

ed's

CATER^{ed}

SUPER FANTASTIC SCHOOL MEALS

November 2025 – March 2026



W/C: MONDAY 3RD NOV, 24TH NOV, 15TH DEC, 19TH JAN, 9TH FEB, 9TH MARCH, 30TH MARCH

MONDAY

CHOICE 1 - H, V

Macaroni cheese
with garlic bread
and veg

Allergens:
Glu, Wh, Mu, Mi m/c Se

CHOICE 2 - H, W, V, VE

Vegan chilli
with rice and veg

Allergens:
So



TUESDAY

CHOICE 1 - H

Potato topped
chicken pie
served with veg

Allergens:
Glu Wh Ce Mi m/c Bar

CHOICE 2 - H, V

Broccoli and potato
bake served
with veg

Allergens:
Glu Wh Mi

WEDNESDAY

CHOICE 1 - H

Sausage and
mashed potato
served with veg
and gravy

Allergens:
Glu Wh

CHOICE 2 - H, W, V, VE

Vegan meatballs
in a tomato sauce
with pasta and veg

Allergens:
Glu Wh So



THURSDAY

CHOICE 1 - H

Roast chicken served
with roast potatoes,
Yorkshire pudding
veg and gravy

Allergens:
Glu Wh E Mi

CHOICE 2 - H, V, VE

Homemade bean
cottage pie
served with
roast potatoes
and veg



FRIDAY

CHOICE 1 - W

Youngs fish fingers
served with fresh
chips or wholemeal
pasta and veg

Allergens:
Glu Wh F

CHOICE 2 - H, V, W

Cheese and tomato
quiche with fresh
chips or wholemeal
pasta and veg

Allergens:
Glu Wh E Mi

**SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE (MI) / TUNA MAYONNAISE (F E)
HOT PANINI: CHOOSE FROM CHEESE & TOMATO OR HAM & TOMATO SERVED WITH TORTILLA CHIPS AND VEG
(For the full allergy information, please refer to our webpage or check with your school)**

DESSERT - H, V

Pear flapjack

Allergens:
Glu, O

DESSERT - H, V

Chocolate
shortbread

Allergens:
Glu Wh Mi m/c Bar

DESSERT - H, V, VE

Fruit platter



DESSERT - H, V, VE

Custard biscuit
and fruit slices

Allergens:
Glu Wh



DESSERT - H, V

Apple crumble
and custard

Allergens:
Glu Wh O Mi m/c Bar

AVAILABLE EVERY DAY: FRESH SALAD / 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

WEEK 2

W/C: MONDAY 10TH NOV, 1ST DEC, 5TH JAN, 26TH JAN, 23RD FEB, 16TH MARCH

MONDAY

CHOICE 1 - H

Crispy chicken served with seasoned wedges and veg

Allergens:
Glu Wh Bar E m/c So Mi

CHOICE 2 - H, V

Homemade vegetable moussaka served with veg

Allergens:
Glu Wh Mi Ce Mu So

TUESDAY

CHOICE 1 - H, W

Creamy chicken and tomato pasta bake served with veg

Allergens:
Glu Wh Mi

CHOICE 2 - H, W, V, VE

Vegetable curry and rice served with veg



WEDNESDAY

CHOICE 1 - H, W, V

Cheese and tomato pizza served with potato wedges and veg

Allergens:
Glu, Wh, So, Mi

CHOICE 2 - H, V, VE

Mexican vegan cheese and bean quesadilla served with wedges and veg



Allergens:
Glu Wh O

THURSDAY

CHOICE 1 - H

Roast gammon with roast potatoes, Yorkshire pudding, veg and gravy

Allergens:
Glu Wh E Mi

CHOICE 2 - H, V, VE

Vegetarian sausage with vegetable casserole and roast potatoes



Allergens:
Glu Wh Ce m/c Bar

FRIDAY

CHOICE 1 - W

Salmon bites served with fresh chips or wholewheat pasta and veg

Allergens:
Glu, Wh, F

CHOICE 2 - H, W, V

Cheese wheels with fresh chips or wholewheat pasta and veg

Allergens:
Glu Wh Mi Mu

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(For the full allergy information, please refer to our webpage or check with your school)

DESSERT - H, V, W

Blueberry cake

Allergens:
Glu Wh E Bar

DESSERT - H, V, VE

Cornish fairings biscuit with fruit

Allergens:
Glu Wh



DESSERT - H, V, VE

Fruit platter



DESSERT - H, V, W

Banana cookies

Allergens:
Glu Wh E

DESSERT - H, V, W
Vanilla and chocolate marble cake with custard

Allergens:
Glu Wh E MI m/c Bar

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WEEK 3

DATES: W/C: MONDAY 17TH NOV, 8TH DEC, 12TH JAN, 2ND FEB, 2ND MARCH, 23RD MARCH

MONDAY

CHOICE 1 - H, W

Sticky BBQ meatballs served with pasta and veg

Allergens:
Glu Wh

CHOICE 2 - H, W, V

Cheesy courgette sausage with mash, veg and gravy

Allergens:
Glu Wh E MI

TUESDAY

CHOICE 1 - H

Cheese and tomato French bread pizza served with wedges and veg

Allergens:
Glu W MI m/c So

CHOICE 2 - H, V

Vegetable lasagne served with garlic bread and veg

Allergens:
Glu Wh Mu MI m/c E, Bar

WEDNESDAY

All day breakfast choose from:
meat or plant based served with a hash brown, beans and veg

