

LOOK OUT FOR ed's SPECIAL EVENTS

CATER^{ed}


NATIONAL SCHOOLS MEALS WEEK
MONDAY 11TH NOVEMBER - FRIDAY 15TH NOVEMBER

1620—2020
Mayflower
400

AMERICAN THANKS GIVING DAY
THURSDAY 28TH NOVEMBER
(LINKING AND SUPPORTING MAYFLOWER 400)





CHRISTMAS LUNCH
DECEMBER
(SEE SCHOOL FOR DATES)


CHINESE NEW YEAR
MONDAY 27TH JANUARY


PANCAKE DAY SHROVE TUESDAY
TUESDAY 25TH FEBRUARY


SPORTS RELIEF DAY
FRIDAY 13TH MARCH

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
- 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 977166 or by email catering@catered.org.uk



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'.



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-choice 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/>



LACA
the school food people



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.

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ed's SUPER FANTASTIC SCHOOL MEALS

October 2019 to March 2020

ed's AWESOME LUNCHTIME MENU

WEEK 01

WEEK BEGINNING: 28TH OCTOBER • 18TH NOVEMBER • 9TH DECEMBER
6TH JANUARY • 27TH JANUARY • 24TH FEBRUARY • 16TH MARCH

CHOICE 1

CHOICE 2

MONDAY

Beef chilli
with rice
H / W



Cheese &
tomato French
bread pizza
H



PUDDING

Lemon sponge H / W, yoghurt and fresh fruit

TUESDAY

Chicken pie
served with
mash potato
H / W



Quorn
Quorn hotdog
with diced
potatoes
W



PUDDING

Shortbread & fruit H / VE, yoghurt and fresh fruit

WEDNESDAY

Meatball
cowboy
hotpot
H



Crispy veggie
burger
H / W



PUDDING

Carrot cake H / W, yoghurt and fresh fruit

THURSDAY

Roast beef with
Yorkshire
Pudding, roast
potatoes & gravy
H



Stuffed Yorkshire
Pudding with
roast potatoes
H



PUDDING

Apple & pear pudding with custard H / W, yoghurt and fresh fruit

FRIDAY

Young's
Fish fingers
with chips or
pasta
W



Moroccan balls
in tomato sauce
H / VE / W



PUDDING

Fruit platter H / VE, yoghurt and fresh fruit

WEEK 02

WEEK BEGINNING: 4TH NOVEMBER • 25TH NOVEMBER • 16TH DECEMBER
13TH JANUARY • 3RD FEBRUARY • 2ND MARCH • 23RD MARCH

CHOICE 1

CHOICE 2

MONDAY

Beef burger in
a bun with
wedges
H / W



5 bean chilli
with rice
H / VE / W



PUDDING

Flapjack & fruit H / VE, yoghurt and fresh fruit

TUESDAY

Chicken curry
with rice
H / W



Quorn
Quorn dippers,
beans & diced
potatoes



PUDDING

Apple cake with custard H / W, yoghurt and fresh fruit

WEDNESDAY

Cottage pie
H



Cheese wheels
with wedges
H



PUDDING

Custard biscuit & fruit H / VE, yoghurt and fresh fruit

THURSDAY

Roast gammon
with roast
potatoes & gravy
H



Courgette
sausage
H



PUDDING

Fruit platter H / VE, yoghurt and fresh fruit

FRIDAY

Ed's fantastic
fishcake with
chips or pasta
H



Cheese & onion
quiche with
chips or pasta
H



PUDDING

Chocolate brownie H, yoghurt and fresh fruit

WEEK 03

WEEK BEGINNING: 11TH NOVEMBER • 2ND DECEMBER
20TH JANUARY • 10TH FEBRUARY • 9TH MARCH

CHOICE 1

CHOICE 2

MONDAY

Pizza choices
with sauté
potatoes
H / W



Spinach & sweet
potato curry
H / VE / W



PUDDING

Fruit platter H / VE, yoghurt and fresh fruit

TUESDAY

All day
breakfast
H



Quorn
Vegetarian all
day breakfast
H



PUDDING

Blueberry muffins H / W, yoghurt and fresh fruit

WEDNESDAY

Ed's beef &
potato pie
H / W



Macaroni
cheese
H



PUDDING

Orange sponge H / W, yoghurt and fresh fruit

THURSDAY

Roast chicken
with roast
potatoes & gravy
H



Vegetable pie
with roast potatoes
H



PUDDING

Oaty orange & sultana cookie H / W, yoghurt and fresh fruit

FRIDAY

Coated pollock
fillet with chips
or pasta
H / W



Cheese & mixed
pepper quiche
with chips or pasta
H / W



PUDDING

Fruity crumble & ice cream H / W, yoghurt and fresh fruit



CATE'S CORNER

Q: Why did the banana
go to the doctor?

A: Because it wasn't
peeling well!!



FRESH FRUIT. LOCALLY
SOURCED YOGURT 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.

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



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



FEEDING AMBITIONS - MAKING A DIFFERENCE - EVERY CHILD EVERY TIME

Photographs are for illustration purposes only