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** 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 BOTOLPHS

ANNOUNCING OUR

SPRING/ SUMMER MENU 2023

TCS EDUCATION CATERING LTD

A **fresh** approach to Education Catering

SPRING/SUMMER MENU 2023

ST BOTOLPHS

WEEK ONE 2023 W/C - 20th Feb, 6th Mar, 20th Mar, 17th Apr, 1st May, 15th May, 5th Jun, 19th Jun, 3rd Jul, 17th Jul.

MONDAY

Sausages (G,Y) with Gravy
Quorn Sausages (G,E,D) with Gravy
Sandwich (G,S,A*) with Choice of Filling**
Filled Jacket Potato**
Crispy Cubed Potatoes, Sweetcorn, Peas
Mini Doughnuts (G,E,D,S) with Sauce (E*,D*,S*,Y*,G*)
Jelly with Topping (D)
Fresh Fruit or Low Fat Yoghurt (D)

TUESDAY

Cheese & Tomato Pizza (G,D,S*,E*)
Sandwich (G,S,A*) with Choice of Filling**
Filled Jacket Potato**
Tortilla Chips, Carrot & Cucumber Batons
Chocolate Sponge (G,E) with Chocolate Sauce (D)
Jelly with Topping (D)
Fresh Fruit or Low Fat Yoghurt (D)

WEDNESDAY

Roast Beef wth Gravy & Yorkshire Pudding (G,D,E)
Roast Quorn (E,D) with Gravy & Yorkshire Pudding (G,D,E)
Sandwich (G,S,A*) with Choice of Filling**
Filled Jacket Potato**
Roast or Boiled Potatoes, Cauliflower, Green Beans
Crispy Cake (G), Jelly with Topping (D)
Fresh Fruit or Low Fat Yoghurt (D)

THURSDAY

Cheesey Pasta Bake (G,D)
Sandwich (G,S,A*) with Choice of Filling**
Filled Jacket Potato**
Sweetcorn
Iced Buns (G,D*,S*,E*), Jelly with Topping (D)
Fresh Fruit or Low Fat Yoghurt (D)

FRIDAY

Golden Fish Fingers (G,F)
Cheese & Pepper Omelette (E,D)
Sandwich (G,S,A*) with Choice of Filling**
Filled Jacket Potato**
Chipped Potatoes, Baked Beans
Ice Cream (D), Jelly with Topping (D)
Fresh Fruit or Low Fat Yoghurt (D)

WEEK TWO 2023 W/C - 27th Feb, 13th Mar, 27th Mar, 24th Apr, 8th May, 22nd May, 12th Jun, 26th Jun, 10th Jul.

MONDAY

Crispy Chicken Goujons (G), Veggie Goujons
Sandwich (G,S,A*) with Choice of Filling**
Filled Jacket Potato**
Crispy Cubed Potatoes
Baked Beans
Fairy Cakes (G,E), Jelly with Topping (D)
Fresh Fruit or Low Fat Yoghurt (D)

TUESDAY

Beefburger (G,S) in a Bun (G,A*)
Quorn Burger (E,D,G) in a Bun (G,A*)
Sandwich (G,S,A*) with Choice of Filling**
Filled Jacket Potato**
Tortilla Chips
Carrot & Cucumber Batons
Cooks Choice Cookie (G,E), Jelly with Topping (D)
Fresh Fruit or Low Fat Yoghurt (D)

WEDNESDAY

Pasta Bolognaise (G), Veggie Pasta Bolognaise (G,E)
Sandwich (G,S,A*) with Choice of Filling**
Filled Jacket Potato**
Carrots, Peas
Crackers (G) with Cheese (D), Jelly with Topping (D)
Fresh Fruit or Low Fat Yoghurt (D)

THURSDAY

Chicken Korma (Y)
Cheese Puff (G,D)
Sandwich (G,S,A*) with Choice of Filling**
Filled Jacket Potato**
Rice, Sweetcorn
Chocolate Crispy Cake (D), Jelly with Topping (D)
Fresh Fruit or Low Fat Yoghurt (D)

FRIDAY

Golden Fish Fingers (G,F), Roasted Vegetable Tart (G,D)
Sandwich (G,S,A*) with Choice of Filling**
Filled Jacket Potato**
Chipped Potatoes
Baked Beans
Ice Cream (D), Jelly with Topping (D)
Fresh Fruit or Low Fat Yoghurt (D)

Available Daily – Low Fat Milk (D), Homemade Bread (G,S,D*,E*), Chilled Water. **Sandwich Fillings: Ham, Cheese (D) or Tuna (F,E,M).
**Jacket Potato Fillings Cheese (D) or Baked Beans. Menus subject to change. No genetically modified ingredients knowingly used.