

CATER<sup>ed</sup>

# LOOK OUT FOR ed's SPECIAL EVENTS



WARMING GUY FORKS  
LUNCH TIME SPECIAL



CHRISTMAS LUNCH  
SEASONAL SPECTACULAR



LOVINGLY PREPARED  
VALENTINES SPECIAL



EGG...STRA. EGGS...TRAORDINARY  
EASTER LUNCH TIME SPECIAL

STAY UP TO DATE

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At CATER<sup>ed</sup>, 86% 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)
- Organic yoghurts
- Organic herbs
- Salmon
- 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

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, from September 2014, 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](http://www.plymouth.gov.uk/freemeals) or by calling the team on 01752 307410

Did you know we can meet special dietary needs? Come and have a chat with the kitchen manager at your child's school or contact us.

**For allergen advice please ask the kitchen 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>  
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<sup>ed</sup>  
FEEDING AMBITIONS

# ed's SUPER FANTASTIC SCHOOL MEALS

November to April 2016

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: 2<sup>ND</sup> NOVEMBER • 23<sup>RD</sup> NOVEMBER  
14<sup>TH</sup> DECEMBER • 4<sup>TH</sup> JANUARY • 25<sup>TH</sup> JANUARY • 7<sup>TH</sup> MARCH

CHOICE 1

CHOICE 2

MONDAY

Beef burger with wedges (H)



Quorn bolognese with pasta and garlic bread (H)



PUDDING

Banana cake (H)

TUESDAY

Southern style chicken with vegetable rice (H)



Tomato and gnocchi bake (H)



PUDDING

Apricot flapjack (H)

WEDNESDAY

Spaghetti bolognese with garlic bread (H)



Swedish quorn meatballs with pasta and garlic bread (H)



PUDDING

Sweet apple crumble and custard (H)

THURSDAY

Roast gammon with roast potatoes and gravy (H)



Vegetable crumble roast potatoes and gravy (H)



PUDDING

Fresh fruit platter

FRIDAY

Pollock goujons with chips or pasta (W)



Cheese and tomato quiche with chips or pasta (H)(W)



PUDDING

Custard biscuits (H)

WEEK 02

WEEK BEGINNING: 9<sup>TH</sup> NOVEMBER • 30<sup>TH</sup> NOVEMBER  
11<sup>TH</sup> JANUARY • 1<sup>ST</sup> FEBRUARY • 22<sup>ND</sup> FEBRUARY • 14<sup>TH</sup> MARCH

CHOICE 1

CHOICE 2

MONDAY

Fish pie (H)



Cheese wheels with herby wedges (H)



PUDDING

Pineapple upside down cake (H)

TUESDAY

Lasagne with garlic bread (H)



Meat free sausage roll with wedges



PUDDING

Waffles and ice cream

WEDNESDAY

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



Egg noodles and vegetable stir fry (H)



PUDDING

Moist chocolate sponge and chocolate sauce (H)

THURSDAY

Roast chicken with roast potatoes and gravy (H)



Quorn loaf with roast potatoes and gravy (H)



PUDDING

Victoria sponge (H)

FRIDAY

Salmon fishcakes with chips or pasta



Cheese and onion quiche with chips or pasta (H)(W)



PUDDING

Jelly and fruit salad (H)

WEEK 03

WEEK BEGINNING: 16<sup>TH</sup> NOVEMBER • 7<sup>TH</sup> DECEMBER  
18<sup>TH</sup> JANUARY • 8<sup>TH</sup> FEBRUARY • 29<sup>TH</sup> FEBRUARY • 21<sup>ST</sup> MARCH

CHOICE 1

CHOICE 2

MONDAY

Chicken Pie with mash (H)



Mixed bean bake (H)



PUDDING

Fruit muffins (H)

TUESDAY

Beef meatballs with pasta (H)(W)



Plain omelette with diced sweet potato



PUDDING

Sunshine cake and custard (H)

WEDNESDAY

West country pork with boiled potatoes (H)



Quorn Sausages with mash and onion gravy



PUDDING

Chocolate cake (H)

THURSDAY

Roast beef and Yorkshire with roast potatoes and gravy (H)



Cauliflower and broccoli cheese, roast potatoes (H)

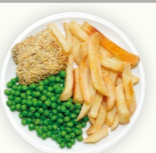


PUDDING

Fruit platter

FRIDAY

Fish fillet (lemon coated crumb) with chips or pasta (H)(W)



Roasted pepper quiche and chips or pasta (H)



PUDDING

Carrot cake (H)

FRESH FRUIT, YOGHURT (ORGANIC ON MONDAY AND WEDNESDAYS), 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

Sandwiches  
available on request

AVAILABLE DAILY

