

The TCS Food Offer

Dear Parents/Carers,

Every child should enjoy a safe, satisfying, nutritious meal at lunchtime, giving them energy for the rest of the day. Wherever possible Total Catering Solutions (SE) Ltd use Fresh, Farm Assured Local Meat and Vegetables, supporting local farms and suppliers, our fish is MSC certified to prove its sustainability and we do not knowingly use unsustainable palm oil or GM products.

During this time of food shortages using these local suppliers have meant that our supply has been only minimally affected, however if the situation should worsen then we will inform your school before making any substitutes on the menu. 'Home' cooked meals using good quality ingredients made with love by well trained and supported kitchen staff make sure your child is given a tasty and nutritious lunchtime meal.

Our menus are bespoke, one size does not fit all, they are compiled by experienced teams working with your school to ensure we include the different tastes and diversity of its children and staff.

Every day there will be a main meal and a vegetarian option, some schools include a filled jacket potato, filled baguette, fresh self-serve salad bar, fresh homemade bread, fruit yogurt, fresh fruit pots along with the main dessert of the day. We have included our 'covert recipes' range with additional blitzed down vegetables added to our savoury sauces and additional fruit and wholegrain added to our desserts, along with things like beetroot added to our chocolate cake and courgette added to our lemon cake.

We encourage hydration and fresh chilled water is available throughout service as well as chilled semi skimmed milk.

Stay safe

Yours sincerely



Contract Manager



Free Meals

All pupils in Reception, Year 1 and Year 2 are entitled to a free school meal, what a great time to introduce your child to eat new things with their friends

If you believe your child may be entitled to free school meals you can apply at [//www.gov.uk/apply-free-school-meals](https://www.gov.uk/apply-free-school-meals) or contact your school office. All free school meal children have the same choices as the paid and there is nothing to distinguish them apart.

TCS endeavour to be ensure that every child that has allergies are safely catered for and have listed all allergens on our menus as given to us by our suppliers, but at a time of shortages when substitutes may be sent by our suppliers, we cannot guarantee this 100%.

If your child has a food allergy and you would like to discuss this with one of our team, or have copies of our recipes to see full ingredients then please do contact me email gill@tcsinfo.co.uk

This menu shows the allergens contained in each dish, as listed below. These are 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

Allergen Key: Gluten (G), Crustaceans (R), Soybean (S), Mustard (M), Sesame (A), Sulphites/Sulphur Dioxide (Y), Milk/Dairy (D), Fish (F), Egg (E), Peanuts (P), Molluscs (O), Celeriac/Celery (C), Nuts (N), Lupins (L).

Some of our schools use pre prepped potatoes or vegetables these may contain sulphites and celeriac. We do not use any nuts in our recipes but some products are produced in a factory where nuts may be processed.

TCS Contact Details; Total Catering Solutions (SE) Ltd, Unit 7, Kent Space, Springhead Road, Northfleet, Kent DA11 8HJ.
01474 555503 (unmanned) gill@tcsinfo.co.uk

ROBERT DRAKE

ANNOUNCING OUR AUTUMN/ WINTER MENU 2022/23



A fresh approach to Education Catering

AUTUMN/WINTER MENU 2022/23

ROBERT DRAKE

WEEK ONE 2022 W/C - 31st Oct, 21st Nov, 12th Dec.
2023 W/C - 3rd Jan, 23rd Jan.

WEEK TWO 2022 W/C - 7th Nov, 28th Nov.
2023 W/C - 9th Jan, 30th Jan.

WEEK THREE 2022 W/C - 14th Nov, 5th Dec.
2023 W/C - 16th Jan, 6th Feb.

MONDAY

Crispy Chicken Goujons (G)
Crispy Vegetable Goujons
Filled Jacket Potato**
Oven Baked Crispy Cubed Potatoes
Baked Beans, Broccoli
Chocolate & Banana Muffin (G,E)
Fresh Fruit or Yoghurt (D)

TUESDAY

Homemade Pizza Choice (G,D,S,E)
Filled Jacket Potato**
Jacket Potato Wedges
Homemade Coleslaw (E,M), Sweetcorn
Fruity Flapjack Bar (G)
Fresh Fruit or Yoghurt (D)

WEDNESDAY

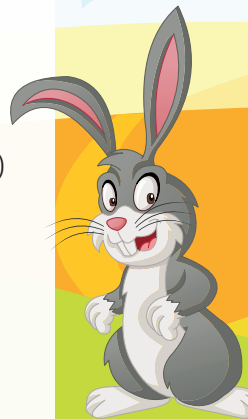
Roast Turkey with Yorkshire Pudding (E,D,G) & Gravy
Veggie Sausages (G) with Yorkshire Pudding (E,D,G)
Filled Jacket Potato**
Roast or Boiled Potatoes
Carrots, Green Beans
Oaty Apple Crumble (G) with Custard (D)
Fresh Fruit or Yoghurt (D)

