

ed's SUPER FANTASTIC SCHOOL MEALS

April 2025 - October 2025



WEEK 1

W/C - MONDAY: 21ST APRIL, 12TH MAY, 9TH JUNE, 30TH JUNE, 21ST JULY, 15TH SEPT, 6TH OCT



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE 1 - H Pork hot dog with seasoned potato wedges Allergens: Glu W m/c Se, So	CHOICE 1 - H, V Cheese wheels with herby diced potatoes Allergens: Glu W Mu Mi	CHOICE 1 - H Chicken and veg meatballs served with mash and gravy Allergens: Glu W	CHOICE 1 - H Roast gammon loin with roast potatoes, seasonal vegetables and gravy	CHOICE 1 Fish fingers served with fresh chips Allergens: Glu, Wh, F
CHOICE 2 - H, W, V, VE Lentil spaghetti bolognese Allergens: Glu W m/c Bar	CHOICE 2 - H, W, V, VE Vegetable curry with rice	CHOICE 2 - H, V, VE Cheese and bean quesadilla Allergens: Glu W E	CHOICE 2 - H, W, V, VE Mediterranean vegetable tart, roast potatoes, seasonal vegetables and gravy Allergens: Glu W m/c Bar	CHOICE 2 - H, W, V Cheese and tomato quiche served with fresh chips or pasta Allergens: Glu W E Mi

SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE (MI) / TUNA MAYONNAISE (F E)

DESSERT - V, VE Pears and ice cream Allergens: Mi	DESSERT - H, W, V, VE Apricot flapjack Allergens: Glu O w/c Wh Bar	DESSERT - H, V, VE Custard biscuits served with fruit Allergens: Glu Wh	DESSERT - H, V, VE Fruit platter	DESSERT - H, W, V, VE Oat and date cookie Allergens: Glu Wh O m/c Bar
--	---	--	--	--

AVAILABLE EVERY DAY: FRESH SALAD / SANDWICHES ON REQUEST / FRESH FRUIT AND YOGHURT

Fresh fruit, local Westcountry yoghurt 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.

Allergen Key: Gluten (Glu), Barley (Bar), Wheat (Wh), Oats (O), Rye (R), 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

= Climate Friendly

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



WEEK 2

W/C - MONDAY: 28TH APRIL, 19TH MAY, 16TH JUNE, 7TH JULY, 1ST SEPT, 22ND SEPT, 13TH OCT



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE 1 - H, W Beef burger with seasoned wedges Allergens: Glu Wh Su m/c Se	CHOICE 1 - H, W Pork sausage pasta bake Allergens: Glu Wh Ce m/c Mi	CHOICE 1 - H Homemade cheese & tomato pizza Allergens: Glu Wh So Mi	CHOICE 1 - H Roasted pork and beef meatloaf with roast potatoes, seasonal vegetables and gravy	CHOICE 1 - H Homemade breaded haddock fillet served with fresh chips Allergens: Glu Wh E F
CHOICE 2 - H, W, V, VE Vegetable pasta bake Allergens: Glu Wh Mi	CHOICE 2 - H, V Homemade cheese and onion roll served with homemade coleslaw Allergens: Glu Wh Mi E Mu	CHOICE 2 - H, W, V, VE Vegetable chilli served with rice Allergens: m/c Glu Wh Bar	CHOICE 2 - H, V, VE Butternut squash parcel with roast potatoes seasonal vegetables and gravy Allergens: Glu Wh	CHOICE 2 - V, VE Quorn nuggets served with fresh chips Allergens: Glu Wh

SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE (Mi) / TUNA MAYONNAISE (F E)

DESSERT - V Peaches and ice cream Allergens: Mi	DESSERT - H, W, V, VE Oat biscuit bake with fruit Allergens: Glu Wh O m/c Bar	DESSERT - H, V, VE Fruit and Jelly	DESSERT - H, V, VE Fruit Platter	DESSERT - H, W, V Old school iced sponge Allergens: Glu Wh E m/c Bar
--	--	--	--	---

AVAILABLE EVERY DAY: FRESH SALAD / SANDWICHES ON REQUEST / FRESH FRUIT AND YOGHURT

Fresh fruit, local Westcountry yoghurt 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.

