CATER^ed

LOOK OUT FOR ed's SPECIAL EVENTS

CHILDREN IN NEED
17.11.17

YOUR CHRISTMAS LUNCH IN DECEMBER

CELEBRATE PANCAKE DAY EARLY – 9.2.18

SPORT RELIEF – 23.3.18



STAY UP TO DATE

Like: facebook.com/plymouthcatered

Follow: @cateredplymouth

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
- Locally-sourced yoghurt's
- Organic herbs
- Oily fish in our home made 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**

SUGAR SMART Plymouth

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. **Or you can buy one of Ed's super fantastic two-course meal including a drink for just £2.10.**

Did you know we can meet special dietry 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/

GOOD EGG AWARD

LACA Lead Association for Catering in Education

FOOD Plymouth

SUSTAINABLE FISH CITIES

The Independent SCHOOL FOOD PLAN

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

CATER ed
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

CATER ed
FEEDING AMBITIONS • MAKING A DIFFERENCE EVERY CHILD, EVERY TIME

ed's SUPER FANTASTIC SCHOOL MEALS

October to March 2018

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



Photographs are for illustration purposes only

ed's AWESOME LUNCHTIME MENU

WEEK 01

WEEK BEGINNING: OCTOBER 30TH • NOVEMBER 20TH • DECEMBER 11TH • JANUARY 8TH, 29TH • FEBRUARY 26TH • MARCH 19TH

	CHOICE 1	CHOICE 2
MONDAY	✱ CATERed local beef, tomato, cheese burger **(W)** 	Vegetable savoury mince with herby wedges **(H) (W)** 
PUDDING	Carrot cake **(H) (W)**, yoghurt and fresh fruit	
TUESDAY	BBQ chicken with rice and tortilla **(H) (W)** 	Quorn chilli and rice with tortilla **(H) (W)** 
PUDDING	Mini shortbread **(H) (W)** and fruit portion, yoghurt	
WEDNESDAY	Vegetable lasagne with garlic bread **(H) (W)** 	Cauliflower cheese with sauté potatoes **(H)** 
PUDDING	Flapjack **(H)**, yoghurt and fresh fruit	
THURSDAY	Cornish roast beef, Yorkshire pudding with roast potatoes and gravy **(H)** 	Homemade vegetable sausage with roast potatoes and gravy **(H)** 
PUDDING	Fresh fruit platter, yoghurt	
FRIDAY	Bubble batter fish, oven baked chips or pasta **(W)** 	Cheese and onion quiche, oven baked chips or pasta **(H) (W)** 
PUDDING	Made by Granelli ice-cream, yoghurt and fresh fruit	

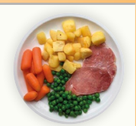
WEEK 02

WEEK BEGINNING: NOVEMBER 6TH, 27TH • DECEMBER 18TH • JANUARY 15TH • FEBRUARY 5TH • MARCH 5TH • MARCH 26TH

	CHOICE 1	CHOICE 2
MONDAY	Chicken pie with mash and gravy **(H)** 	Vegetable sausage and mash with gravy 
PUDDING	Mini flapjack **(H) (W)** with fruit portion, yoghurt	
TUESDAY	Beef Bolognaise with garlic bread **(H) (W)** 	Spanish omelette with crusty bread **(H)** 
PUDDING	Victoria sponge **(H)**, yoghurt and fresh fruit	
WEDNESDAY	Cheese and tomato pizza with diced potatoes **(H) (W)** 	Vegetarian balls with pasta **(W)** 
PUDDING	Fruity sundae, yoghurt	
THURSDAY	Roast Gammon, apple sauce with roast potatoes and gravy **(H)** 	Quorn fillet with roast potatoes and gravy 
PUDDING	Fresh fruit platter, yoghurt	
FRIDAY	Homemade fishcakes with oven baked chips or pasta **(H) (W)** 	Sausage roll with oven baked chips or pasta **(W)** 
PUDDING	Chocolate waffle and custard, yoghurt and fresh fruit	

WEEK 03

WEEK BEGINNING: NOVEMBER 13TH • DECEMBER 4TH • JANUARY 1ST, 22ND • FEBRUARY 19TH • MARCH 12TH

	CHOICE 1	CHOICE 2
MONDAY	Chicken fajitas and spicy wedges or rice **(H) (W)** 	Vegetable dippers with BBQ sauce and spicy wedges or rice **(W)** 
PUDDING	Mini shortbread **(H) (W)** and fruit portion, yoghurt	
TUESDAY	All day breakfast **(H)** 	Vegetarian all day breakfast **(H)** 
PUDDING	Chocolate orange muffins **(H)**, yoghurt and fresh fruit	
WEDNESDAY	Gammon steak with diced potatoes **(H)** 	Vegetable curry and rice **(H) (W)** 
PUDDING	Made by Granelli Ice-cream and fruit coulis, yoghurt and fresh fruit	
THURSDAY	Roast chicken & stuffing with roast potatoes and gravy **(H)** 	Vegetable pie with roast potatoes and gravy **(H)** 
PUDDING	Fresh fruit platter, yoghurt	
FRIDAY	Locally caught fish fillet with chips or pasta **(H) (W)** 	Cheese wheels with oven baked chips or pasta **(H) (W)** 
PUDDING	Banana cake **(H) (W)**, yoghurt and fresh fruit	

✱ Children's food panel choice

FEEDING AMBITIONS



CATE'S CORNER

Q: What did the cucumber say when he saw the plane?

A: Cor-Jet!

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 INGREDIENTS.
2 = THE VEGETARIAN LINE.

