

Introduction

Dear Parents/Carers,

I hope you like our new Autumn & Winter Menu.

A lot of love and care goes into our menus, wherever possible we only buy fresh meat and vegetables from local suppliers and meals are made fresh every day by trained staff in a clean safe environment.

You can trust us with your child's lunchtime meal, and Infants eat **FREE!!!**

If your child is a fussy eater there is plenty of choice and you would be surprised how many new things they will try when they are sitting eating with their friends, as well as learning social skills.

We cannot stress enough the benefits of a healthy nutritionally balanced meal at lunchtime, tests show that children are more alert when they eat well in the middle of the day.

There are lots of things you may not know about the TCS School lunch.

- Wherever possible TCS use small local suppliers and farms for our meat and greengrocery because we believe that it is important to support local companies who in turn supply us with excellent produce.
- All our eggs are free range.
- Our fresh meat is Farm Assured and compliant with 'Food For Life'.
- All our lunches are accompanied by a salad selection and fresh homemade bread.

Your child could be missing out, why not give school dinners a try?

Yours sincerely



Contract Manager



KEEPING SCHOOL MEALS SAFE

Everything possible has been put in place to ensure your child has a safe school meal that is also tasty and nutritious.

How we are keeping school meals safe?

To achieve complete confidence in the service the caterer must ensure the following:

- All working staff have been given additional training.
- We only purchase from safe ethical suppliers.
- Social distancing is recognized wherever possible.
- PPE has been supplied to all kitchens.
- Risk Assessment completed for all kitchens.
- Regular sanitizing and hand washing is in operation.
- We will carefully sanitise plates and cutlery after each use or use disposables.
- Kitchen staff must be healthy and free of corona virus symptoms.

As a parent you can rest assured that not only are your child's school lunches tasty and good value, they also meet the highest standards of safety and care.

Allergens

You will see that our menu has information on the allergens contained in our menu items. Please use the chart below to assess any that may be applicable to your child. This is a guideline only and if your child has any severe allergies then we will talk to you individually to assess your child's needs – please contact gill@tcsinfo.co.uk

C Celery	L Lupin	S Soya
G Cereals	D Dairy	Y Sulphur Dioxide
containing	O Mollusc	* May contain
Gluten	M Mustard	traces of
R Crustaceans	N Nuts	
E Eggs	P Peanuts	
F Fish	A Sesame Seeds	

We do not use any nuts in our recipes but some products are produced in a factory where nuts may be processed.

ROBERT DRAKE

ANNOUNCING OUR AUTUMN & WINTER Menu 2021/22



A fresh approach to Education Catering

AUTUMN & WINTER MENU 2021/22

WEEK ONE 2021 W/C - 1st Sep, 20th Sep, 11th Oct, 1st Nov,
22nd Nov, 13th Dec. 2022 W/C - 3rd Jan, 24th Jan.

WEEK TWO 2021 W/C - 6th Sep, 27th Sep, 18th Oct, 8th Nov,
29th Nov. 2022 W/C - 10th Jan, 31st Jan.

WEEK THREE 2021 W/C - 13th Sep, 4th Oct, 15th Nov,
6th Dec. 2022 W/C - 17th Jan, 7th Feb.

MONDAY

Cheese & Tomato Pizza (G1,D,S,E*)
Roasted Vegetable Pizza (G1,D,S,E*)
Filled Jacket Potato
Wholegrain Pasta Salad (G1)
Sweetcorn, Homemade Coleslaw (E,M)
Chocolate Crispie Cake (D,G1,S*)

TUESDAY

Chicken Breast Bites (G1,E)
Veggie Nuggets (G1)
Filled Jacket Potato
Oven Baked Crispy Square Potatoes
Baked Beans, Cauliflower
Apple Crumble (G1) with Custard (D)

