

CATER^{ed}

LOOK OUT FOR ed's SPECIAL EVENTS

 **NATIONAL ROAST DINNER DAY**
2/11/16

 **CHILDREN IN NEED**
18/11/16

 **YOUR CHRISTMAS LUNCH**

 **CHINESE NEW YEAR**
28/1/17

 **FRIENDSHIP DAY**
10/2/17

 **PANCAKE DAY**
28/2/17

 **RED NOSE DAY**
24/3/17

STAY UP TO DATE

 Like: facebook.com/plymouthcatered

 Follow: @cateredplymouth



At CATER^{ed}, over 80% 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 (EU subsidised)
- Locally-sourced yoghurts
- Organic herbs
- Salmon
- Fairtrade sugar
- Fairtrade apple juice
- 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@plymouth.gov.uk

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

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 www.plymouth.gov.uk/freemeals or by calling the team on 01752 307410. Or you can buy one of Ed's super fantastic two-course meal including a drink for just £2.00.

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.

New 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 www.schoolfoodplan.com/standards/



CATER^{ed}
FEEDING AMBITIONS

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



CATER^{ed}
FEEDING AMBITIONS

ed's SUPER FANTASTIC SCHOOL MEALS

October to March 2017

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









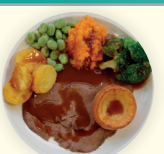

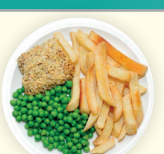
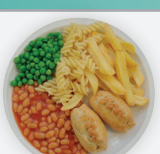
ed's AWESOME LUNCHTIME MENU

WEEK 01

WEEK BEGINNING: OCTOBER 31ST • NOVEMBER 21ST • DECEMBER 12TH • JANUARY 16TH, FEBRUARY 6TH • MARCH 6TH, 27TH

CHOICE 1

CHOICE 2

MONDAY	Chilli con carne with rice (H) 	Cheese wheels with herby wedges (H) 
PUDDING	Scones and jam (H) or locally-sourced yoghurt (H) or fresh fruit	
TUESDAY	BBQ pork on a bun with coleslaw and sauté potatoes (H) 	Cauliflower cheese and sauté potatoes (H) 
PUDDING	Chocolate crispies (H) or freshly made yoghurt (H) or fresh fruit	
WEDNESDAY	Crispy chicken nuggets and potato wedges (H) 	Spanish omelette (H) 
PUDDING	Creamy rice pudding (H) or locally-sourced yoghurt (H) or fresh fruit	
THURSDAY	Roast beef, Yorkshire pud, with roast potatoes and gravy (H) 	Vegetable pie with roast potatoes and gravy (H) 
PUDDING	Fresh fruit platter (H) or freshly made yoghurt (H) or fresh fruit	
FRIDAY	Coated fish fillet with chips or pasta (H) 	Pasty with chips or pasta 
PUDDING	Muffins (H) or freshly made yoghurt (H) or fresh fruit	







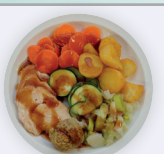


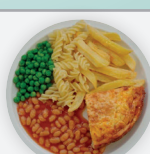
Photographs are for illustration purposes only

WEEK 02

WEEK BEGINNING: NOVEMBER 7TH, 28TH • JANUARY 2ND, 23RD • FEBRUARY 20TH • MARCH 13TH

CHOICE 1

CHOICE 2







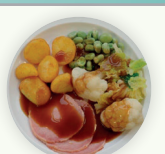


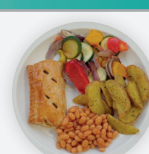
MONDAY	Lasagne and garlic bread (H) 	Sweet chilli vegetables with rice (H) 
PUDDING	Fruit crumble and custard (H) or locally-sourced yoghurt (H) or fresh fruit	
TUESDAY	Gammon steak and pineapple, ½ jacket potato 	Bean casserole (H) 
PUDDING	Chocolate orange muffin (H) or freshly made yoghurt (H) or fresh fruit	
WEDNESDAY	Beef burger with wedges (H) 	Vegetable curry and rice with Naan bread (H) 
PUDDING	Lemon cheese cake (H) or locally-sourced yoghurt (H) or fresh fruit	
THURSDAY	Roast chicken & stuffing with roast potatoes and gravy (H) 	Savoury mince with roast potatoes and gravy (H) 
PUDDING	Fresh fruit cocktail (H) or freshly made yoghurt (H) or fresh fruit	
FRIDAY	Fish fingers with chips or pasta (W) 	Cheese and onion quiche with chips or pasta (H)(W) 
PUDDING	Carrot cake (H) or freshly made yoghurt (H) or fresh fruit	

WEEK 03

WEEK BEGINNING: NOVEMBER 14TH • DECEMBER 5TH • JANUARY 9TH, 30TH • FEBRUARY 27TH • MARCH 20TH

CHOICE 1

CHOICE 2

MONDAY	Cottage pie (H) 	Cheese and tomato quiche with sauté potatoes (H) 
PUDDING	Apple flapjack (H) or locally-sourced yoghurt (H) or fresh fruit	
TUESDAY	All day breakfast 	Vegetarian all day breakfast 
PUDDING	Fruit platter or freshly made yoghurt (H) or fresh fruit	
WEDNESDAY	Mild chicken curry and rice with Naan bread (H) 	Macaroni cheese (H) 
PUDDING	Chocolate fudge cake (H) or locally-sourced yoghurt (H) or fresh fruit	
THURSDAY	Roast gammon with roast potatoes and gravy (H) 	Courgette sausages with roast potatoes and gravy (H) 
PUDDING	Fruit jelly (H) or freshly made yoghurt (H) or fresh fruit	
FRIDAY	Fish cakes with chips or pasta (H)(W) 	Sausage roll with chips or pasta 
PUDDING	Strawberry mousse (H) or freshly made yoghurt (H) or fresh fruit	

FUEL FOR LIFE

CATE'S CORNER

Q: Why did the Tomato go out with a prune?

A: Because he couldn't find a date!

FRESH FRUIT, YOGHURT (LOCALLY-SOURCED ON MONDAYS AND WEDNESDAY), ORGANIC MILK AND FRUIT BASED DRINKS 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 CHOICE.
2 = THE VEGETARIAN LINE.

ed's REGULARS

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

Fresh Salad Bar

AVAILABLE DAILY

Moo Milk
available on
Mondays and
Wednesdays!