

ed's **SUPER FANTASTIC SCHOOL MEALS**

April 2024 – October 2024

CATERed
FEEDING AMBITIONS - MAKING A DIFFERENCE
EVERY CHILD, EVERY TIME



WEEK 1

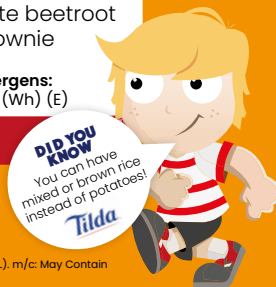
W/C - MONDAY: 15TH APR, 6TH MAY, 3RD JUN, 24TH JUN, 15TH JUL, 9TH SEP, 30TH SEPT, 21ST OCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE 1 - H W Meatballs with tomato sauce & pasta Allergens: (Glu), (Wh)	CHOICE 1 - H Crispy coated chicken bites with seasoned jacket potato Allergens: (Glu), (Wh), (Mi), (E)	CHOICE 1 - H V Macaroni cheese with garlic bread Allergens: (Glu), (Wh), (Mu), (Mi)	CHOICE 1 - H Roast beef, Yorkshire Pudding, gravy, roast potatoes & vegetables Allergens: (Glu) (Wh) (Mi) (E)	CHOICE 1 Fish fingers & fresh chips Allergens: (Glu), (Wh), (F)
CHOICE 2 - H V VE Vegan sausage with jewelled cous cous Allergens: (Glu), (Wh), (Ce)	CHOICE 2 - H W V VE Vegetable and chickpea curry with rice & naan Allergens: (Glu), (Wh)	CHOICE 2 - H V Courgette burger in a roll served with diced potatoes Allergens: (Glu), (Wh), (Mi), (E). m/c: (R)(O), (B)(So)(Se) (Mu).	CHOICE 2 - H V VE Roasted Quorn fillet, gravy, roast potatoes and vegetables Allergens: (Glu), (Wh)	CHOICE 2 - H V Spanish omelette & fresh chips Allergens: (Mi), (E), (Mu)
SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW				
DESSERT - V Strawberry frozen yoghurt Allergens: (Mi)	DESSERT - V E Fruit Salad	DESSERT - H V Victoria Sponge Allergens: (Glu), (Mi), (E)	DESSERT - H V Fruit platter or Yoghurt Allergens: (SU)(Mi)	DESSERT - H V Chocolate beetroot brownie Allergens: (Glu) (Wh) (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



WEEK 2

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

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

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

DESSERT - V Ice cream & tinned fruit Allergens: (Mi)	DESSERT - H W V Fresh fruit platter or yoghurt Allergens: (Su) (Mi)	DESSERT - V VE Fruit salad	DESSERT - H W V VE Fruity flapjack Allergens: (Glu), (O), M/C: (Wh), (Bar)	DESSERT - H W V Iced blueberry & lemon tray bake Allergens: (Glu), (Wh), (E)
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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
CHOICE 1 - H Beef burger in a roll with seasoned wedges Allergens: (Glu), (Wh), (Mi), (E), M/C: (R), (O), (B), (So), (Se), (Mu)	CHOICE 1 - H BBQ chicken with coleslaw & new potatoes Allergens: (E)	CHOICE 1 - H V Cheese wheels with herby wedges Allergens: (Glu), (Wh), (Mi)	CHOICE 1 - H Roast gammon, apple sauce, gravy, roast potatoes & vegetables	CHOICE 1 - H Homemade locally caught fish cakes with fresh chips Allergens: (Glu), (Wh), (F), (E)
CHOICE 2 - H W V VE Mixed bean chilli with rice	CHOICE 2 - H W V Cheese & tomato quiche served with new potatoes Allergens: (Glu), (Wh), (E), (Mi)	CHOICE 1 - V Vegan meatballs in tomato sauce served with pasta & garlic bread Allergens: (Glu), (Wh), (So), M/C: (Se)	CHOICE 2 - H V Vegetable crumble with roast potatoes, gravy & vegetables Allergens: (Glu), (Wh), (O), (Mi)	CHOICE 2 - V VE Vegan dippers with fresh chips Allergens: (Glu), (Wh)
SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW				
DESSERT - V Raspberry ripple ice cream roll Allergens: (Glu), (Wh), (E), (Mi), (So)	DESSERT - H V VE Custard biscuits & fruit Allergens: (Glu), (Wh)	DESSERT - H V VE Fruit Jelly	DESSERT - H V VE Chocolate shortcake with fruit Allergens: (Glu), (Wh)	DESSERT - V VE Fruit salad
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ED'S SPECIAL EVENTS



MAY
WORLD FAIRTRADE DAY
(MONDAY 13TH MAY)



JUNE
80TH 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.crunchcreative.co.uk

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, 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

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: 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 Fourlanesend Primary web pages. 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, 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^{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

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