THURSDAY

Beef Pasta Bolognese with Wholegrain Pasta (G)
Vegetable Chow Mein (S,E) with Noodles (G,E)
Filled Jacket Potato**
Garlic Bread (G,D,S)
Cauliflower, Sweetcorn
Jelly Pot with Fruit
Fresh Fruit or Yoghurt (D)

FRIDAY

Golden Fish Fingers (F,G)
Ratatouille Bake (D)
Salmon Fish Fingers (F)
Filled Jacket Potato**
Chipped Potatoes or Half a Jacket Potato
Peas, Baked Beans
Shortbread Biscuit (G)
Fresh Fruit or Yoghurt (D)



MONDAY

Oven Baked Sausages (G,Y)
Oven Baked Veggie Sausages (G)
Filled Jacket Potato**
Mashed Potato
Baked Beans, Sweetcorn
Crunchy Chocolate Biscuit (G)
Fresh Fruit or Yoghurt (D)

TUESDAY

Chicken & Sweetcorn Puff Pie (G,D)
Sticky Quorn Wrap (G,E,S)
Filled Jacket Potato**
Crispy Cubed Potatoes
Broccoli, Vegetable Medley
Orange Drizzle Cake (G,E) with Custard (D)
Fresh Fruit or Yoghurt (D)

WEDNESDAY

Roast Gammon with Yorkshire Pudding (E,D,G) & Gravy
Veggie Sausage in a Blanket (G)
Filled Jacket Potato**
Roast or Boiled Potatoes
Cabbage, Carrots
Crispy Crackle Bar (G)
Fresh Fruit or Yoghurt (D)

THURSDAY

Beef Meatballs with a Tomato Sauce (G)
Veggie Meatballs with a Tomato Sauce (S)
Filled Jacket Potato**
Rice
Cauliflower, Green Beans
Ice Cream Pot with Fruit Slices (D)
Fresh Fruit or Yoghurt (D)

FRIDAY

Battered Fish Fillet (F,G)
Crispy Veggie Goujons
Filled Jacket Potato**
Chipped Potatoes or Half a Jacket Potato
Peas, Baked Beans
Iced Fairy Cake (G,E)
Fresh Fruit or Yoghurt (D)



MONDAY

Beef Burger (G,Y) in a Bun (G,A*)
Quorn Burger (E,D,G) in a Bun (G,A*)
Filled Jacket Potato**
Crispy Cubed Potatoes
Baked Beans, Homemade Coleslaw (E,M)
Apple & Cinnamon Muffin (G,E)
Fresh Fruit or Yoghurt (D)

TUESDAY

Sweet Potato Topped Cottage Pie (G,F)
Wholegrain Pasta with Tomato Sauce (G)
Filled Jacket Potato**
Crunchy Wholegrain Bread (G,D,S,E)
Sweetcorn, Carrots
Jelly with Topping (D)
Fresh Fruit or Yoghurt (D)

WEDNESDAY

Roast Turkey with Yorkshire Pudding (E,D,G) & Gravy
Cauliflower Cheese with Crunchy Topping (D,G)
Filled Jacket Potato**
Roast or Boiled Potatoes
Broccoli, Cabbage
Chocolate & Strawberry Swirl Sponge (G,E)
with Chocolate Sauce (D)
Fresh Fruit or Yoghurt (D)

THURSDAY

Sticky Chicken (G,S)
Cheese & Tomato Whirls (G,D,E,S)
Filled Jacket Potato**
Noodles (G,E), Sweetcorn, Carrots
Oat Cookie (G)
Fresh Fruit or Yoghurt (D)

FRIDAY

Golden Fish Fingers (F,G)
Roasted Vegetable Crown Pasty (G,D)
Filled Jacket Potato**
Chipped Potatoes or Half a Jacket Potato
Peas, Baked Beans
Fruit Mousse (D), Fresh Fruit Platter
Fresh Fruit or Yoghurt (D)

Available Daily – Low Fat Milk (D), Chilled Water, 50/50 Homemade Bread (G,D,S,E*) Self-serve Salad Bar.

**Jacket Potato fillings - Cheese (D), Baked Beans, Coleslaw (E,M). Menus subject to change. No genetically modified ingredients knowingly used.