

ed's

# SUPER FANTASTIC SCHOOL MEALS

January 2024 – March 2024

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



# WEEK 1

**W/C - MONDAY: 1ST JAN, 22ND JAN, 19TH FEB, 11TH MARCH**

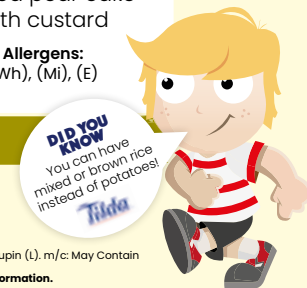
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHOICE 1 - H V</b> Cheese & tomato pizza with seasoned wedges <b>Allergens:</b> (Wh), (So), (Mi). M/C (E)	<b>CHOICE 1 - H</b> Lasagne with garlic bread <b>Allergens:</b> (Wh), (Mu), (Mi). M/C (Bar, E, SE)	<b>CHOICE 1 - H</b> All day breakfast <b>Allergens:</b> (Wh), (Mi), (E)	<b>CHOICE 1 - H</b> Roast chicken, Yorkshire pudding, roast potatoes & gravy <b>Allergens:</b> (Wh), (Mi), (E)	<b>CHOICE 1 - H</b> Coated pollock served with fresh chips <b>Allergens:</b> (Wh), (F), M/C (Bar)
<b>CHOICE 2 - H W V VE</b> Vegan bolognaise pasta bake <b>Allergens:</b> (Wh), (So)	<b>CHOICE 2 - V VE</b> Vegan sausages served with mash <b>Allergens:</b> (So)	<b>CHOICE 2 - H V VE</b> Vegan all day breakfast <b>Allergens:</b> (Wh)	<b>CHOICE 2 - H W V VE</b> Vegan mince and onion pie (sliced potato top) & gravy <b>Allergens:</b> (Wh), (Bar), (So)	<b>CHOICE 2 - H W V VE</b> Cheese and tomato quiche <b>Allergens:</b> (Wh), (Mu), (Mi), (E)
SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW				
<b>DESSERT - V VE</b> Fruit Salad, fresh fruit or yoghurt <b>Allergens:</b> (Mi)	<b>DESSERT - H V</b> Fruity flapjack <b>Allergens:</b> (O), M/C (Bar, Wh)	<b>DESSERT - H V</b> Creamy rice pudding <b>Allergens:</b> (Mi)	<b>DESSERT - VE</b> Fresh fruit platter, fresh fruit or yoghurt <b>Allergens:</b> (Su)(Mi)	<b>DESSERT - H W V VE</b> Spiced pear cake with custard <b>Allergens:</b> (Wh), (Mi), (E)
AVAILABLE EVERY DAY: FRESH SALAD BAR / 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

Allergens and ingredient information correct at the time of menu production but subject to change due to stock availability. Please speak to your catering manager for the most up to date information.



# WEEK 2

W/C - MONDAY: 8TH JAN, 29TH JAN, 26TH FEB, 18TH MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHOICE 1 - H W</b> Chicken & vegetable pasta bake served with garlic bread <b>Allergens:</b> (Wh), (Mi), M/C (So)	<b>CHOICE 1 - H</b> Sausage & bean plait served with creamy mash <b>Allergens:</b> (Wh), (E), (Mi).	<b>CHOICE 1 - H</b> Dig down cottage pie <b>Allergens:</b> M/C (Wh, Bar)	<b>CHOICE 1 - H</b> Roast gammon with roast potatoes & gravy	<b>CHOICE 1</b> Fish fingers served with fresh chips <b>Allergens:</b> (Wh), (F)
<b>CHOICE 2 - W V VE</b> Quorn nuggets with savoury rice <b>Allergens:</b> (Wh), (Mu)	<b>CHOICE 2 - H W V VE</b> Vegetable pasta bake <b>Allergens:</b> (Wh), (Mi)	<b>CHOICE 2 - H V VE</b> Bean & rice burrito <b>Allergens:</b> (Wh)	<b>CHOICE 2 - H V VE</b> Vegan shepherds pie <b>Allergens:</b> (So)	<b>CHOICE 2 - H V</b> Savoury cheesy muffin served with fresh chips <b>Allergens:</b> (Wh), (Mi), (E), M/C (O, Bar)