WEDNESDAY

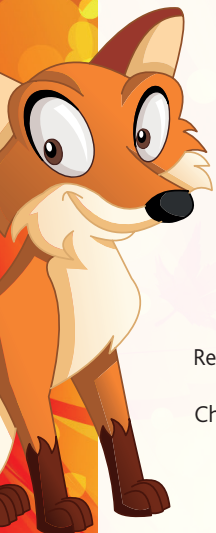
Roast Turkey with Yorkshire Pudding (E,D,G1)
& Gravy (D*,E*,S*,M*,C*)
Cheese, Leek & Potato Pie (D)
Filled Jacket Potato
Roast or Boiled Potatoes
Carrots, Cabbage
Jelly with Fruit Salad

THURSDAY

Bolognese Pasta Bake (G1,D)
Veggie Pasta Bolognese (G1,D)
Filled Jacket Potato
Garlic Bread (G1,D*,S*)
Sweetcorn, Broccoli
Fruit Cupcake (G1,D,E)

FRIDAY

Fish Fingers (F,G1)
Salmon Fish Fingers (F,G1)
Red Onion & Sweet Potato Tart (G1,D)
Filled Jacket Potato
Chipped Potatoes or 1/2 Jacket Potato
Baked Beans, Peas
Cooks Choice Cookie (G1)
Fruit Juice



MONDAY

Macaroni Cheese (D,G1,M,Y,C)
Pasta with Tomato Sauce (G1,C,Y)
Filled Jacket Potato
Wholegrain Bread (G1,D,S,E*)
Peas, Broccoli
Fruit Mousse (D)

TUESDAY

Butchers Sausages (G1,C,Y)
Veggie Sausages (G1,S,Y)
Filled Jacket Potato
Mashed Potatoes
Baked Beans, Carrots
Iced Lemon Courgette Sponge (G1,E)

WEDNESDAY

Roast Chicken with Gravy (D*,E*,S*,M*,C*)
Cheese & Tomato Whirl (G1,D,S,E*)
Filled Jacket Potato
Roast or Boiled Potatoes
Carrots, Cabbage
Jelly with Fruit

THURSDAY

Mild Chicken Curry (C,Y)
Veggie Sausage & Bean Casserole (G1,S,Y)
Filled Jacket Potato
Mixed Grain Rice
Naan Bread (G1)
Green Beans, Cauliflower
Apple & Blackberry Shortcake (G1)

FRIDAY

Breaded Fish Fillet (F,G1,O*,M)
Veggie Cheese Quiche (G1,E,D)
Filled Jacket Potato
Chipped Potatoes or 1/2 Jacket Potato
Peas, Baked Beans
Fruit Flapjack (G1,Y)
Fruit Juice



MONDAY

Cheese & Leek Pasty (G1,D)
Jacket Potato with Cheese (D) or BBQ Baked Beans
Wholegrain Bread (G1,D,S,E*)
Sweetcorn, Broccoli
Apple & Peach Crumble (G1) with Custard (D)

TUESDAY

Butchers 100% Beef Burger (G1,C,Y)
in a Wholemeal Bap (G1,A*)
Veggie Burger in a Wholemeal Bap (G1,A*,C,E)
Filled Jacket Potato
Oven Baked Potato Wedges
Homemade Coleslaw (E,M), Sweetcorn
Chocolate & Pear Sponge (G1,E)
with Chocolate Sauce (D)

WEDNESDAY

Roast Gammon with Yorkshire Pudding (E,D,G1)
& Gravy (D*,E*,S*,M*,C*)
Veggie Sausage Toad in the Hole (G1,E,D)
Filled Jacket Potato
Roast Potatoes
Cauliflower, Carrots & Swede
Jelly with Topping (D)

THURSDAY

Homemade Beef Lasagne (G1,D)
Spanish Omelette (E,D)
Filled Jacket Potato
Garlic Bread (G1,D*,S*)
Sweetcorn, Broccoli
Ice Cream with Fruit Salad (D)

FRIDAY

Fish Fingers (F,G1)
Vegetable Crown Puff (G1,D)
Filled Jacket Potato
Chipped Potatoes or 1/2 Jacket Potato
Baked Beans, Peas
Oat Cookie (G1)
Fruit Juice

Available Daily – Low Fat Milk (D), Homemade Wholegrain Bread (G1,D,S,E*), Fruit Pots, Yoghurts (D), Chilled Water.
Menus subject to change. No genetically modified ingredients knowingly used.