website.

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/>



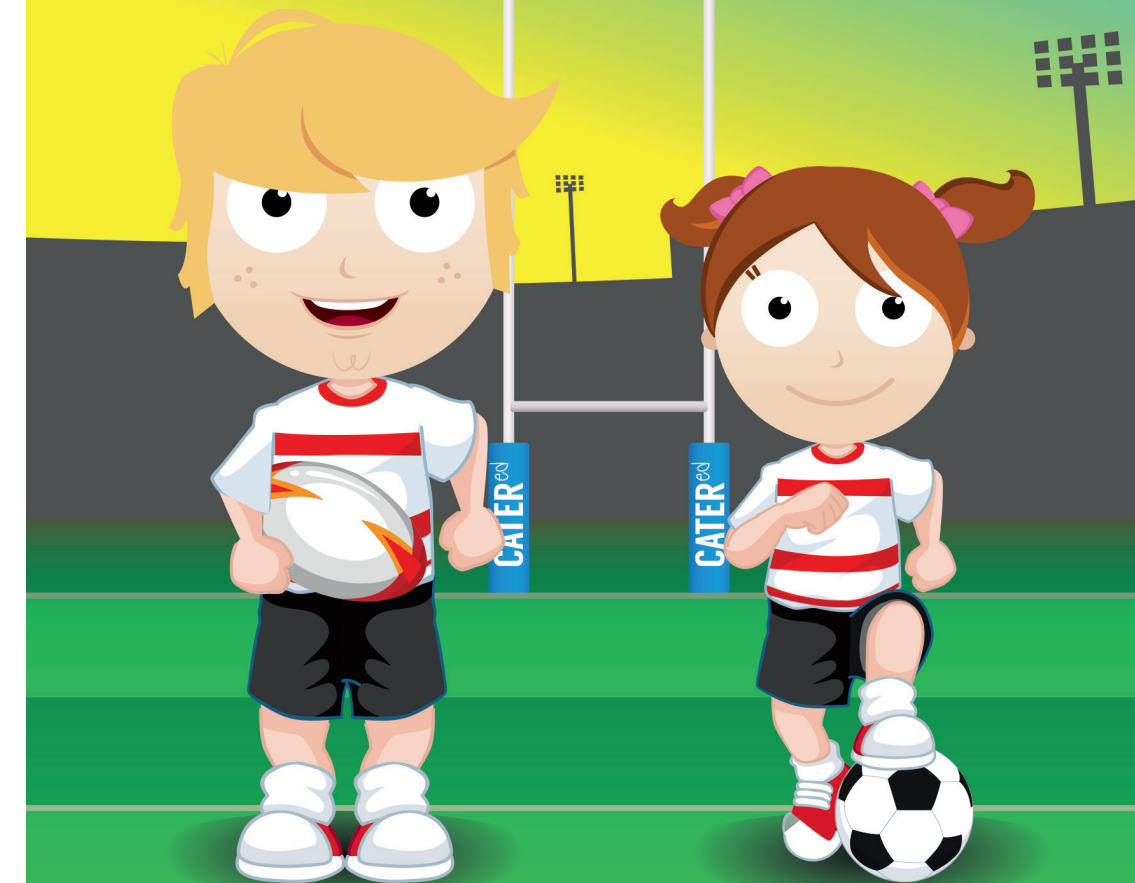
is a company jointly owned by schools across the City and Plymouth City Council serving great tasting, freshly prepared food to children and young people every day.