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

<b>DESSERT - V VE</b> Fruit Salad, fresh fruit or yoghurt <b>Allergens:</b> (Mi)	<b>DESSERT - H W V</b> Fruity Cookie <b>Allergens:</b> (Wh), (O), (E), M/C (Bar)	<b>DESSERT - H V</b> Fresh fruit platter, fresh fruit or yoghurt <b>Allergens:</b> (Su)(Mi)	<b>DESSERT - H W V</b> Chocolate MALTed cake <b>Allergens:</b> (Wh), (Bar), (Mi), (E)	<b>DESSERT - H W V</b> Toffee apple sponge with custard <b>Allergens:</b> (Wh), (Mi), (E)
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AVAILABLE EVERY DAY: FRESH SALAD BAR / FRESH FRUIT AND YOGHURT

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**DID YOU KNOW**  
You can have mixed or brown rice instead of potatoes!

Tilda



# WEEK 3

**W/C - MONDAY: 15TH JAN, 5TH FEB, 4TH MARCH, 25TH MARCH**

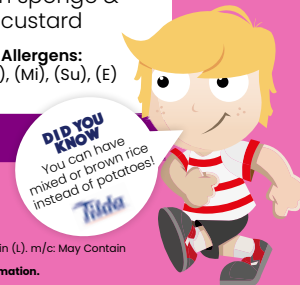
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHOICE 1 - H</b> Meatballs with spaghetti & tomato sauce <b>Allergens:</b> (Wh)	<b>CHOICE 1</b> Beefburger in a brioche roll with wedges <b>Allergens:</b> (Wh), (Mi), (E), (Su) M/C (So, Se, Mu, R, Bar)	<b>CHOICE 1 - H V</b> Macaroni cheese with garlic bread <b>Allergens:</b> (Wh), (Mi), (Mu) M/C (So)	<b>CHOICE 1 - H</b> Roast chicken, Yorkshire pudding, roast potatoes & gravy <b>Allergens:</b> (Wh), (Mi), (E)	<b>CHOICE 1 - H</b> Homemade fish croquettes served with fresh chips <b>Allergens:</b> (Wh), (F), (E)
<b>CHOICE 2 - V VE</b> Quorn dippers with seasoned wedges & tomato dip <b>Allergens:</b> (Wh)	<b>CHOICE 2 - H V</b> Courgette sausages, mash & gravy <b>Allergens:</b> (Wh), (Bar), (Mi), (E)	<b>CHOICE 2 - H W V VE</b> Vegan sausage savoury rice <b>Allergens:</b> (So)	<b>CHOICE 2 - H V VE</b> Vegetable bubble and squeak	<b>CHOICE 2 - H V</b> Pizza wheels <b>Allergens:</b> (Wh), (So), (Mi), M/C (E)
<b>SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW</b>				
<b>DESSERT - V VE</b> Fruit Salad, fresh fruit or yoghurt <b>Allergens:</b> (Mi)	<b>DESSERT - H W V</b> Chocolate brownie <b>Allergens:</b> (Wh), (E)	<b>DESSERT - H V</b> Fresh fruit platter, fresh fruit or yoghurt <b>Allergens:</b> (Su), (Mi)	<b>DESSERT - H W V VE</b> Banana bread <b>Allergens:</b> (Wh)	<b>DESSERT - H V</b> Jam sponge & custard <b>Allergens:</b> (Wh), (Mi), (Su), (E)
<b>AVAILABLE EVERY DAY: FRESH SALAD BAR / FRESH FRUIT AND YOGHURT</b>				

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# ED'S SPECIAL EVENTS



## **JANUARY**

### **VEGANUARY**

**(ALL MONTH)**

We will be focusing on the dishes on the menu that are vegetarian.



## **FEBRUARY**

**CHINESE NEW YEAR**  
**(FRIDAY 9TH FEBRUARY)**

Year of the dragon!



## **MARCH**

### **WORLD BOOK DAY**

**(THURSDAY 7TH MARCH)**

Dishes that celebrate the wonderful world of literature.



**STAY UP TO DATE:**



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[@cateredplymouth](https://twitter.com/cateredplymouth)



[@cateredplymouth](https://instagram.com/cateredplymouth)



Design by www.crunchcreative.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 £2.80.

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)

