

ed's

# SUPER FANTASTIC SCHOOL MEALS

November 2025 – March 2026

CATER<sup>ed</sup>



**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

**TUESDAY**

**CHOICE 1 - H**

Potato topped chicken pie served with veg

Allergens:  
Glu Wh Ce Mi m/c Bar

**WEDNESDAY**

**CHOICE 1 - H**

Sausage and mashed potato served with veg and gravy

Allergens:  
Glu Wh

**THURSDAY**

**CHOICE 1 - H**

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

Allergens:  
Glu Wh E MI

**FRIDAY**

**CHOICE 1 - W**

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

Allergens:  
Glu Wh F

**CHOICE 2 - H, W, V, VE**

Vegan chilli with rice and veg

Allergens:  
So

**CHOICE 2 - H, V**

Broccoli and potato bake served with veg

Allergens:  
Glu Wh MI

**CHOICE 2 - H, W, V, VE**

Vegan meatballs in a tomato sauce with pasta and veg

Allergens:  
Glu Wh So

**CHOICE 2 - H, V, VE**

Homemade bean cottage pie served with roast potatoes and veg

**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)**

**HOT PANINI OR PASTA: CHOOSE FROM CHEESE & TOMATO OR HAM & TOMATO SERVED WITH TORTILLA CHIPS AND VEG. OR A HOMEMADE TOMATO SAUCE WITH PASTA**  
(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: Glu: (Glu), Dairy: (Dai), Wheat: (Wh), Cereals: (C), Egg: (E), Soy: (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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### 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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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



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

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**CHOICE 1 - H, W**

Sticky BBQ meatballs served with pasta and veg

Allergens:  
Glu Wh

**CHOICE 1 - H**

Cheese and tomato French bread pizza served with wedges and veg

Allergens:  
Glu W Mi m/c So

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

**CHOICE 1 - H**

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

Allergens:  
Glu Wh E Mi

**CHOICE 1 - W**

Battered fish fillet with fresh chips or wholemeal pasta and veg

Allergens:  
Glu Wh F

**CHOICE 2 - H, W, V**

Cheesy courgette sausage with mash, veg and gravy

Allergens:  
Glu Wh E Mi

**CHOICE 2 - H, V**

Vegetable lasagne served with garlic bread and veg

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

**CHOICE 2 - H, V, VE**

Katsu vegetable curry bake with roast potatoes and veg

Allergens:  
Glu Wh

**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 crisp 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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Allergen Key: Gluten (Gl), Barley (Bar), Wheat (Wh), Oats (O), Rye (R), Soya (So), Substitutes (Su), Sesame (Se), Peanuts (P), Mustard (Mu), Molluscs (Mo), Milk (M), Nuts (N), Eggs (E), Crustaceans (C), Celery (Ce), Fish (F), Lupin (L), MFC: May Contain

# 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@cateread.org.uk](mailto:catering@cateread.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@cateread.org.uk](mailto:catering@cateread.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



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

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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