

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 TCS Educational Catering 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.

'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.

Gill Russell



Contracts 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](http://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: sarah@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), *May Contain

ROBERT DRAKE

Contact us: TCS Educational Catering Ltd,
Unit 7, Kent Space, Springhead Road, Northfleet, Kent DA11 8HJ.

01474 555503 gill@tcsinfo.co.uk

Welcome to our

SPRING/ SUMMER MENU 2024



A fresh approach to Education Catering

SPRING/SUMMER MENU 2024

Robert Drake

WEEK ONE W/C - 26th Feb, 18th Mar, 15th Apr, 7th May,
3rd Jun, 24th Jun, 15th July

WEEK TWO W/C - 4th Mar, 25th Mar, 22nd Apr, 13th May,
10th Jun, 1st July, 22nd July.

WEEK THREE W/C - 11th Mar, 29th Apr, 20th May,
17th Jun, 8th July.

MONDAY

Chicken Goujons (G,D*,C*,M*,S*)
Macaroni Cheese (G,D)
Filled Jacket Potato**
Crispy Cubed Potatoes (G)
Peas, Cauliflower
Ice Cream (D)
Fresh Fruit or Yoghurt (D)

TUESDAY

TACO TUESDAY

Minced Beef & Pepper Taco
Veggie Mince & Pepper Taco
Filled Jacket Potato**
Rice
Sweetcorn, Tomato Salsa
Chocolate Brownie (G,E)
Fresh Fruit or Yoghurt (D)

WEDNESDAY

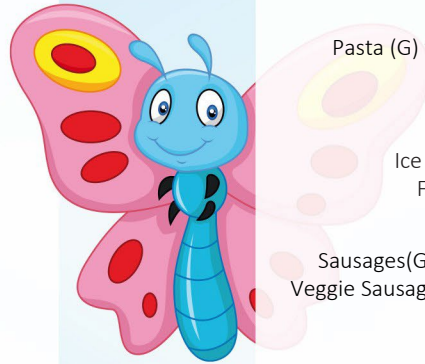
Roast Chicken with Yorkshire Pudding (E,D,G) & Gravy
Vegetable Frittata (E,D)
Filled Jacket Potato**
Roast Potatoes, Carrots, Cabbage
Fruit Jelly
Fresh Fruit or Yoghurt (D)

THURSDAY

BBQ Ham Pizza (G,S,D)
Cheese & Tomato Pizza (G,S,D)
Filled Jacket Potato**
Pasta Salad (G,E,M), Homemade Coleslaw (E,M)
Apple & Cinnamon Muffin (G,E)
Fresh Fruit or Yoghurt (D)

FRIDAY

Golden Fish Fingers (F,G)
Veggie Nuggets
Filled Jacket Potato**
Chipped Potatoes
Baked Beans, Peas
Oat Cookie (G)
Fresh Fruit or Yoghurt (D)



MONDAY

PASTA BAR

Pasta (G) with Cheese (D) or Tomato Sauce
Filled Jacket Potato**
Garlic Bread (G)
Sweetcorn, Broccoli
Ice Cream (D) with Fresh Fruit
Fresh Fruit or Yoghurt (D)

TUESDAY

Sausages(G,Y) in a Bun (G,A*)with BBQ Sauce
Veggie Sausage (G) in a Bun (G,A*)with BBQ Sauce
Filled Jacket Potato**
Crispy Cubed Potatoes
Baked Beans, Cauliflower
Shortbread Biscuit (G)
Fresh Fruit or Yoghurt (D)

WEDNESDAY

Roast Gammon with Yorkshire Pudding (E,D,G) & Gravy
Ratatouille Puff (G)
Filled Jacket Potato**
Roast Potatoes, Carrots, Peas
Jelly with Topping (D)
Fresh Fruit or Yoghurt (D)

THURSDAY

ROOTS TO FOOD DISH

Greek Meatballs(G) with Tomato Sauce & Tzatziki
Veggie Meatballs(S)with Tomato Sauce and Tzatziki
Filled Jacket Potato**
Rice
Broccoli, Sweetcorn
Fruit Crumble (G) with Custard (D)
Fresh Fruit or Yoghurt (D)

FRIDAY

Battered Fish Fillet (F,G)
Cheese & Broccoli Quiche (G,E,D)
Filled Jacket Potato**
Chipped Potatoes
Baked Beans, Peas
Jaffa Chocolate Sponge (G,E)with Chocolate Sauce (D)
Fresh Fruit
or Yoghurt (D)

MONDAY

Beefburger in a Bun (G,S,A*)
Quorn Burger in a Bun (G,E,D,A*)
Filled Jacket Potato**
Oven Baked Potato Wedges
Sweetcorn, Baked Beans
Ice Cream (D) with Fruit
Fresh Fruit or Yoghurt (D)

TUESDAY

Chicken Nuggets with Katsu Curry Sauce (G,S,C,D)
Roasted Vegetable Wrap (G)
Filled Jacket Potato**
Rice
Carrots, Broccoli
Iced Sponge (G,E)
Fresh Fruit or Yoghurt (D)

WEDNESDAY

Roast Turkey with Yorkshire Pudding (E,D,G) & Gravy
Veggie Sausage with Yorkshire Pudding
(E,D,G) & Gravy
Filled Jacket Potato**
Roast Potatoes, Cabbage, Peas
Chocolate Crispie Cake (G)
Fresh Fruit or Yoghurt (D)

THURSDAY

Wholewheat Pasta Bolognese (G)
Tomato Pasta (G,D)
Filled Jacket Potato**
Garlic Bread (G)
Sweetcorn, Cauliflower
Vanilla Butterfly Cakes (G,E,D)
Fresh Fruit
Yoghurt (D)

FRIDAY

Golden Fish Fingers (F,G)
Mushroom Crown Pasty (G,D)
Filled Jacket Potato**
Chipped Potatoes
Baked Beans, Peas
Viennese Biscuits (G)
Fresh Fruit
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, Tuna (F,E,M). Menus subject to change. No genetically modified ingredients knowingly used.