Meat option - H

Allergens:
Glu Wh E MI

Plant based option - V, VE

Allergens:
Glu Wh

THURSDAY

CHOICE 1 - H

Roast chicken served with roast potatoes Yorkshire pudding, veg and gravy

Allergens:
Glu Wh E MI

CHOICE 2 - H, V, VE

Katsu vegetable curry bake with roast potatoes and veg

Allergens:
Glu Wh

FRIDAY

CHOICE 1 - W

Battered fish fillet with fresh chips or wholemeal pasta and veg

Allergens:
Glu Wh F

CHOICE 2 - W, V, VE

Quorn dippers served with fresh chips or wholemeal pasta and veg

Allergens:
Glu Wh

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DESSERT - H, W, V, VE

Date crispy crunch

Allergens:
Glu Wh Bar m/c MI So

DESSERT - H, W, V

Toffee and apple cake

Allergens:
Glu Wh E

DESSERT - H, V, VE

Fruit platter

DESSERT - H, V

Orange butter biscuits

Allergens:
Glu, Wh E

DESSERT - H, W, V

Steamed jam sponge and custard

Allergens:
Glu Wh E MI

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ED'S SPECIAL EVENTS

NOVEMBER

NATIONAL SCHOOL MEALS WEEK

Monday 10th - Friday 14th

While the menu remains the same this week, we're taking this opportunity to highlight the importance of school meals and the vital role they play in supporting children's health, wellbeing, and learning every day.

LACA's theme days celebrate the five key pillars of school meals: environment, community, nutrition, social connections, and cooking together.

DECEMBER

CHRISTMAS LUNCH

Various dates

Roast turkey Glu Wh
or Quorn fillet Glu Bar Wh
roast potatoes,
trimmings and gravy

Christmas custard
biscuits Glu Wh
rudolf muffins Glu Wh Mi E Su m/c So
Krispmas pudding Glu Bar Mi Su

JANUARY

INTERNATIONAL LEGO DAY

Wednesday 28th January

Lego pepperoni pizza
Glu Wh So Mi

🎵 Everything Is Awesome 🎵
mediterranean
vegetable tart Glu Wh m/c Bar

Crispy crunch brick bites
Glu Bar Mi Su

FEBRUARY

PANCAKE DAY

Tuesday 13th February

Change of dessert:
A selection of
sweet pancakes
Glu Wh E Mi

MARCH

GREAT BRITISH PIE WEEK

Tuesday 3rd March

Beef and vegetable
pie Glu Wh

Creamy vegetable
and bean pie Glu Wh Mi So
both with broccoli and
green beans

Cherry flapjack
Glu Wh Bar



(For additional allergy information, please speak to the kitchen or school)

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 £3.00

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

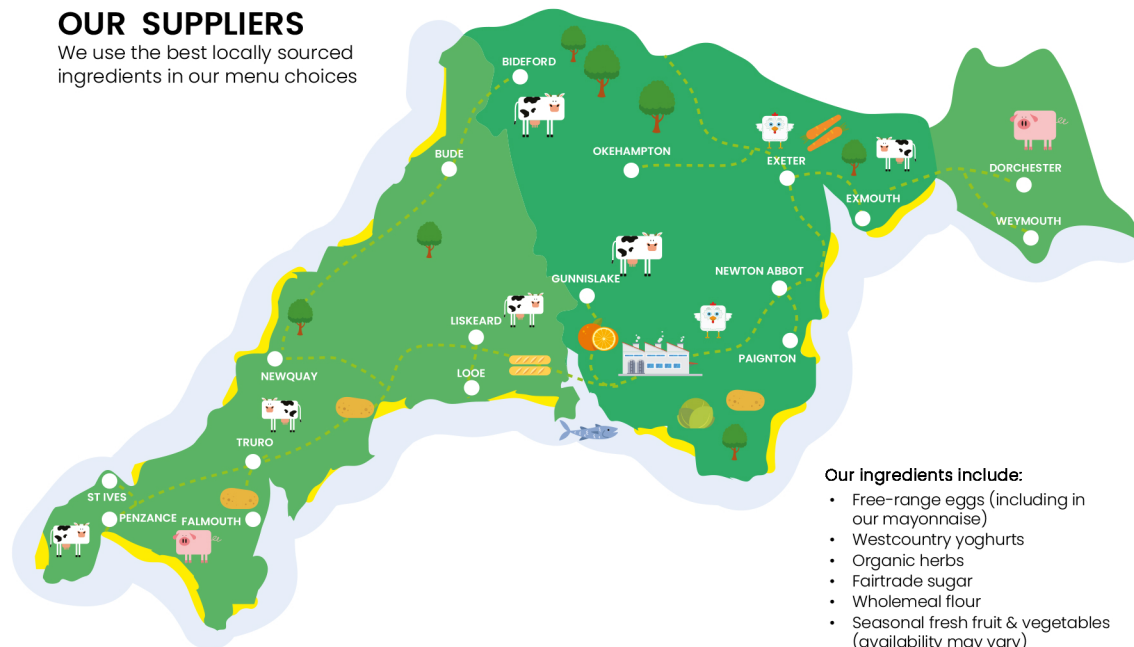
All school lunches meet the Mandatory School Food Standards, details can be found by following the link from our pages or by visiting <http://www.schoolfoodplan.com/actions/school-food-standards/>

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:

- 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

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