SPECIAL EVENTS WILL BE HELD IN YOUR SCHOOL –

CATERed

PLEASE SPEAK TO YOUR CATERING MANAGER ABOUT HOW WE CAN RUN SPECIFIC THEME DAYS IN YOUR SCHOOL THIS YEAR.



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
- Free range eggs (including in our mayonnaise)
- Westcountry milk
- Westcountry yoghurts
- Organic herbs
- 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 977166** or by email **catering@catered.org.uk**

SUGAR SMART Plymouth

We are reducing sugar and replacing it by using fruits and vegetables to add sweetness to the dishes. We are founding partners in 'Sugar Smart Plymouth'.

WE SUPPORT PLYMOUTH'S PLAN FOR PLASTICS #PlasticPledgePlym

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

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. **If you are buying a meal, one of Ed's Super Fantastic two course meals including a drink currently costs £2.20.**

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.

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/**

GOOD EGG AWARD 2019 · LACA the school food people · FOOD Plymouth · RESURGAM CHARTER Committed to a fairer, greener future for Plymouth · SUSTAINABLE FISH CITIES · SCHOOL FOOD PLAN ALLIANCE

CATER[ed] and Plymouth City Council support the School Food Plan Alliance

CATERed
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

We are a Living Wage Employer

Design by www.crunchcreative.co.uk

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

ed's

SUPER FANTASTIC SCHOOL MEALS

April 2022 to October 2022



ed's AWESOME LUNCHTIME MENU

WEEK 01

WEEK BEGINNING: 25TH APRIL • 16TH MAY • 13TH JUNE
4TH JULY • 25TH JULY • 19TH SEPTEMBER • 10TH OCTOBER

	CHOICE 1	CHOICE 2
MONDAY	Jumbo sausage with sauté potatoes	Vegan balls with mixed vegetable rice **VE**
PUDDING	Fruit salad **VE**, yoghurt and fresh fruit	
TUESDAY	Chicken pie with mash & gravy **H**	Breaded vegan nuggets with herby wedges **VE**
PUDDING	Jelly & ice cream **V**, yoghurt and fresh fruit	
WEDNESDAY	Pasta bolognaise and garlic bread **H / W**	Vegetable pasty with sauté potatoes **H / VE**
PUDDING	Victoria sponge **H**, yoghurt and fresh fruit	
THURSDAY	Roast gammon with roast potatoes and gravy **H**	Courgette sausage with roast potatoes and gravy **H / V**
PUDDING	Fresh fruit platter **VE**, yoghurt and fresh fruit	
FRIDAY	Coated fish fillet with chips **H**	Cheese & tomato pizza **H / W / V**
PUDDING	Gingerbread **H/V**, yoghurt and fresh fruit	

WEEK 02

WEEK BEGINNING: 2ND MAY • 23RD MAY • 20TH JUNE • 11TH JULY
25TH JULY • 5TH SEPTEMBER • 26TH SEPTEMBER • 17TH OCTOBER

	CHOICE 1	CHOICE 2
MONDAY	Beef burger in a bun with sauté potatoes **W**	Vegan chilli with rice **H / W / VE**
PUDDING	Fruit lolly **VE**, yoghurt and fresh fruit	
TUESDAY	Bbq chicken with vegetable rice & Pitta **H / W**	Macaroni cheese **H / V**
PUDDING	Krispie crunch **H / VE**, yoghurt and fresh fruit	
WEDNESDAY	Meatballs with herby wedges **H**	Mediterranean vegetable tart with sauté potatoes **H / VE**
PUDDING	Fruit and jelly **VE**, yoghurt and fresh fruit	
THURSDAY	Roast turkey with roast potatoes and gravy **H**	Cauliflower & broccoli cheese with roast potatoes and gravy **H / V**
PUDDING	Custard biscuit & fruit **H**, yoghurt and fresh fruit	
FRIDAY	Young's Fish fingers with chips	Cheese & onion quiche **H / W / V**
PUDDING	Fresh fruit platter **VE**, yoghurt and fresh fruit	

WEEK 03

WEEK BEGINNING: 9TH MAY • 6TH JUNE • 27TH JUNE
18TH JULY • 12TH SEPTEMBER • 3RD OCTOBER

	CHOICE 1	CHOICE 2
MONDAY	Chicken curry with rice & naan **H / W**	French bread pizza with herby wedges **H / V**
PUDDING	Fruit and yoghurt **V**	
TUESDAY	Cheese wheels with sauté potatoes **H / V**	Vegan bolognaise with pasta **H / VE**
PUDDING	Carrot cake **H / V**, yoghurt and fresh fruit	
WEDNESDAY	All day breakfast **H**	Vegan all day breakfast **H / V**
PUDDING	Cheese, crackers & apple slices **H / V**, yoghurt and fresh fruit	
THURSDAY	Roast chicken with roast potatoes and gravy **H**	Broccoli bake with roast potatoes and gravy **H / V**
PUDDING	Ice cream sundae **VE**, yoghurt and fresh fruit	
FRIDAY	Salmon fish cake with chips	Spanish omelette **H / W / V**
PUDDING	Shortbread & fruit **H / V**, yoghurt and fresh fruit	



CATE'S CORNER

Q: Why are mushrooms always invited to parties?

A: Because they are such fungis

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.



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