# LOOK OUT FOR ed's **SPECIAL EVENTS**

## CATERed



(CENTENARY OF THE END OF WW1)



NATIONAL SCHOOL MEALS WEEK 12-16.11.18



**AMERICAN THANKSGIVING DAY** 

(LINKING AND SUPPORTING MAYFLOWER 400)



CHRISTMAS LUNCH DECEMBER

(SEE SCHOOL FOR DATES)



**CHINESE NEW YEAR** 



FRIENDSHIP DAY 14.02.19



PANCAKE DAY SHROVE TUESDAY

## STAY UP TO DATE





Follow: @cateredplymouth





At CATERed, 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 voahurts
- Organic herbs
- Oilv fish in our fishcakes
- No fried food
- Fairtrade sugar
- Organic wholemeal flour
- Seasonal fresh vegetables and fruit (which may vary due to availability)



We are working to reduce the refined sugar content in all our recipes and where possible replacing sugar with honey. We have signed up to '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.

Did you know we can meet special dietary needs? Come and have a chat with the catering manager at your child's school or contact us.

### For allergen advice please ask the catering manager.

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.



## Tell Ed!

We want to know what you think about our food so if you have any questions, comments or want to send us on **01752 307187** or by email



# SUPER FANTASTIC SCHOOL MEALS

October to March 2019

Ed's epic search for fresh, seasonal, organic and local food to help your child fill up and flourish at school





## ed's AWESOME LUNCHTIME MENU

WEEK 01

WEEK BEGINNING: 29TH OCTOBER • 19TH NOVEMBER • 10TH DECEMBER 14TH JANUARY • 4TH FEBRUARY • 4TH MARCH • 25TH MARCH

**CHOICE 1** 

Chicken and broccoli pasta (H)(W)



CHOICE 2

Vegetarian korma with rice and naan (H)



PUDDING Orange and sultana cookies (H), yoghurt and fresh fruit

**TUESDAY** 

MONDAY

BBQ pulled pork on a bun with sauté potatoes

Chicken burrito

Linda McCartney sausage and sauté potatoes



PUDDING Rhubarb and custard muffins (H), yoghurt and fresh fruit

WEDNESDAY

(H)(W)



Cheese wheels with herby wedges



**PUDDING** Cornish ice cream, yoghurt and fresh fruit

THURSDAY

Roast beef. Yorkshire pud. with roast potatoes and gravy (H)



Quorn fillet with roast potatoes and gravy



**PUDDING** Cheese and biscuits, yoghurt and fresh fruit

' FRIDAY

Coated fish fillet with chips or pasta



Frittata with chips or pasta



**PUDDING** Fruit platter, yoghurt and fresh fruit

**WEEK** 02

WEEK BEGINNING: 5<sup>TH</sup> NOVEMBER • 26<sup>TH</sup> NOVEMBER • 17<sup>TH</sup> DECEMBER ST JANUARY • 11TH FEBRUARY • 11TH MARCH • 1ST APRIL

#### **CHOICE 1**

Sweet and sour chicken with rice (H)(W) MONDAY



**CHOICE 2** 

Tomato and herb vegetarian balls with pasta (H) (W)



PUDDING | Vanilla sponge and custard (H) (W), yoghurt and fresh fruit

**TUESDAY** 



Bean burger in a bun with diced potato



**PUDDING** Jelly and fruit, yoghurt and fresh fruit

WEDNESDAY

Turkey lasagne with garlic bread (H)



Veggie mince with sweet potato mash



PUDDING Chocolate cracknel (H), yoghurt and fresh fruit

THURSDAY

Roast chicken & stuffing with roast potatoes and gravv



Broccoli and cauliflower cheese with roast potatoes and gravy



**PUDDING** Fruit platter, yoghurt and fresh fruit

**FRIDAY** 

Fish fingers with chips or pasta



Falafel pitta pockets with chips or pasta



PUDDING Oatv fruit crunch (H), voghurt and fresh fruit

03

**MONDA** 

WEEK BEGINNING: 12TH NOVEMBER • 3RD DECEMBER • 7TH JANUARY 28TH JANUARY • 25TH FEBRUARY • 18TH MARCH

#### **CHOICE 1**

Jerk chicken with cous cous



**CHOICE 2** 

Macaroni cheese (H)



PUDDING Mini flapjack and fruit (H), yoghurt and fresh fruit

TUESDA

All day breakfast



Veggie all day breakfast



PUDDING Cornish icecream and fruit, yoghurt and fresh fruit

VEDNESDA



Vegetarian chilli con carne with rice (H)(W)



PUDDING Fruit and jelly (H) (W), yoghurt and fresh fruit

THURSD!

Roast gammon with roast potatoes and aravv (H)

Cottage pie

Birds eve vegetable fingers with roast potatoes and gravy

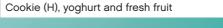


Fruit platter, yoghurt and fresh fruit

Salmon fish cakes with chips or pasta

Cheese and tomato auiche with chips or pasta (H) (W)











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.









