

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

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

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

FLUTCH

ANNOUNCING OUR

AUTUMN/ WINTER MENU 2023



A **fresh** approach to Education Catering

AUTUMN/WINTER MENU 2023

Flitch

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)
Filled Jacket Potato** Filled Baguette#
Garlic Bread (G,D,A*)
Sweetcorn
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** Filled Baguette#
Oven Baked Jacket Wedges
Sweetcorn,Baked Beans
Chocolate & Banana Muffin (G,E)
Fresh Fruit or Yoghurt (D)

WEDNESDAY

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

THURSDAY

Cajun Chicken Tortilla Stack (G,M)
with BBQ Sauce
Tomato Pasta Bake (G,D)
Filled Jacket Potato** Filled Baguette#
Rice, Broccoli, Sweetcorn
Golden Syrup Apple Sponge (G,E) with Custard (D)
Fresh Fruit or Yoghurt (D)

FRIDAY

Golden Fish Fingers (F,G), Salmon Fish Fingers (F)
Cheese Puff (G,D)
Filled Jacket Potato** Filled Baguette#
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** Filled Baguette#
Oven Baked Jacket Wedges
Baked Beans, Peas
Raspberry Ice Cream Roll (G,D,S,E)
Fresh Fruit or Yoghurt (D)

TUESDAY

Roots to Food Pesto Chicken & Pasta in Tomato Sauce
Cheese Puff (G,D)
Filled Jacket Potato** Filled Baguette#
Garlic Bread (G,D,A*)
Sweetcorn, Broccoli
Chocolate & Pear Sponge (G,E) with Chocolate Sauce (D)
Fresh Fruit or Yoghurt (D)

WEDNESDAY

Roast Chicken with Yorkshire Pudding (E,D,G) & Gravy
Quorn Roast (E,D) with Yorkshire Pudding (E,D,G)
& Gravy
Filled Jacket Potato** Filled Baguette#
Roast Potatoes, Carrots, Peas
Gingerbread Man Biscuit (G,E), Fresh Fruit Salad
Fresh Fruit or Yoghurt (D)

THURSDAY

Meat Feast Pizza (G,D,S)
Cheese & Tomato Pizza (G,D,S)
Filled Jacket Potato** Filled Baguette#
Pasta (G)
Homemade Coleslaw(E,M), Sweetcorn
Chocolate Crispie Cake (G,D)
Fresh Fruit or Yoghurt (D)

FRIDAY

Golden Fish Fingers (F,G)
Vegan Meatballs in Tomato Sauce(S)
Filled Jacket Potato** Filled Baguette#
Chipped Potatoes
Baked Beans, Peas
Rice Pudding (D)
Fresh Fruit or Yoghurt (D)



MONDAY

Cheese & Tomato Pizza (G,D,S)
Mushroom and Pepper Pizza (G,D,S)
Filled Jacket Potato** Filled Baguette#
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** Filled Baguette#
Mashed Potatoes
Baked Beans, Peas
Old School Iced Sponge (G,E)
Fresh Fruit or Yoghurt (D)

WEDNESDAY

Roast Turkey with Stuffing (G) & Gravy
Vegetable Crown Pasty (G,D)
Filled Jacket Potato** Filled Baguette#
Roast Potatoes, Cabbage, Carrots
Jelly with Fruit
Fresh Fruit or Yoghurt (D)

THURSDAY

Wholewheat Pasta Bolognese (G)
Halloumi & Vegetable Wrap(D,G)
with Sweet Chilli Sauce
Filled Jacket Potato** Filled Baguette#
Garlic Bread (G,D, A*), Sweetcorn, Cauliflower
Fruit Crumble (G) with Custard (D)
Fresh Fruit or Yoghurt (D)

FRIDAY

Golden Fish Fingers (F,G)
Veggie Goujons
Filled Jacket Potato** Filled Baguette#
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)#Baguette (G,A*) fillings- Cheese(D),Ham or Tuna(F,E,M). Menus subject to change. No genetically modified ingredients knowingly used.