

# 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 Education 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



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# 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%.

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](mailto:sarah@tcsinfo.co.uk)

**Allergen Key:** Gluten (G), Soybean (S), Mustard (M), Sesame (A), Sulphites/Sulphur Dioxide (Y), Milk/Dairy (D), Fish (F), Egg (E), Celeriac/Celery (C),

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](mailto:gill@tcsinfo.co.uk)

# ANNOUNCING OUR AUTUMN/ WINTER MENU 2024/25



A fresh approach to Education Catering

# AUTUMN/WINTER MENU 2024/25

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**WEEK ONE 2024 W/C** - 2nd Sept, 23rd Sept, 14 Oct, 4th Nov, 25th Nov, 16th Dec  
**2025 W/C** - 6th Jan, 27th Jan

**WEEK TWO 2024 W/C** - 9th Sept, 30th Sept, 21st Oct, 11th Nov, 2nd Dec,  
**2025 W/C** - 13th Jan, 3rd Feb

**WEEK THREE 2024 W/C** - 16th Sept, 7th Oct, 18th Nov, 9th Dec  
**2025 W/C** - 20th Jan, 10th Feb

## MONDAY

Cheesy Pasta Twists (G,D)  
Veggie Goujons  
Filled Jacket Potato\*\*  
Garlic Bread (G)  
Peas, Broccoli

Golden Fruity Flapjack (G)

## TUESDAY

Beefburger in a Bun (G,S,A\*) with Cheese (D) (Optional)  
Quorn Burger in a Bun (E,D,G,A\*) with Cheese (D) (Optional)  
Filled Jacket Potato\*\*  
Oven Baked Jacket Potato Wedges  
Baked Beans Sweetcorn

Iced Sponge with Sprinkles (G,E)

## WEDNESDAY

Roast Turkey with Yorkshire Pudding (E,D,G) & Gravy Veggie Sausages (G) with Yorkshire Pudding (E,D,G) Filled Jacket Potato\*\*  
Roast Potatoes  
Carrots & Peas, Cabbage

Jelly with Fruit

## THURSDAY

Mild Chicken Curry (Y)  
Singapore Noodles (E,G,S)  
Filled Jacket Potato\*\*  
Rice & Naan Bread (G)  
Vegetable Medley

Chocolate Beetroot Brownie (G,E)

## FRIDAY

Golden Fish Fingers (F,G)  
Cheese Puff (G,D)  
Filled Jacket Potato\*\*  
Chipped Potatoes, Peas, Baked Beans

Shortbread Biscuit (G)



## MONDAY

Oven Baked Sausages (G,Y)  
Oven Baked Veggie Sausages (G)  
Filled Jacket Potato\*\*  
Jacket Potato Wedges  
Baked Beans, Sweetcorn

Lemon & Lime Courgette Cake (G,E)

## TUESDAY

Chicken Pie (G,D)  
Garden Vegetable Pie (G,D)  
Filled Jacket Potato\*\*  
Mashed Potatoes  
Broccoli, Peas

Chocolate Crispy Cake (G)

## WEDNESDAY

Roast Chicken with Yorkshire Pudding (E,D,G) & Gravy  
Cheesy Baked Bean Wrap (G,D)  
Filled Jacket Potato\*\*  
Roast Potatoes  
Cauliflower, Carrots

Ice Cream (D) with Fruit

## THURSDAY

Beef Lasagne (G,D)  
Tomato Pasta (G)  
Filled Jacket Potato\*\*  
Garlic Bread (G)  
Vegetable Medley

Jam Sponge (G,E) with Custard (D)

## FRIDAY

Battered Fish Fillet (F,G)  
Bubble Crumb Salmon Fillet (F)  
Veggie Goujons  
Filled Jacket Potato\*\*  
Chipped Potatoes, Peas, Baked Beans

Cooks Choice Cookie (G,E)



## MONDAY

Battered Chicken Bites (G,D,S,C) with Sweet Chilli Dip  
Veggie Goujons with Sweet Chilli Dip  
Filled Jacket Potato\*\*  
Crispy Cubed Potatoes (G)  
Baked Beans, Peas

Chocolate & Pear Sponge (G,E) with Chocolate Sauce (D)

## TUESDAY

Homemade Pizza Slice (G,D,S)

Filled Jacket Potato\*\*  
Garlic Bread (G)  
Sweetcorn, Homemade Coleslaw (E,M)

Jelly with Topping (D)

## WEDNESDAY

Roast Gammon with Yorkshire Pudding (E,D,G) & Gravy  
Quorn Fillet (G) with Yorkshire Pudding (E,D,G) & Gravy  
Filled Jacket Potato\*\*  
Roast Potatoes  
Carrots & Peas, Cabbage

Ice Cream (D) with Fruit

## THURSDAY

Spanish Chicken  
Falafel in a Pitta Pocket (G)  
Filled Jacket Potato\*\*  
Rice, Vegetable Medley

Pineapple Upside-down Cake (G,E) with Custard (D)

## FRIDAY

Golden Fish Fingers (F,G)  
Cheese and Tomato Quiche (G,D,E)  
Filled Jacket Potato\*\*  
Chipped Potatoes  
Peas, Baked Beans

Oat Cookie (G)

**Available Daily** – Fresh Fruit, Yoghurts (D), Low Fat Milk (D), Chilled Water, 50/50 Homemade Bread (G,D,S,E\*).

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