

The TCS Food ☐

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Russell



CANVEY

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: [@tcs](https://twitter.com/tcs) sinfo.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), ~~000~~

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

01474 555503 (unmanned) gill@tcsinfo.co.uk

Welcome to our

SPRING/ SUMMER MENU 2024



A fresh approach to Education Catering

SPRING/SUMMER MENU 2024

Canvey Infants & Juniors

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

Chicken Goujons (G)
Macaroni Cheese (G,D)
Filled Jacket Potato**
Crispy Cubed Potatoes (G)
Peas, Cauliflower
Chocolate Beetroot Brownie (G,E)
Fresh Fruit or Yoghurt (D)

TUESDAY

TACO TUESDAY

Minced Beef & Pepper Taco
Veggie Mine & Pepper Taco
Filled Jacket Potato**
Rice
Sweetcorn, Tomato Salsa
Fruit Crumble (G) with Custard (D)
Fresh Fruit or Yoghurt (D)

WEDNESDAY

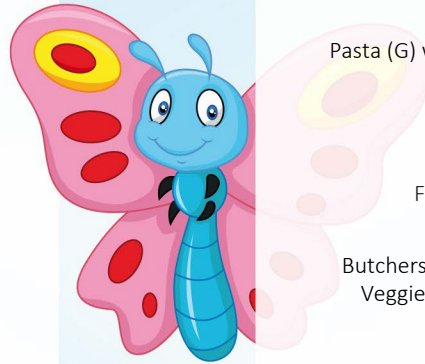
Roast Chicken with Yorkshire Pudding (E,D,G) & Gravy
Ratatouille Puff (G)
Filled Jacket Potato**
Roast Potatoes, Carrots, Cabbage
Fruit Jelly
Fresh Fruit or Yoghurt (D)

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), Salmon Fish Fingers (F)
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
Iced Sponge (G,E)
Fresh Fruit or Yoghurt (D)

TUESDAY

Butchers Sausages (G,Y) with BBQ Sauce
Veggie Sausages (G) with BBQ Sauce
Filled Jacket Potato**
Mashed Potatoes
Baked Beans, Cauliflower
Shortbread Biscuit (G)
Fresh Fruit or Yoghurt (D)

WEDNESDAY

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

THURSDAY

Roots to Food

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

FRIDAY

Battered Fish Fillet (F,G)
Cheese & Broccoli Quiche (G,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
Banana Cake (G,E)
Fresh Fruit or Yoghurt (D)

TUESDAY

Katsu Chicken Curry (G,S,C,D)
Roasted Vegetable Wrap (G)
Filled Jacket Potato**
Rice
Carrots, Broccoli
Ice cream (D) with Fruit
Fresh Fruit or Yoghurt (D)

WEDNESDAY

Roast Turkey with Yorkshire Pudding (E,D,G) & Gravy
Vegetable Sausage Hotpot (G)
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,D*,A*)
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 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.