

# 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.

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](mailto: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](mailto: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). \*May Contain**

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.

Contact us: TCS Educational Catering Ltd,  
Unit 7, Kent Space, Springhead Road, Northfleet, Kent DA11 8HJ.  
**01474 555503** (unmanned) [gill@tcsinfo.co.uk](mailto:gill@tcsinfo.co.uk)

NORTH

ANNOUNCING OUR

# AUTUMN/ WINTER MENU 2023



A **fresh** approach to Education Catering

# AUTUMN/WINTER MENU 2023

North

WEEK ONE 2023 W/C - 4th Sep, 25th Sep, 16th Oct, 30th Oct,  
20th Nov, 11th Dec. 2024 2nd Jan, 22nd Jan, 12th Feb.

WEEK TWO 2023 W/C - 11th Sep, 2nd Oct, 6th Nov, 27th Nov,  
18th Dec. 2024 8th Jan, 29th Jan.

WEEK THREE 2023 W/C - 18th Sep, 9th Oct, 13th Nov, 4th Dec.  
2024 15th Jan, 5th Feb.

## MONDAY

Macaroni Cheese(G,D)  
Roasted Vegetable Pasta (G)  
Filled Jacket Potato\*\*  
Garlic Bread (G,D,A\*)  
Peas, Cauliflower  
Fruit Mousse (D)  
Fresh Fruit or Yoghurt (D)

## TUESDAY

Beefburger (G,S) in a Wholegrain Bun (G,A\*)  
Quorn Burger (E,D,G) in a Wholegrain Bun (G,A\*)  
Filled Jacket Potato\*\*  
Oven Baked Jacket Wedges  
Sweetcorn, Homemade Coleslaw (E,M)  
Chocolate & Banana Marble Cake (G,E)  
Fresh Fruit or Yoghurt (D)

## WEDNESDAY

Creamy Cajun Chicken & Vegetable Pasta Bake (G,D,M)  
Tomato Pasta Bake (G,D)  
Filled Jacket Potato\*\*  
Broccoli, Sweetcorn  
Oaty Apple & Date Slice (G,E)  
Fresh Fruit or Yoghurt (D)

## THURSDAY

Roast Turkey with Yorkshire Pudding (E,D,G)& Gravy  
Broccoli & Cauliflower Cheese (G,D) with a  
Yorkshire Pudding (E,D,G)  
Filled Jacket Potato\*\*  
Roast Potatoes, Diced Swede & Carrots  
Fruit Jelly  
Fresh Fruit or Yoghurt (D)

## FRIDAY

Golden Fish Fingers (F,G), Salmon Fish Fingers (F)  
Cheese & Spring Onion Puff (G,D)  
Filled Jacket Potato\*\*  
Chipped Potatoes  
Baked Beans, Peas  
Cooks Choice Cookie (G,E)  
Fresh Fruit or Yoghurt (D)



## MONDAY

Veggie Goujons with BBQ Dip  
Falafel in a Pitta Bread (G) with Salad  
Filled Jacket Potato\*\*  
Oven Baked Jacket Wedges  
Baked Beans, Cauliflower  
Raspberry Ice Cream Roll (G,D,S,E)  
Fresh Fruit or Yoghurt (D)

## TUESDAY

Sweet and Sour Chicken  
Sweet and Sour Vegetable Stir-fry  
Filled Jacket Potato\*\*  
Wholegrain & White Rice  
Sweetcorn, Broccoli  
Chocolate & Pear Sponge (G,E) with Chocolate Sauce (D)  
Fresh Fruit or Yoghurt (D)

## WEDNESDAY

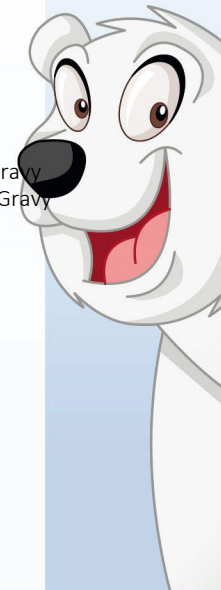
Meat Feast Pizza (G,D,S)  
Cheese & tomato Pizza (G,D,S)  
Filled Jacket Potato\*\*  
Roasted Vegetable Couscous (G)  
Homemade Coleslaw (E,M), Sweetcorn  
Shortbread Biscuit (G)  
Fresh Fruit or Yoghurt (D)

## THURSDAY

Roast Loin of Pork with Yorkshire Pudding (E,D,G)& Gravy  
Quorn Roast (E,D) with Yorkshire Pudding (E,D,G) & Gravy  
Filled Jacket Potato\*\*  
Roast Potatoes, Carrots, Peas  
Rice Pudding (D), Fruit Salad  
Fresh Fruit or Yoghurt (D)

## FRIDAY

Golden Fish Fingers (F,G)  
Ratatouille Bake (D)  
Filled Jacket Potato\*\*  
Chipped Potatoes  
Baked Beans, Peas  
Chocolate Crispie Cake (G,D)  
Fresh Fruit or Yoghurt (D)



## MONDAY

Cheese & Tomato Pizza (G,D,S)  
Mushroom and Pepper Pizza (G,D,S)  
Filled Jacket Potato\*\*  
Crispy Cubed Potatoes (G)  
Sweetcorn, Salad Selection  
Ice Cream Pot (D) with Fruit Salad  
Fresh Fruit or Yoghurt (D)

## TUESDAY

Sausages (G,Y) in a Yorkshire Pudding (E,D,G) with Gravy  
Veggie Sausages (G) in a Yorkshire Pudding (E,D,G)  
with Gravy  
Filled Jacket Potato\*\*  
Mashed Potatoes  
Baked Beans, Broccoli  
Old School Iced Sponge (G,E)  
Fresh Fruit or Yoghurt (D)

## WEDNESDAY

Wholewheat Pasta Bolognese (G)  
Halloumi & Vegetable Wrap (D,G)  
with Sweet Chilli Sauce  
Filled Jacket Potato\*\*  
Garlic Bread (G,D,A\*), Sweetcorn, Cauliflower  
Apricot Flapjack Bars (G,Y)  
Fresh Fruit or Yoghurt (D)

## THURSDAY

Roast Chicken Fillet with Gravy  
Vegetable Crown Pasty (G,D)  
Filled Jacket Potato\*\*  
Roast Potatoes, Cabbage, Carrots  
Jelly with Fruit  
Fresh Fruit or Yoghurt (D)

## FRIDAY

Golden Fish Fingers (F,G)  
Veggie Goujons  
Filled Jacket Potato\*\*  
Chipped Potatoes  
Baked Beans, Peas  
Vanilla & Lemon Crunch (G,E)  
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, Tuna (F,E,M). Menus subject to change. No genetically modified ingredients knowingly used.