Company No: 9355912 | VAT No: 208 5215 29



ed's SUPER FANTASTIC SCHOOL MEALS

April to October 2019



ed's AWESOME LUNCHTIME MENU

WEEK
01

WEEK BEGINNING: 22ND APRIL • 13TH MAY • 10TH JUNE • 1ST JULY
22ND JULY • 16TH SEPTEMBER • 7TH OCTOBER

CHOICE 1

CHOICE 2

MONDAY

Chicken curry
with rice &
naan bread
H



Macaroni
cheese with
garlic bread
H



PUDDING

Yummy ice lollies, yoghurt and fresh fruit

TUESDAY

Beef Burger in
a bun with
wedges
H I W



Quorn
Cowboy hotpot
with quorn
sausages
H



PUDDING

Fresh fruit salad with honey yoghurt, yoghurt and fresh fruit

WEDNESDAY

Sausage &
bean wheel
with mash
H



BirdsEye
vegetable
fingers with
mash
H



PUDDING

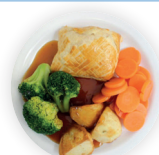
Flapjack H, yoghurt and fresh fruit

THURSDAY

Roast beef
with yorkshire
pudding & roast
potatoes
H



Vegetarian
parcels with
roast potatoes
H



PUDDING

Fruit platter, yoghurt and fresh fruit

FRIDAY

Young's
Fish fingers
with chips
or pasta
H



Cheese quiche
with chips or
pasta
H I W



PUDDING

Pineapple upside down cake H I W, yoghurt and fresh fruit

Photographs are for illustration purposes only

WEEK
02

WEEK BEGINNING: 29TH APRIL • 20TH MAY • 17TH JUNE • 8TH JULY
2ND SEPTEMBER • 23RD SEPTEMBER • 14TH OCTOBER

CHOICE 1

CHOICE 2

MONDAY

Beef pasta
bolognese
H I W



Quorn
Nugget
pitta Pockets
with seasoned
wedges



PUDDING

Apple cake H I W, yoghurt and fresh fruit

TUESDAY

All day breakfast
H



Quorn
Vegetarian all
day breakfast
H



PUDDING

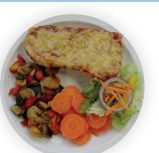
Fresh fruit platter, yoghurt and fresh fruit

WEDNESDAY

Pork meatballs
with gravy &
mash potato
H



French bread
pizza & wedges
H



PUDDING

Lime & vanilla traybake H I W, yoghurt and fresh fruit

THURSDAY

Roast turkey
with roast
potatoes
H



Vegetable
crumble with
roast potatoes
H



PUDDING

Cheese & biscuits, yoghurt and fresh fruit

FRIDAY

Crispy coated
fish fillet with
chips or pasta
H



Cheese wheels
with chips or
pasta
H



PUDDING

Ice cream pot, yoghurt and fresh fruit

WEEK
03

WEEK BEGINNING: 6TH MAY • 3RD JUNE • 24TH JUNE • 15TH JULY
9TH SEPTEMBER • 30TH SEPTEMBER

CHOICE 1

CHOICE 2

MONDAY

Southern style
chicken with
seasoned
wedges
H



Tomato &
basil rice
H



PUDDING

Chocolate brownie surprise H, yoghurt and fresh fruit

TUESDAY

Cheese & tomato
or pepperoni
pizza with saute
potatoes
H



Swedish style
Quorn balls in a
tomato sauce
with pasta
H I W



PUDDING

Berry jelly H, yoghurt and fresh fruit

WEDNESDAY

Beef lasagne
H



Mixed bean
chilli & rice
H



PUDDING

Custard biscuits H, yoghurt and fresh fruit

THURSDAY

Roast gammon
with roast
potatoes &
apple sauce
H



Cheese & potato
plait with
roast potatoes
H



PUDDING

Carrot cake H I W, yoghurt and fresh fruit

FRIDAY

Fishcakes with
chips or pasta
H



Roasted pepper
quiche with
chips or pasta
H I W



PUDDING

Fruit platter, yoghurt and fresh fruit

CATE'S CORNER

Q: What is a fishes
favourite game?

A: Salmon Says!



FRESH FRUIT. LOCALLY
SOURCED YOGHURT. ORGANIC
MILK AND FRUIT JUICE
AVAILABLE DAILY. FRESH DRINKING
WATER IS AVAILABLE THROUGHOUT
THE LUNCH TIME PERIOD. ALL MEALS
SERVED WITH SEASONAL VEGETABLES.
CHICKEN ALTERNATIVES TO BEEF AND
PORK AVAILABLE UPON REQUEST.

H = HOME MADE IN THE KITCHEN.
W = WHOLE WHEAT INGREDIENTS.
2 = THE VEGETARIAN LINE.

ed's REGULARS

Jacket Potatoes with:
Beans / Cheese /
Tuna Mayonnaise
& Coleslaw

Chef's Daily Choice
Fresh Salad Bar

Sandwiches
available on request

AVAILABLE DAILY



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

FEEDING AMBITIONS - MAKING A DIFFERENCE EVERY CHILD EVERY TIME