

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](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: 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

ST GEORGES

ANNOUNCING OUR

SPRING/ SUMMER MENU 2023



A fresh approach to Education Catering

SPRING/SUMMER MENU 2023

ST GEORGES

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 Jacket Potato**
Garlic Bread (G,D,S)
Sweetcorn, Broccoli
Jam Tart (G) with Custard (D)
Fresh Fruit or Low Fat Yoghurt (D)

TUESDAY

Beefburger (G,S) in a Wholemeal Bun (G,A*)
Quorn Burger (E,D,G) in a Wholemeal Bun (G,A*)
Wrap (G) with Cheese (D)
Oven Baked Jacket Potato Wedges
Homemade Coleslaw (E,M), Baked Beans
Fresh Strawberry Sponge (G,E) with Topping (D)
Fresh Fruit or Low Fat Yoghurt (D)

WEDNESDAY

Roast Turkey with Gravy & Yorkshire Pudding (G,D,E)
Quorn Roast (E,D) with Gravy
Filled Jacket Potato**
Roast or Boiled Potatoes
Peas, Carrots
Fruit Mousse (D)
Fresh Fruit or Low Fat Yoghurt (D)

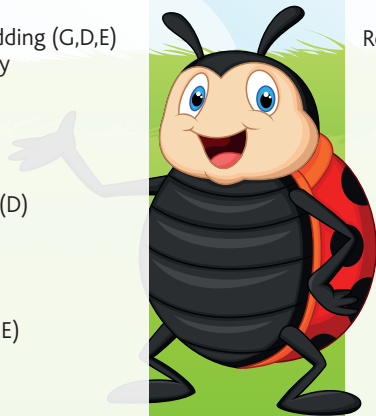
THURSDAY

Grab & Go Day

Baguette (G,A*) with Ham
Cheese & Onion Whirl (G,D,S,E)
Filled Jacket Potato**
Vegetable Sticks
Fruit Bag
Chocolate & Sultana Slice (G,E)

FRIDAY

Golden Fish Fingers (G,F)
Salmon Fish Fingers (F)
Filled Jacket Potato**
Chipped Potatoes
Baked Beans, Peas
Oat Cookie (G)
Fresh Fruit or Low Fat Yoghurt (D)



MONDAY

Crispy Quorn Goujons (G)
Roasted Vegetable Frittata (E,D)
Filled Jacket Potato**
Oven Baked Cubed Potatoes
Cauliflower, Sweetcorn
Chocolate & Pear Sponge (G,E) with Chocolate Sauce (D)
Fresh Fruit or Low Fat Yoghurt (D)

TUESDAY

Beef Bolognese Pasta (G)
Tomato Pasta Bake (G,D)
Wrap (G) with Cheese (D)
Wholewheat Pasta (G), Garlic Bread (G,D,S)
Sweetcorn, Broccoli
Shortbread Biscuit (G)
Fresh Fruit or Low Fat Yoghurt (D)

WEDNESDAY

Roast Gammon with Yorkshire Pudding (G,D,E) & Gravy
Veggie Sausages (G,D,E)
Filled Jacket Potato**
Roast Potatoes
Carrots, Fresh Green Cabbage
Fresh Fruit Salad, Gingerbread Man Biscuit (G,E)
Fresh Fruit or Low Fat Yoghurt (D)

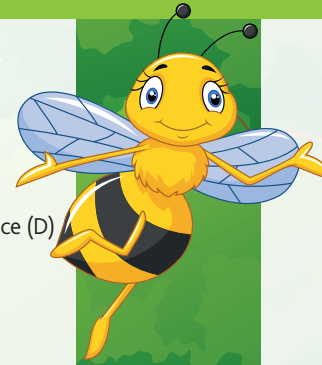
THURSDAY

Grab & Go Day

Pizza Slice (G,D,S,E)
Vegetable Sticks
Fruit Bag
Carrot Cake (G,E) with Icing

FRIDAY

Golden Fish Fingers (G,F)
Cheese and Tomato Quiche (G,D,E)
Filled Jacket Potato**
Chips or 1/2 Jacket Potato
Peas, Mixed Sweet Pepper Sticks
Scone with Jam & Cream (G,D,E)
Fresh Fruit or Low Fat Yoghurt (D)



MONDAY

Homemade Cheese & Tomato Pizza (G,D,S,E)
Filled Jacket Potato**
Rainbow Wholegrain Pasta Salad (G,E,M)
Sweetcorn, Homemade Coleslaw (E,M)
Cook Choice Cookie (G,E)
Fresh Fruit or Low Fat Yoghurt (D)

TUESDAY

Sticky Chicken (S,G) in a Pitta Pocket (G)
Macaroni Cheese (G,D)
Baguette (G,A*) with Ham
Wholegrain & White Rice
Green Beans, Cauliflower
Apple Crumble (G) with Custard (D)
Fresh Fruit or Low Fat Yoghurt (D)

WEDNESDAY

Roast Turkey with Yorkshire Pudding (G,D,E) & Gravy
Quorn Roast (E,D) with Gravy & Yorkshire Pudding (G,D,E)
Filled Jacket Potato**
Roast or Boiled Potatoes
Broccoli, Carrots
Jelly with Topping (D)
Fresh Fruit or Low Fat Yoghurt (D)

THURSDAY

Grab & Go Day

Homemade Sausage Roll (G,Y,D)
Veggie Sausage Roll (G,Y,D)
Vegetable Sticks
Fruit Bag
Fruit Mousse (D)

FRIDAY

Golden Fish Fingers (F,G)
Veggie Goujons
Baguette (G,A*) with Cheese (D)
Chips or 1/2 Jacket Potato
Peas, Baked Beans
Ice Cream (D) with Sauce & Sprinkles (E*,D*,S*,Y*,G*)
Fresh Fruit or Low Fat Yoghurt (D)

Available Daily – Low Fat Milk (D), Homemade Bread (G,S,D*,E*), Chilled Water.

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