

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

**SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE (MI) / TUNA MAYONNAISE (F E)  
PASTA: A HOMEMADE TOMATO SAUCE WITH PASTA.**

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

**AVAILABLE EVERY DAY: FRESH SALAD/ FRESH FRUIT AND YOGHURT**

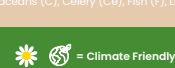
Fresh fruit, local Westcountry yoghurt available daily. Fresh drinking water is available throughout the lunch time period. All meals served with seasonal vegetables. Chicken alternatives to beef and pork upon request. One meat free day.

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

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

**SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE (MI) / TUNA MAYONNAISE (F E) PASTA: A HOMEMADE TOMATO SAUCE WITH PASTA.**


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

**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 (Sa), 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 3

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



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

SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE (MI) / TUNA MAYONNAISE (F E) PASTA: A HOMEMADE TOMATO SAUCE WITH PASTA.

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

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

= Climate Friendly



# ED'S SPECIAL EVENTS

## APRIL

**CATER<sup>ED</sup> 10TH BIRTHDAY**  
(WEDNESDAY 23RD APRIL)

Hotdogs with seasoned  
Homemade sausage rolls <sup>(H) Glu Wh</sup>  
or French bread pizza <sup>(H V) Glu Wh Mi</sup>  
served with crispy potato  
cubes and vegetables

### Dessert

Victoria Sponge  
<sup>(H V) Glu Wh E</sup>

## MAY

**INTERNATIONAL FAMILY DAY**  
(THURSDAY 15TH MAY)

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

### Dessert

Trifle  
<sup>(H V) Glu Wh Mi</sup>

## JUNE

**WIMBLEDON**  
(MONDAY 30TH JUNE)

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

### Dessert

Scone and jam  
<sup>(H) Glu Wh Mi</sup>

## JULY

**SCHOOLS OUT FOR SUMMER**  
(VARIOUS DATES IN JULY)

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

### Dessert

Iced cake with sprinkles  
<sup>(H V) Glu Wh E</sup>

## SEPTEMBER

**ROALD DAHL DAY**  
(FRIDAY 12TH SEPTEMBER)

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

### Dessert

Wonka bar  
<sup>(H V Ve) Glu Wh</sup>

## OCTOBER

**HARVEST FESTIVAL DAY**  
(MONDAY 6TH OCTOBER)

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

### Dessert

Apple cake with custard  
<sup>(H W V) Glu Wh E</sup>

STAY UP TO DATE:



[facebook.com/plymouthcatered](https://facebook.com/plymouthcatered)



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



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



[@cateredplymouth](https://tiktok.com/@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](mailto:catering@catered.org.uk) with your child's school name so we can provide specific menu details.

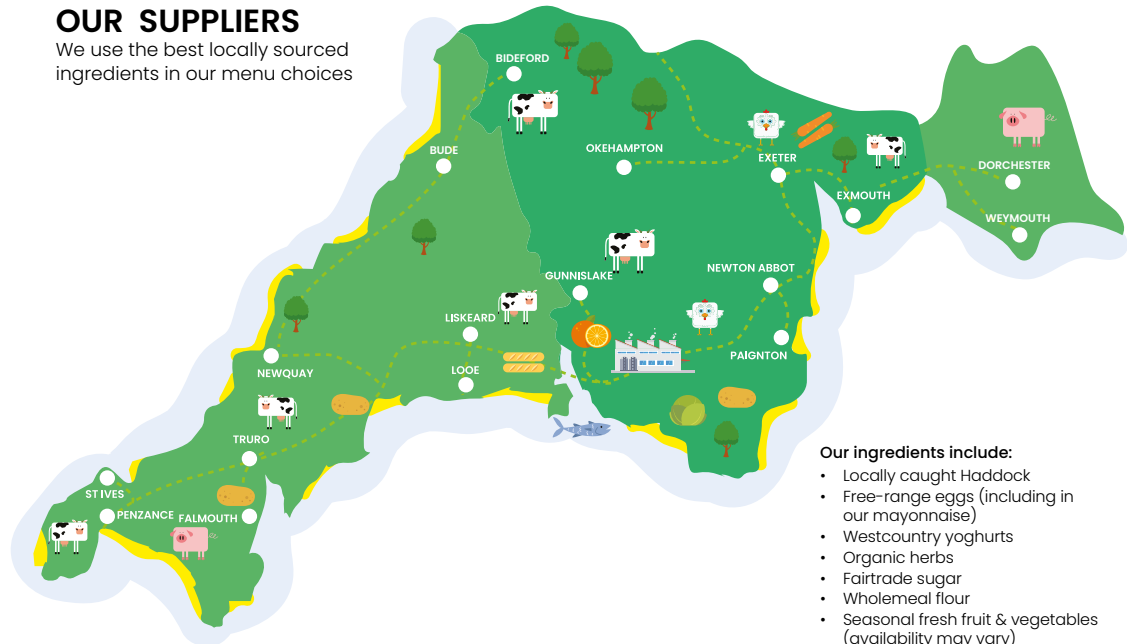
All school lunches meet the Mandatory School Food Standards, details can be found by following the link from our pages or by visiting <http://www.schoolfoodplan.com/actions/school-food-standards/>

**We value your feedback! If you have questions, comments, or recipe ideas, call us at 01752 977166 or email [catering@catered.org.uk](mailto: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](http://www.crunchcreative.co.uk)