

# CATER<sup>ed</sup>

## LOOK OUT FOR ed's SPECIAL EVENTS



**MAY THE FORKS  
BE WITH YOU!**  
04/5/17



**WORLD OCEAN DAY**  
08/6/17



**AMERICAN  
INDEPENDENCE DAY**  
04/7/17



**ROALD DAHL DAY**  
13/9/17



## STAY UP TO DATE



Like: facebook.com/plymouthcatered



Follow: @cateredplymouth

At CATER<sup>ed</sup>, 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 yoghurts
- Organic herbs
- Oily fish
- 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@catered.org.uk](mailto:catering@catered.org.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](http://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 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/](http://www.schoolfoodplan.com/standards/)



CATER<sup>ed</sup> 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 2017

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

FEEDING AMBITIONS

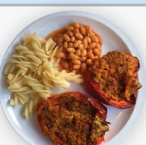
WEEK 01

WEEK BEGINNING: APRIL 17<sup>TH</sup> • MAY 8<sup>TH</sup> • JUNE 5<sup>TH</sup>, 26<sup>TH</sup> • JULY 17<sup>TH</sup>, SEPTEMBER 4<sup>TH</sup>, 25<sup>TH</sup> • OCTOBER 16<sup>TH</sup>

|           | CHOICE 1                                                                                                                                    | CHOICE 2                                                                                                                               |
|-----------|---------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| MONDAY    | Jumbo sausage hotdog with herby wedges                     | Vegetable sausage hotdog with herby wedges            |
| PUDDING   | Flapjack (W) (H) or locally-sourced yoghurt or fresh fruit                                                                                  |                                                                                                                                        |
| TUESDAY   | Pasta carbonara with garlic bread (H)                      | Vegetable Chow Mein (H)                               |
| PUDDING   | Lemon drizzle cake (W) (H) or freshly made yoghurt (H) or fresh fruit                                                                       |                                                                                                                                        |
| WEDNESDAY | Turkey cutlet in tomato sauce with mash (H)                | Cheese and potato pie (H)                             |
| PUDDING   | Frozen yoghurt pots (H) or locally-sourced yoghurt or fresh fruit                                                                           |                                                                                                                                        |
| THURSDAY  | Roast chicken, stuffing and roast potatoes and gravy (H)  | Quorn fillet, stuffing and roast potatoes and gravy  |
| PUDDING   | Ice cream and fresh fruit or freshly made yoghurt (H)                                                                                       |                                                                                                                                        |
| FRIDAY    | Fish cakes with chips or pasta (W) (H)                   | Vegetable pasty with chips or pasta (W)             |
| PUDDING   | Muffins (H) or freshly made yoghurt (H) or fresh fruit                                                                                      |                                                                                                                                        |

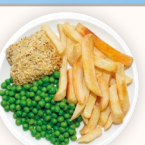
WEEK 02

WEEK BEGINNING: APRIL 24<sup>TH</sup> • MAY 15<sup>TH</sup> • JUNE 12<sup>TH</sup> • JULY 3<sup>RD</sup>, 24<sup>TH</sup> • SEPTEMBER 11<sup>TH</sup> • OCTOBER 2<sup>ND</sup>

|           | CHOICE 1                                                                                                                                 | CHOICE 2                                                                                                                 |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| MONDAY    | Pepperoni pizza (W) (H)                               | Quorn tikka pinwheels (H)             |
| PUDDING   | Banana cake (W) (H) or locally-sourced yoghurt or fresh fruit                                                                            |                                                                                                                          |
| TUESDAY   | Lasagne and garlic bread (H)                          | Macaroni cheese (H)                   |
| PUDDING   | Water melon or freshly made yoghurt (H) or fresh fruit                                                                                   |                                                                                                                          |
| WEDNESDAY | Chicken nuggets with sauté potatoes (H)               | Quorn Swedish meatballs and pasta     |
| PUDDING   | Marbled sponge and custard (W) (H) or locally-sourced yoghurt or fresh fruit                                                             |                                                                                                                          |
| THURSDAY  | Roast beef, Yorkshire, roast potatoes and gravy (H)  | Leek and potato plait (H)            |
| PUDDING   | Ice cream sundae or freshly made yoghurt (H) or fresh fruit                                                                              |                                                                                                                          |
| FRIDAY    | Bubble batter fish fillet with chips or pasta (W)   | Stuffed peppers with pasta (W) (H)  |
| PUDDING   | Chocolate brownie (W) (H) or freshly made yoghurt (H) or fresh fruit                                                                     |                                                                                                                          |

WEEK 03

WEEK BEGINNING: MAY 1<sup>ST</sup>, 22<sup>ND</sup> • JUNE 19<sup>TH</sup> • JULY 10<sup>TH</sup> • SEPTEMBER 18<sup>TH</sup> • OCTOBER 9<sup>TH</sup>

|           | CHOICE 1                                                                                                                              | CHOICE 2                                                                                                                                 |
|-----------|---------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| MONDAY    | Beef chilli and rice with tortilla (W) (H)         | Vegetable and tomato pancakes (H)                     |
| PUDDING   | Apple sponge (W) (H) or locally-sourced yoghurt or fresh fruit                                                                        |                                                                                                                                          |
| TUESDAY   | Chicken patties with tomato sauce (H)              | Cheese wheels (H)                                     |
| PUDDING   | Frozen yoghurt pots (H) or freshly made yoghurt (H) or fresh fruit                                                                    |                                                                                                                                          |
| WEDNESDAY | Ed's Breakfast (H)                                 | Ed's vegetarian breakfast (H)                         |
| PUDDING   | Custard biscuits (H) or locally-sourced yoghurt or fresh fruit                                                                        |                                                                                                                                          |
| THURSDAY  | Roast gammon, roast potatoes and gravy (H)        | Vegetable crumble with roast potatoes and gravy (H)  |
| PUDDING   | Fresh fruit platter or freshly made yoghurt (H) or fresh fruit                                                                        |                                                                                                                                          |
| FRIDAY    | Breaded fish fillet with chips or pasta (W) (H)  | French bread pizza chips or pasta (W) (H)           |
| PUDDING   | Jelly and ice cream or freshly made yoghurt (H) or fresh fruit                                                                        |                                                                                                                                          |

## CATE'S CORNER

Q: Did you hear about the carrot detective?

A: He got to the root of every case.

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.

## ed's REGULARS

Jacket Potatoes with:  
Beans / Cheese /  
Tuna & Coleslaw

Chef's Daily Choice

Fresh Salad Bar

Sandwiches  
available on request

AVAILABLE DAILY

Moo Milk  
available on  
Mooondays and  
Wednesdays!