

ed's

# SUPER FANTASTIC SCHOOL MEALS

April 2024 - October 2024

**CATER**ed  
FEEDING AMBITIONS - MAKING A DIFFERENCE  
EVERY CHILD, EVERY TIME



# WEEK 1

W/C - MONDAY: 15TH APR, 6TH MAY, 3RD JUN, 24TH JUN, 15TH JUL, 9TH SEP, 30TH SEPT, 21ST OCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CHOICE 1 - H W</b></p> <p>Meatballs with tomato sauce &amp; pasta</p> <p><b>Allergens:</b> (Glu), (Wh)</p>	<p><b>CHOICE 1 - H</b></p> <p>Crispy coated chicken bites with seasoned jacket potato</p> <p><b>Allergens:</b> (Glu), (Wh), (Mi), (E)</p>	<p><b>CHOICE 1 - H V</b></p> <p>Macaroni cheese with garlic bread</p> <p><b>Allergens:</b> (Glu), (Wh), (Mu), (Mi)</p>	<p><b>CHOICE 1 - H</b></p> <p>Roast beef, Yorkshire Pudding, gravy, roast potatoes &amp; vegetables</p> <p><b>Allergens:</b> (Glu) (Wh) (Mi) (E)</p>	<p><b>CHOICE 1</b></p> <p>Fish fingers &amp; fresh chips</p> <p><b>Allergens:</b> (Glu), (Wh), (F)</p>
<p><b>CHOICE 2 - H V VE</b></p> <p>Vegan sausage with jewelled cous cous</p> <p><b>Allergens:</b> (Glu), (Wh), (Ce)</p>	<p><b>CHOICE 2 - H W V VE</b></p> <p>Vegetable and chickpea curry with rice &amp; naan</p> <p><b>Allergens:</b> (Glu), (Wh)</p>	<p><b>CHOICE 2 - H V</b></p> <p>Courgette burger in a roll served with diced potatoes</p> <p><b>Allergens:</b> (Glu), (Wh), (Mi), (E). M/C: (R)(O), (B)(So)(Se) (Mu).</p>	<p><b>CHOICE 2 - H V VE</b></p> <p>Roasted Quorn fillet, gravy, roast potatoes and vegetables</p> <p><b>Allergens:</b> (Glu), (Wh)</p>	<p><b>CHOICE 2 - H V</b></p> <p>Spanish omelette &amp; fresh chips</p> <p><b>Allergens:</b> (Mi), (E), (Mu)</p>

SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW

<p><b>DESSERT - V</b></p> <p>Strawberry frozen yoghurt</p> <p><b>Allergens:</b> (Mi)</p>	<p><b>DESSERT - V E</b></p> <p>Fruit Salad</p>	<p><b>DESSERT - H V</b></p> <p>Victoria Sponge</p> <p><b>Allergens:</b> (Glu), (Mi), (E)</p>	<p><b>DESSERT - H V</b></p> <p>Fruit platter or Yoghurt</p> <p><b>Allergens:</b> (SU)(Mi)</p>	<p><b>DESSERT - H V</b></p> <p>Chocolate beetroot brownie</p> <p><b>Allergens:</b> (Glu) (Wh) (E)</p>
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AVAILABLE EVERY DAY: FRESH SALAD BAR / SANDWICHES ON REQUEST / FRESH FRUIT AND YOGHURT

Fresh fruit, local WESTCOUNTRY yoghurt and West Country milk available daily. Fresh drinking water is available throughout the lunch time period. All meals served with seasonal vegetables. Chicken alternatives to beef and pork upon request. One meat free day.

H = HOME-MADE IN THE KITCHEN. W = WHOLE WHEAT INGREDIENTS, VE = VEGAN DISH, V = VEGETARIAN, 2 = THE VEGETARIAN LINE.

