

# 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.

Gill Russell



Contracts 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](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](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: [sarah@tcsinfo.co.uk](mailto:sarah@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), \*May Contain**

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

01474 555503 [gill@tcsinfo.co.uk](mailto:gill@tcsinfo.co.uk)

Welcome to our

# SPRING/ SUMMER MENU 2024



A fresh approach to Education Catering

# SPRING/SUMMER MENU 2024

St Georges

WEEK ONE W/C - 15th Apr, 7th May, 3rd Jun, 24th Jun,  
15th July

WEEK TWO W/C - 22nd Apr, 13th May, 10th Jun, 1st July,  
22nd July.

WEEK THREE W/C - 29th Apr, 20th May, 17th Jun,  
8th July.

## MONDAY

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

## TUESDAY

BBQ Ham Pizza (G,S,D)  
Cheese & Tomato Pizza (G,S,D)  
Filled Jacket Potato\*\*  
Pasta Salad (G,E,M), Homemade Coleslaw (E,M)  
Ice Cream (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)

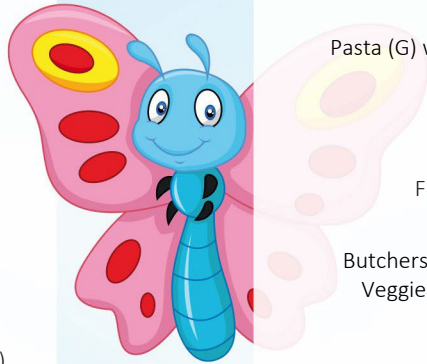
## THURSDAY

### Grab & Go Day

Baguette (G,A\*) with Ham ,Cheese (D)or Tuna (F,E,M)  
Filled Jacket Potato\*\*  
Vegetable Sticks  
Fruit Bag  
Apple & Cinnamon Muffin (G,E)

## FRIDAY

Golden Fish Fingers (F,G), Bubble Crumb Salmon Fillet(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  
Filled Jacket Potato\*\*  
Roast Potatoes  
Carrots, Peas  
Ice Cream (D)  
Fresh Fruit or Yoghurt (D)

## THURSDAY

### Grab & Go Day

Pizza Slice (G,D,S,E)  
Filled Jacket Potato\*\*  
Vegetable Sticks  
Fruit Bag  
Jelly

## FRIDAY

Battered Fish Fillet (F,G)  
Filled Baguette (G)  
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

Chicken Nuggets with Katsu Curry Sauce (G,S,C,D)  
Cheese Wrap (G,D)  
Rice  
Carrots, Broccoli  
Ice cream (D) with Fruit  
Fresh Fruit or Yoghurt (D)

## WEDNESDAY

Roast Turkey with Yorkshire Pudding (E,D,G) & Gravy  
Veggie Sausage with Yorkshire Pudding  
(E,D,G) & Gravy  
Filled Jacket Potato\*\*  
Roast Potatoes, Cabbage, Peas  
Chocolate Crispie Cake (G)  
Fresh Fruit or Yoghurt (D)

## THURSDAY

### Grab & Go Day

Sausage Roll (G,D)  
Veggie Sausage Roll (G)  
Filled Jacket Potato\*\*  
Vegetable Sticks  
Fruit Bag  
Vanilla Cup Cakes (G,E,D)

## FRIDAY

Golden Fish Fingers (F,G)  
Vegetable Crown Pasty (G,D)  
Filled Jacket Potato\*\*  
Chipped Potatoes  
Baked Beans, Peas  
Viennese Biscuits (G)  
Fresh Fruit  
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 Fillings -Cheese(D) ,Ham, Tuna (F,E,M)Menus subject to change.

No genetically modified ingredients knowingly used.