



CATER^{ed} proudly presents: Ed's Super Fantastic Foodie Workshops

This year we will be running interactive children engagement sessions throughout the 3 days of Flavour Fest.

Starting at **10.30am** until **3pm** daily on **Friday 31st May, Saturday 1st & Sunday 2nd June** in Plymouth City Centre we will be running free food and cookery sessions.

Children can get hands on making fresh fruit smoothies, dips & griddle cakes, have a go at making their own sausages, fish cakes and pate.

Come on down and talk to the team about Ed's School Lunch menu and more.

Talk to us about our Plastic Free Pledge.

We'll be in the Children's Engagement Marquee right next to the Sundial.

All KS1 – KS3 children are welcome to come enjoy a session. Younger children can participate but we ask that parents remain with their children.

10.30am	Super Sausages	1.00pm	'Eat them to defeat them' cakes
11.00am	Smashing Smoothies	1.30pm	Super Sausages
11.30am	Fantastic Fish Cakes	2.00pm	Smashing Smoothies
12 noon	Delicious Dips	2.30pm	Fantastic Fish Cakes
12.30pm	Marvelous Mackerel Pate	3.00pm	Delicious Dips

CATER^{ed} – Feeding Ambitions – Making a Difference – Every Child Every Time

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CATER^{ed} Limited is a company jointly owned by YOUR school and Plymouth City Council serving great tasting, freshly prepared food to children and young people every day.
Your business - working for cooperatively for the benefit of all pupils in all schools sharing budgets, best practice and delivering a sustainable and affordable school food service.
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