Allergen Key: Gluten (Glu), Barley (Bar), Wheat (Wh), Oats (O), Rye (R), 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

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

Tilda







Climate Friendly



WEEK 3

W/C - MONDAY: 5TH MAY, 2ND JUNE, 23RD JUNE, 14TH JULY, 8TH SEPT, 29TH SEPT, 20TH OCT



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE 1 - H, V Macaroni cheese with garlic bread Allergens: Glu Wh Mu Mi m/c Se	All day breakfast – choose from meat or climate friendly option Meat Option - H Allergens: Glu Wh E Mi Climate Friendly - V, VE Allergens: Glu Wh	CHOICE 1 - H, W Spaghetti bolognese Allergens: Glu Wh Ce m/c Bar	CHOICE 1 - H Roast turkey served with roast potatoes seasonal vegetables and gravy	CHOICE 1 Salmon bites served with fresh chips or wholemeal pasta Allergens: Glu Wh F
CHOICE 2 - H W V VE Courgette sausage in a hot dog roll with seasoned wedges 		CHOICE 2 - H W V VE Quorn dippers served with tomato and vegetable rice Allergens: Glu Wh 	CHOICE 2 - H W V VE Vegetable crumble, roast potatoes seasonal vegetables and gravy Allergens: O m/c Bar 	CHOICE 2 - H, V French bread pizza served fresh chips or pasta Allergens: Glu Wh Mi m/c So
SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE (MI) / TUNA MAYONNAISE (F E)				

DESSERT - H W V VE Oat biscuits with fruit Allergens: Glu Wh O Su m/c Bar 	DESSERT - H, V Orange jelly and ice cream Allergens: Mi	DESSERT - H W V VE Lemon shortbread with fruit slices Allergens: Glu Wh m/c Bar 	DESSERT - H W V VE Fruit Platter 	DESSERT - H, W, V Orange drizzle cake Allergens: Glu Wh E Mi m/c Bar
---	--	---	---	---

AVAILABLE EVERY DAY: FRESH SALAD / SANDWICHES ON REQUEST / FRESH FRUIT AND YOGHURT

Fresh fruit, local Westcountry yoghurt 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.

Allergen Key: Gluten (Glu), Barley (Bar), Wheat (Wh), Oats (O), Rye (R), 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

 = Climate Friendly

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



ED'S SPECIAL EVENTS

APRIL

CATER[®] 10TH BIRTHDAY
(WEDNESDAY 23RD APRIL)

Homemade sausage rolls ^(H) Glu Wh
or French bread pizza ^(H V) Glu Wh Mi
served with crispy potato cubes
and vegetables

Dessert
Victoria Sponge
^(H V) Glu Wh E

MAY

INTERNATIONAL FAMILY DAY
(THURSDAY 15TH MAY)

Roast chicken, mini sausages
& Yorkshire pudding ^(H) Glu Wh Mi E
or Potato and broccoli bake ^(H V) Mi
served the roast potatoes gravy
and vegetables

Dessert
Trifle
^(H V) Glu Wh Mi

JUNE

WIMBLEDON
(MONDAY 30TH JUNE)

Tennis meatballs in tomato sauce
with net spaghetti ^(H W) Glu Wh or
Centre court cheese pizza ^(H V) Glu Wh Mi

Dessert
Scone and jam
^(H) Glu Wh Mi

JULY

SCHOOLS OUT FOR SUMMER
(VARIOUS DATES IN JULY)

Beef burger in a roll
^(H) Glu, Wh, Su m/c Se
with potatoes wedges
or Macaroni cheese ^(H V) Glu Wh Mi Mu

Dessert
Iced cake with sprinkles
^(H V) Glu Wh E

SEPTEMBER

ROALD DAHL DAY
(FRIDAY 12TH SEPTEMBER)

The Enormous Crocodile's
Crunchy Fish Fingers served
with The Twits Chips ^(H) Glu Wh F
George's Marvellous Medicine
Vegetable Stir Fry ^(H V) Glu Wh So E m/c Mu Se

Dessert
Wonka bar
^(H V) Glu Wh

OCTOBER

HARVEST FESTIVAL DAY
(MONDAY 6TH OCTOBER)

Sausage and vegetable pizza slice
^(H W) Glu Wh Mi
with potato wedges or Lentil and
vegetable shepherd's pie
^(H V) Ve m/c Glu Wh Bar

Dessert
Apple cake with custard
^(H W V) Glu Wh E

STAY UP TO DATE:



facebook.com/plymouthcatered



@cateredplymouth



@cateredplymouth



@cateredplymouth

Universal Infant

Free School Meals (UFSM):

All Reception, Year 1, and Year 2 children can enjoy a free school meal daily, regardless of household income.

