

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 Total Catering Solutions (SE) 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.

During this time of food shortages using these local suppliers have meant that our supply has been only minimally affected, however if the situation should worsen then we will inform your school before making and substitutes on the menu. '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 (Covid restrictions permitted) Fresh Home-Made 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.

Stay safe

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.

GENERIC

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

ANNOUNCING OUR

SPRING & SUMMER MENU 2022



A fresh approach to Education Catering

SPRING & SUMMER MENU 2022



GENERIC

WEEK ONE 2022 W/C - 21st Feb, 14th Mar, 19th Apr, 9th May,
6th Jun, 27th Jun, 18th Jul, 5th Sep, 26th Sep, 17th Oct.

WEEK TWO 2022 W/C - 28th Feb, 21st Mar, 25th Apr, 16th May,
13th Jun, 4th Jul, 12th Sep, 3rd Oct.

WEEK THREE 2022 W/C - 7th Mar, 28th Mar, 3rd May, 23rd May,
20th Jun, 11th Jul, 19th Sep, 10th Oct.

MONDAY

Butchers Cheeseburger (D) in a Wholegrain Bap (G,S*,A*)
Vegetarian Burger (G) in a Bap (G,S*)
Filled Jacket Potato**
Homemade Jacket Wedges
Sweetcorn, Baked Beans
Fruit Flapjack (G,Y)
Fresh Fruit or Yoghurt (D)

TUESDAY

Veggie Shepherds Pie (E,G,F) & Gravy (M*,E*,S*,D*,C*)
Veggie Saus Roll (G,S,Y) with Mashed Potato
Filled Jacket Potato**
Homemade Bread (G,S,D,E*)
Carrots, Fresh Green Cabbage
Fresh Fruit Salad, Ice Cream (D)
Fresh Fruit or Yoghurt (D)

WEDNESDAY

Roast Gammon with Yorkshire Pudding (E,D,G)
& Gravy (M*,E*,S*,D*,C*)
Cheese and Onion Whirl (G,D,S,E*)
Filled Jacket Potato**
Roast or Boiled Potatoes
Fresh Broccoli, Diced Swede
Strawberry Sponge (G,E), Fruit Jelly
Fresh Fruit or Yoghurt (D)

THURSDAY

Chicken Korma (Y), Tomato Pasta Bake (G,D)
Filled Jacket Potato**
Rice, Crunchy Bread (G,S,D,E*)
Peas, Sweetcorn
Iced Bakewell Tart (G,E, Nut Free)
Fresh Fruit or Yoghurt (D)

FRIDAY

Cod Fish Fingers (F,G), Salmon Fish Fingers (F,G)
Egg & Cheese Salad (E,D)
Filled Jacket Potato**
Chipped Potatoes or Half a Jacket Potato
Carrot and Cucumber Sticks, Coleslaw (E,M)
Shortbread Biscuit (G), Fruit Juice
Fresh Fruit or Yoghurt (D)



MONDAY

Chicken Goujons (G) or
Cheese, Spring Onion & Potato Pie (D)
Filled Jacket Potato**
Mashed Potato
Coleslaw (E,M,G), Mixed Pepper Slices
Gingerbread Man Biscuit (G,E), Fruit Mousse (D)
Fresh Fruit or Yoghurt (D)

TUESDAY

Macaroni Cheese (G,D,M)
Veggie Nuggets (G) with Tomato Dip
Filled Jacket Potato**
Homemade Jacket Wedges
Broccoli, Sweetcorn
Chocolate & Pear Sponge (G,E) with Chocolate Sauce (D)
Fresh Fruit or Yoghurt (D)

WEDNESDAY

Roast Chicken with Yorkshire Pudding (E,D,G)
& Gravy (M*,E*,S*,D*,C*)
Vegetable Gratin (G,D)
Filled Jacket Potato**
Roast or Boiled Potatoes
Carrots, Spring Greens
Golden Crispy Cake (G)
Fresh Fruit or Yoghurt (D)

THURSDAY

Lasagne (G,D), Vegetable Chilli (G) and Rice
Filled Jacket Potato**
Crunchy Wholegrain, Garlic Bread (G,D*,S*)
Sweetcorn, Salad Bar
Carrot Cake with Frosting (G,E)
Fresh Fruit or Yoghurt (D)

FRIDAY

Breaded Fish Fillet (F,G,M,D*)
Roasted Vegetable Tart (G,D,M)
Filled Jacket Potato**
Chipped Potatoes or Half a Jacket Potato
Baked Beans, Baked Tomato
Cherry Squares (G,Y,E,D), Fruit Juice
Fresh Fruit or Yoghurt (D)



MONDAY

Butchers Pork Sausages (G,Y) with BBQ Sauce (G,F,M)
Veggie Sausages (G,S,Y) with BBQ Sauce (G,F,M)
Filled Jacket Potato**
Mashed Potato
Carrots, Peas
Wholegrain Oat Cookie (G,E), Fruit Juice
Fresh Fruit or Yoghurt (D)

TUESDAY

Pizza Bar (G,D,S,E*)
Veggie Pizza (G,D,S,E*)
Filled Jacket Potato**
Cous Cous Salad (G,S)
Homemade Coleslaw (G,M,E), Mixed Salad
Fruit Mousse (D)
Fresh Fruit or Yoghurt (D)

WEDNESDAY

Roast Turkey with Gravy (D*,E*,S*,M*,C*)
Spanish Omelette (E,D)
Filled Jacket Potato**
Roast or Boiled Potatoes
Fresh Green Cabbage, Carrots
Apple Crumble (G) with Cream Topping (D)
Fresh Fruit or Yoghurt (D)

THURSDAY

Mild Beef Chilli Burritos (G,D)
Cheese & Onion Puff (G,D,E)
Filled Jacket Potato**
Rice
Sweetcorn, Peas
Caramelised Banana Cake (G,E) with Custard (D)
Fresh Fruit or Yoghurt (D)

FRIDAY

Jumbo Fish Finger (F,G,D,M)
Quorn Sausage Roll (G,S,Y,D,E)
Filled Jacket Potato**
Chipped Potatoes or Half a Jacket Potato
Baked Beans, Fresh Tomato
Jelly with Topping (D)
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, Coleslaw (E,M), Tuna (F,E,M). Menus subject to change. No genetically modified ingredients knowingly used.