**Allergen Key:** Gluten (Glu), Barley (Bar), Wheat (Wh), Oats (O), Soya, (So), Sulphites (Su), Sesame (Se), Peanuts (P), Mustard (Mu), Molluscs (Mo), Milk (Mi), Nuts (N), Eggs (E), Crustaceans (C), Celery (Ce), Fish (F), Lupin (L), m/c: May Contain



# WEEK 2

W/C - MONDAY: 22ND APR, 13TH MAY, 10TH JUN, 1ST JUL, 22ND JUL, 16TH SEP, 7TH OCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CHOICE 1 - H W</b></p> <p>Beef chilli, rice &amp; nachos</p> <p><b>Allergens:</b> (Glu), (Wh), (So), (Mi) M/C: (E)</p>	<p><b>CHOICE 1 - H V</b></p> <p>Cheese &amp; tomato pizza with wedges</p> <p><b>Allergens:</b> (Glu), (Wh), (So), (Mi) M/C: (E)</p>	<p><b>CHOICE 1</b></p> <p>All day breakfast</p> <p><b>Allergens:</b> (Glu), (Wh), (Mi), (E)</p>	<p><b>CHOICE 1 - H</b></p> <p>Roast chicken, Yorkshire pudding, gravy, roast potatoes &amp; vegetables</p> <p><b>Allergens:</b> (Glu), (Wh), (Mi), (E)</p>	<p><b>CHOICE 1 - H</b></p> <p>Locally caught breaded Haddock with fresh chips</p> <p><b>Allergens:</b> (Glu), (Wh), (E), (F)</p>
<p><b>CHOICE 2 - V VE</b></p> <p>Vegan nuggets &amp; lemon herb diced potatoes</p> <p><b>Allergens:</b> (Glu), (Wh), (E)</p>	<p><b>CHOICE 2 - H V</b></p> <p>Vegetable cakes with tomato &amp; vegetable cous cous</p> <p><b>Allergens:</b> (Mi), (E), M/C: (Wh), (Bar)</p>	<p><b>CHOICE 2 - V VE</b></p> <p>Vegan all day breakfast</p> <p><b>Allergens:</b> (Glu), (Wh), (Bar)</p>	<p><b>CHOICE 2 - H V</b></p> <p>Roasted vegetable plait/parcel with roast potatoes &amp; vegetables</p> <p><b>Allergens:</b> (Glu) (Wh) (Mi) (E)</p>	<p><b>CHOICE 2 - V VE</b></p> <p>Fishless fingers &amp; fresh chips</p> <p><b>Allergens:</b> (Glu), (Wh)</p>

**SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW**

<p><b>DESSERT - V</b></p> <p>Ice cream &amp; tinned fruit</p> <p><b>Allergens:</b> (Mi)</p>	<p><b>DESSERT - H W V</b></p> <p>Fresh fruit platter or yoghurt</p> <p><b>Allergens:</b> (Su) (Mi)</p>	<p><b>DESSERT - V VE</b></p> <p>Fruit salad</p>	<p><b>DESSERT - H W V VE</b></p> <p>Fruity flapjack</p> <p><b>Allergens:</b> (Glu), (O), M/C: (Wh), (Bar)</p>	<p><b>DESSERT - H W V</b></p> <p>Iced blueberry &amp; lemon tray bake</p> <p><b>Allergens:</b> (Glu), (Wh), (E)</p>
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**DID YOU KNOW**  
You can have mixed or brown rice instead of potatoes!

Tilda



# WEEK 3

W/C - MONDAY: 29TH APR, 20TH MAY, 17TH JUN, 8TH JUL, 2ND SEP, 23RD SEPT, 14TH OCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CHOICE 1 - H</b></p> <p>Beef burger in a roll with seasoned wedges</p> <p><b>Allergens:</b> (Glu), (Wh), (Mi), (E), M/C: (R), (O), (B), (So), (Se), (Mu)</p>	<p><b>CHOICE 1 - H</b></p> <p>BBQ chicken with coleslaw &amp; new potatoes</p> <p><b>Allergens:</b> (E)</p>	<p><b>CHOICE 1 - H V</b></p> <p>Cheese wheels with herby wedges</p> <p><b>Allergens:</b> (Glu), (Wh), (Mi)</p>	<p><b>CHOICE 1 - H</b></p> <p>Roast gammon, apple sauce, gravy, roast potatoes &amp; vegetables</p>	<p><b>CHOICE 1 - H</b></p> <p>Homemade locally caught fish cakes with fresh chips</p> <p><b>Allergens:</b> (Glu), (Wh), (F), (E)</p>
<p><b>CHOICE 2 - H W V VE</b></p> <p>Mixed bean chilli with rice</p>	<p><b>CHOICE 2 - H W V</b></p> <p>Cheese &amp; tomato quiche served with new potatoes</p> <p><b>Allergens:</b> (Glu), (Wh), (E), (Mi)</p>	<p><b>CHOICE 1 - V</b></p> <p>Vegan meatballs in tomato sauce served with pasta &amp; garlic bread</p> <p><b>Allergens:</b> (Glu), (Wh), (So), M/C: (Se)</p>	<p><b>CHOICE 2 - H V</b></p> <p>Vegetable crumble with roast potatoes, gravy &amp; vegetables</p> <p><b>Allergens:</b> (Glu), (Wh), (O), (Mi)</p>	<p><b>CHOICE 2 - V VE</b></p> <p>Vegan dippers with fresh chips</p> <p><b>Allergens:</b> (Glu), (Wh)</p>

SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW

<p><b>DESSERT - V</b></p> <p>Raspberry ripple ice cream roll</p> <p><b>Allergens:</b> (Glu), (Wh), (E), (Mi), (So)</p>	<p><b>DESSERT - H V VE</b></p> <p>Custard biscuits &amp; fruit</p> <p><b>Allergens:</b> (Glu), (Wh)</p>	<p><b>DESSERT - H V VE</b></p> <p>Fruit Jelly</p>	<p><b>DESSERT - H V VE</b></p> <p>Chocolate shortcake with fruit</p> <p><b>Allergens:</b> (Glu), (Wh)</p>	<p><b>DESSERT - V VE</b></p> <p>Fruit salad</p>
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# ED'S SPECIAL EVENTS



**MAY**  
**WORLD FAIRTRADE DAY**  
(MONDAY 13TH MAY)



**JUNE**  
**80<sup>TH</sup> D-DAY ANNIVERSARY**  
(THURSDAY 6TH JUNE)



**JULY**  
**EURO'S 2024**  
(WEDNESDAY 10TH JULY)



**SEPTEMBER**  
**NEW SCHOOL YEAR MENU**  
(SEPTEMBER)



**OCTOBER**  
**WORLD FOOD DAY**  
(WEDNESDAY 16TH OCTOBER)

STAY UP TO DATE:



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Design by [www.runchcreative.co.uk](http://www.runchcreative.co.uk)

**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, farmers and the regional economy whilst we keep an eye on our eco-footprint.**

**We use:-**

- Locally caught and landed Pollock and Mackerel
- Free range eggs (including in our mayonnaise)
- Westcountry milk
- Westcountry yoghurts
- Organic herbs
- No fried food
- Fairtrade sugar
- Wholemeal flour
- Seasonal fresh vegetables and fruit (which may vary due to availability)

Please visit our pages at [www.catered.org.uk](http://www.catered.org.uk)

**UFSM:** All children in Reception, Year 1 and Year 2 are entitled to receive a **FREE** school meal every day regardless of household circumstances. This is called universal infant free school meals. So you can come in and have a great tasting meal every day and pay Ed nothing!

**We encourage everyone to take up this free offer!**

**FSM:** If you think you may be entitled to free school meals for your child under aged 7 and for older children, information about free school meals can be found by following the link to **Free** School Meals within the CATERed webpages or by calling the FSM team on 01752 307410. Eligibility for FSM also provides schools with additional income via the Pupil Premium.

**We encourage everyone one who's eligible to take up this free offer!**

If you are buying a meal, one of Ed's Super Fantastic two course meals including a drink currently costs £2.75.

For a full allergen breakdown please contact us at [catering@catered.org.uk](mailto:catering@catered.org.uk), let us know what school your child attends so we can talk through the menu offer currently at that school.

Mandatory Food Standards apply to all school lunches details can be found by following the link from our pages or by visiting <http://www.schoolfoodplan.com/actions/school-food-standards/>



CATER<sup>ed</sup> and Plymouth City Council support the School Food Plan Alliance



**CATER<sup>ed</sup>**  
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

**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 977166 or by email [catering@catered.org.uk](mailto:catering@catered.org.uk)

