

LOOK OUT FOR ed's SPECIAL EVENTS

CATER^{ed}



ROYAL WEDDING STREET PARTY
18.05.18



ED'S BIG LUNCH
04.06.18



WORLD CUP FOOTBALL FINAL
13.07.18



WORLD MARITIME DAY
21.9.18



WORLD SPACE WEEK
10.10.18



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 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 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 <http://web.plymouth.gov.uk/homepage/catered/cateredfreeschoolmeals.htm> 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 £2.10.**

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 www.schoolfoodplan.com/standards/



CATER^{ed} and Plymouth City Council support the School Food Plan Alliance



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 2018

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: 16TH APRIL • 7TH MAY • 4TH JUNE • 25TH JUNE
16TH JULY • 3RD SEPTEMBER • 24TH SEPTEMBER • 15TH OCTOBER

CHOICE 1

CHOICE 2

MONDAY

BBQ chicken pizza with herby wedges (H) (W)



Vegetable moussaka (H)



PUDDING

Chocolate brownie (H) and fruit, yoghurt and fresh fruit

TUESDAY

Pasta bolognaise with garlic bread (H) (W)



Vegetable pie and mash potatoes (H)



PUDDING

Banana cake (H) and fruit pieces, yoghurt and fresh fruit

WEDNESDAY

All day breakfast (bacon, sausage, egg, beans, tomato, hash brown) (H)



Vegetarian all day breakfast (quorn sausage, egg, mushroom, beans, tomato) (H)



PUDDING

Fruit jelly and ice cream by Granelli, yoghurt and fresh fruit

THURSDAY

Roast turkey with roast potatoes and gravy (H)



Courgette sausage with roast potatoes and gravy (H)



PUDDING

Apple flapjack (H), yoghurt and fresh fruit

FRIDAY

 **CATERed**
Salmon fishcake with chips or pasta



Cheese and onion quiche and diced potatoes (H)



PUDDING

Gingerbread men (H), yoghurt and fresh fruit

WEEK 02

WEEK BEGINNING: 23RD APRIL • 14TH MAY • 11TH JUNE • 2ND JULY
23RD JULY • 10TH SEPTEMBER • 1ST OCTOBER

CHOICE 1

CHOICE 2

MONDAY

Jumbo hot dog with wedges (W)



Veggie mince chilli con carne with rice (H)



PUDDING

Carrot cake and fruit pieces (H), yoghurt and fresh fruit

TUESDAY

Beef meatballs in tomato sauce with pasta (H) (W)



Meat free sausage roll with diced potatoes



PUDDING

Yummy fruit lollies, yoghurt and fresh fruit

WEDNESDAY

Southern style chicken with vegetable rice (H)



Cheese wheels with herby wedges (H)



PUDDING

Chocolate orange cake (H), yoghurt and fresh fruit

THURSDAY

Roast gammon with roast potatoes and gravy (H)



Linda McCartney sausage with roast potatoes and gravy (H)



PUDDING

Ice cream sundae, yoghurt and fresh fruit

FRIDAY

Locally caught fish fillet in a herby crust with chips or pasta (H)



Spanish omelette with chips or pasta (H) (W)



PUDDING

Custard biscuits (H), yoghurt and fresh fruit

WEEK 03

WEEK BEGINNING: 30TH APRIL • 21ST MAY • 18TH JUNE
9TH JULY • 17TH SEPTEMBER • 8TH OCTOBER

CHOICE 1

CHOICE 2

MONDAY

Chicken tikka curry with rice and naan bread (H)



Cheese and tomato quiche with new potatoes (H) (W)



PUDDING

Cheese and biscuits, yoghurt and fresh fruit

TUESDAY

Margherita pizza (H) (W)



Three vegetable pasta bake (H) (W)



PUDDING

Peach muffins (H), yoghurt and fresh fruit

WEDNESDAY

Lasagne and garlic bread (H)



Meat free pasty with herby wedges



PUDDING

Fruit and jelly, yoghurt and fresh fruit

THURSDAY

Roast chicken with roast potatoes and gravy (H)



 **CATERed**
Fry's veggie strips with roast potatoes and gravy



PUDDING

Victoria sandwich (H), yoghurt and fresh fruit

FRIDAY

Homemade fish fingers with chips or pasta (H)



Meat free balls in tomato sauce with chips or pasta (H)



PUDDING

Chocolate shortbread (H) and fruit, yoghurt and fresh fruit

CATE'S CORNER

Q: Did you hear about the carrot detective?

A: He got to the root of every case.

FRESH FRUIT, LOCALLY SOURCED YOGHURT. 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 INGREDIENTS.
2 = THE VEGETARIAN LINE.**

ed's REGULARS

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

Chef's Daily Choice
Fresh Salad Bar

AVAILABLE DAILY

Did you know you can have mixed or brown rice instead of potatoes