

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 any 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](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 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 prepared 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.

TCS Contact Details; Total Catering Solutions (SE) Ltd, Unit 7, Kent Space, Springhead Road, Northfleet, Kent DA11 8HJ.
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ST. BOTOLPHS

ANNOUNCING OUR

AUTUMN & WINTER Menu 2021



TOTAL
CATERING
SOLUTIONS
(SE) LTD

A **fresh** approach to Education Catering

AUTUMN & WINTER MENU 2021

ST. BOTOLPHS

WEEK ONE 2021 W/C - 1st Nov, 22nd Nov, 13th Dec.
2022 W/C - 4th Jan, 24th Jan.

WEEK TWO 2021 W/C - 8th Nov, 29th Nov.
2022 W/C - 10th Jan, 31st Jan.

MONDAY

Butchers Sausages (G,Y)
Veggie Sausages (G,S,Y)
Filled Jacket Potato (D)
Diced Potatoes
Peas, Sweetcorn

Mini Doughnuts (S,D,E,G) with Choc Sauce (S)
Fresh Fruit or Yoghurt (D)

TUESDAY

Popcorn Chicken (G,D,E) in a Wrap
Veggie Nuggets (G) in a Wrap (G)
Filled Jacket Potato (D)

Saute Potatoes
Carrots, Cucumber Sticks

Rice Pudding (D) with Fruit, Sugar Free Jelly
Fresh Fruit or Yoghurt (D)

WEDNESDAY

Roast Gammon with Yorkshire Pudding (G,E,D)
Quorn Roast (M,E)

Gravy (C,G,S)

Filled Jacket Potato (D)

Roast or Mashed Potato

Broccoli, Carrots

Iced Bun (G,D,E,S), Fresh Fruit Pots
Yoghurt (D)

THURSDAY

Beef Bolognese Wholegrain Pasta Bake (G,D)
Veggie Hotpot (E,D)

Filled Jacket Potato (D)

Carrots, Peas

Fruit Mousse (D), Yoghurt (D)
Fresh Fruit Pots

FRIDAY

Omega 3 Cod Fish Fingers (F,G) or
Crispy Salmon Nuggets (F, G)
Roasted Vegetable Puff (G,D)
Filled Jacket Potato (D)

Chipped Potatoes or 1/2 Jacket Potato
Peas, Salad

Oat Cookie (G,D,E), Fruit Juice
Fresh Fruit or Yoghurt (D)

MONDAY

Chicken Nuggets (G)
Veggie Nuggets (G)
Filled Jacket Potato (D)
Potato Waffles
Peas, Baked Beans

Raspberry Ripple Ice Cream Roll (G,E,D,S) with Peaches
Fresh Fruit or Yoghurt (D)

TUESDAY

Homemade Pizza Selection (G,D,E*,S)
Filled Jacket Potato (D)

Jacket Wedges
Carrot & Cucumber Sticks
Fruit Sponge (G,E,D), Custard (D)
Golden Krispy Cakes (D)

WEDNESDAY

Roast Beef with Yorkshire Pudding (G,E,D)
Quorn Roast (M,E)

Gravy (C,G,S)

Filled Jacket Potato (D)

Roast or Mashed Potato

Carrots, Cauliflower

Golden Krispy Cakes (D)

Golden Krispy Cakes (D)

THURSDAY

Chicken Korma (Y,C, also Coconut)
Vegetable Korma (Y,C, also Coconut)

Filled Jacket Potato (D)

Rice

Green Beans and Sweetcorn

Fruit Mousse (D)

Fresh Fruit or Yoghurt (D)

FRIDAY

Crispy Breaded Fish Fillet (F,G,D*,M*)
Cheese Puff (G,D)
Filled Jacket Potato (D)

Chipped Potatoes or 1/2 Jacket Potato
Carrot & Cucumber Sticks, Baked Beans

Oat Cookie (G,D,E), Fruit Juice

Fresh Fruit or Yoghurt (D)



Available Daily – Low Fat Milk (D), Homemade Wholegrain Bread (G1,D,S,E*), Fruit Pots, Yoghurts (D), Chilled Water. Jacket Potato Fillings - Baked Beans - Cheese (D) - Sandwiches filled with Ham, Cheese (D) or Tuna (F,E) served with Tortilla Chips served daily. Menus subject to change. No genetically modified ingredients knowingly used.