

# 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).

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)

SHORNE

ANNOUNCING OUR

# SPRING/ SUMMER MENU 2023



A fresh approach to Education Catering

# SPRING/SUMMER MENU 2023

SHORNE

WEEK ONE 2023 W/C - 20th Feb, 13th Mar, 17th Apr, 9th May,  
5th Jun, 26th Jun, 17th Jul.

WEEK TWO 2023 W/C - 27th Feb, 20th Mar, 24th Apr, 15th May,  
12th Jun, 3rd Jul.

WEEK THREE 2022 W/C - 6th Mar, 27th Mar, 2nd May,  
22nd May, 19th Jun, 10th Jul.

## MONDAY

Macaroni Cheese (G,D)  
Mediterranean Vegetable Pasta (G,D)  
Filled Wraps\*\*, Filled Jacket Potato\*\*  
Garlic Bread (G,D,S)  
Sweetcorn, Broccoli  
Cupcake (G,E), Biscuit (G)  
Jelly, Fruit or Ice Cream (D)

## TUESDAY

Beefburger (G,S) in a Wholemeal Bun (G,A\*)  
Quorn Burger (E,D,G) in a Wholemeal Bun (G,A\*)  
Filled Wraps\*\*, Filled Jacket Potato\*\*  
Oven Baked Jacket Potato Wedges  
Homemade Coleslaw (E,M), Baked Beans  
Cupcake (G,E), Biscuit (G)  
Jelly, Fruit or Ice Cream (D)

## WEDNESDAY

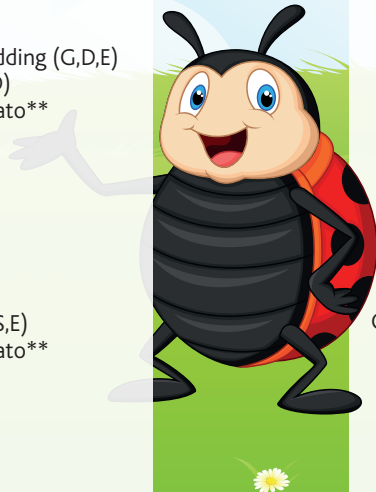
Roast Turkey with Gravy & Yorkshire Pudding (G,D,E)  
Summer Vegetable Tart (G,D)  
Filled Wraps\*\*, Filled Jacket Potato\*\*  
Roast or Boiled Potatoes  
Peas, Carrots  
Cupcake (G,E), Biscuit (G)  
Jelly, Fruit or Ice Cream (D)

## THURSDAY

Mild Chicken Korma (Y)  
Cheese & Onion Whirls (G,D,S,E)  
Filled Wraps\*\*, Filled Jacket Potato\*\*  
Rainbow Rice  
Sweetcorn, Cauliflower  
Cupcake (G,E), Biscuit (G)  
Jelly, Fruit or Ice Cream (D)

## FRIDAY

Golden Fish Fingers (G,F), Salmon Fish Fingers (F)  
Roasted Vegetable Wrap (G,D)  
Filled Wraps\*\*, Filled Jacket Potato\*\*  
Chips or 1/2 Jacket Potato  
Baked Beans, Peas  
Cupcake (G,E), Biscuit (G)  
Jelly, Fruit or Ice Cream (D)



## MONDAY

Crispy Quorn Goujons (G)  
Roasted Vegetable Frittata (E,D)  
Filled Wraps\*\*, Filled Jacket Potato\*\*  
Oven Baked Cubed Potatoes  
Mixed Salads  
Cupcake (G,E), Biscuit (G)  
Jelly, Fruit or Ice Cream (D)

## TUESDAY

Beef Bolognaise Pasta (G)  
Tomato Pasta Bake (G,D)  
Filled Wraps\*\*, Filled Jacket Potato\*\*  
Wholewheat Pasta (G), Garlic Bread (G,D,S)  
Sweetcorn, Broccoli  
Cupcake (G,E), Biscuit (G)  
Jelly, Fruit or Ice Cream (D)

## WEDNESDAY

Roast Turkey with Yorkshire Pudding (G,D,E) & Gravy  
Veggie Sausages (G,D,E)  
Filled Wraps\*\*, Filled Jacket Potato\*\*  
Roast or New Potatoes  
Carrots, Fresh Green Cabbage  
Cupcake (G,E), Biscuit (G)  
Jelly, Fruit or Ice Cream (D)

## THURSDAY

BBQ Chicken with a Pitta Pocket (G)  
Cheese Ploughmans (D) with Wholemeal Roll (G,S,D\*,E\*)  
Filled Wraps\*\*, Filled Jacket Potato\*\*  
Rice  
Sweetcorn, Broccoli  
Cupcake (G,E), Biscuit (G)  
Jelly, Fruit or Ice Cream (D)

## FRIDAY

Golden Fish Fingers (G,F)  
Cheese and Tomato Quiche (G,D,E)  
Filled Wraps\*\*, Filled Jacket Potato\*\*  
Chips or 1/2 Jacket Potato  
Peas, Mixed Sweet Pepper Sticks  
Cupcake (G,E), Biscuit (G), Jelly  
Fruit or Ice Cream (D)



## MONDAY

Homemade Cheese & Tomato Pizza (G,D,S,E)  
Filled Wraps\*\*, Filled Jacket Potato\*\*  
Rainbow Wholegrain Pasta Salad (G,E,M)  
Sweetcorn, Homemade Coleslaw (E,M)  
Cupcake (G,E), Biscuit (G)  
Jelly, Fruit or Ice Cream (D)

## TUESDAY

Mild Beef Chilli with Tortilla Chips  
Macaroni Cheese (G,D)  
Filled Wraps\*\*, Filled Jacket Potato\*\*  
Wholegrain & White Rice  
Green Beans, Cauliflower  
Cupcake (G,E), Biscuit (G)  
Jelly, Fruit or Ice Cream (D)

## WEDNESDAY

Roast Turkey with Yorkshire Pudding (E,D,G) & Gravy  
Quorn Roast (E,D) with Gravy & Yorkshire Pudding (G,D,E)  
Filled Wraps\*\*, Filled Jacket Potato\*\*  
Roast or Boiled Potatoes  
Broccoli, Carrots  
Cupcake (G,E), Biscuit (G)  
Jelly, Fruit or Ice Cream (D)

## THURSDAY

Homemade Sausage Roll (G,Y,D)  
Veggie Sausage Roll (G,Y,D)  
Filled Wraps\*\*, Filled Jacket Potato\*\*  
Jacket Potato Wedges  
Baked Beans, Sweetcorn  
Cupcake (G,E), Biscuit (G)  
Jelly, Fruit or Ice Cream (D)

## FRIDAY

Golden Fish Fingers (F,G)  
Veggie Goujons  
Filled Wraps\*\*, Filled Jacket Potato\*\*  
Chips or 1/2 Jacket Potato  
Peas, Baked Beans  
Cupcake (G,E), Biscuit (G)  
Jelly, Fruit or Ice Cream (D)

**Available Daily** – Low Fat Milk (D), Homemade Bread (G,S,D\*,E\*), Chilled Water. \*\*Wraps (G) or \*\*Jacket Fillings Cheese (D) Tuna (F,E,M) or Baked Beans. Menus subject to change. No genetically modified ingredients knowingly used.