We encourage everyone to take up this free offer!

Free School Meals (FSM):

If you think your child (any age) may be eligible, visit the CATERed website and follow the link to **Free School Meals** or call **01752 307410** for details. FSM eligibility also provides schools with extra funding through the Pupil Premium.

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

Ed's Super Fantastic two-course meal costs £2.75.

Need a full allergen breakdown? Email catering@catered.org.uk with your child's school name so we can provide specific menu details.

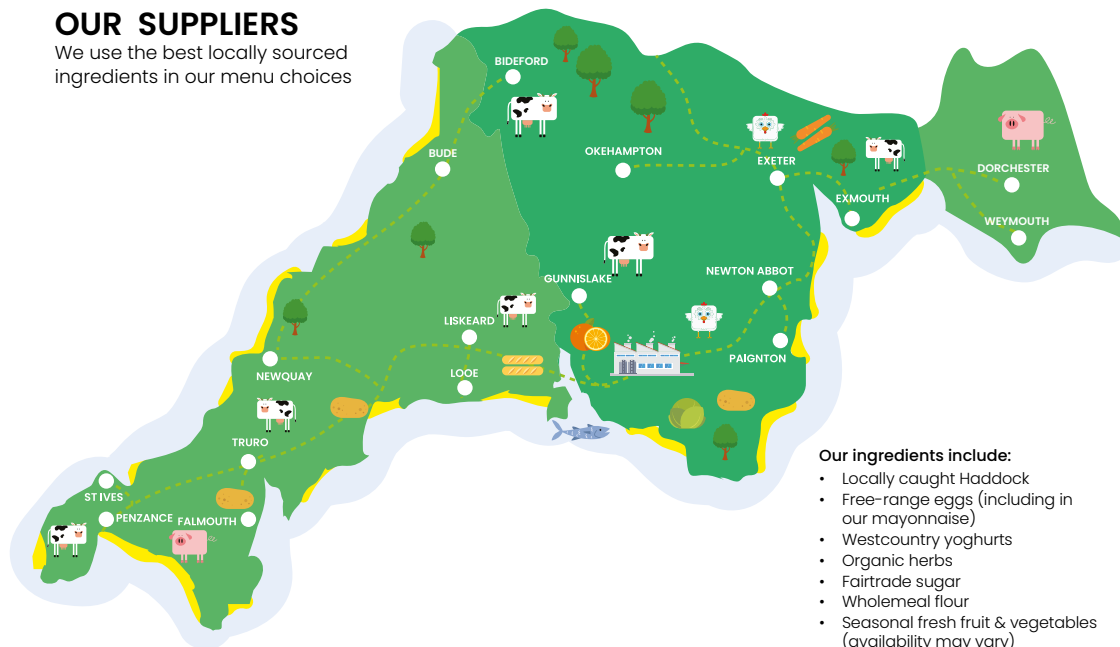
All school lunches meet the Mandatory School Food Standards, details can be found by following the link from our pages or by visiting <http://www.schoolfoodplan.com/actions/school-food-standards/>

We value your feedback! If you have questions, comments, or recipe ideas, call us at 01752 977166 or email catering@catered.org.uk.

At CATERed, we take pride in cooking the majority of our meals from scratch every day! We have created a high-quality lunchtime menu using fresh, local and seasonal ingredients. These delicious, healthy and affordable ingredients support local farmers, growers and producers and reduces our eco-footprint.

OUR SUPPLIERS

We use the best locally sourced ingredients in our menu choices



Our ingredients include:

- Locally caught Haddock
- Free-range eggs (including in our mayonnaise)
- Westcountry yoghurts
- Organic herbs
- Fairtrade sugar
- Wholemeal flour
- Seasonal fresh fruit & vegetables (availability may vary)
- No fried food



is a company jointly owned by schools across the City, surrounding areas 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

Design by www.crunchcreative.co.uk