

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](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 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:

sarah@tcsinfo.co.uk

Allergen Key: Gluten (G), Soybean (S), Mustard (M), Sesame (A), Sulphites/Sulphur Dioxide (Y), Milk/Dairy (D), Fish (F), Egg (E) Celery (C). * May Contain

Contact us: TCS Educational Catering Ltd,
Unit 7, Kent Space, Springhead Road, Northfleet, Kent DA11 8HJ.
01474 555503 gill@tcsinfo.co.uk

ST BOTOLPHS

Welcome to our

SPRING/ SUMMER MENU 2024



A **fresh** approach to Education Catering

SPRING/SUMMER MENU 2024

St Botolphs

WEEK ONE 2023 W/C -19th Feb,4th Mar,18th Mar,15th Apr,29th Apr,13th May,3rd Jun,17th Jun,1st Jul,15th Jul.

WEEK TWO 2023 W/C - 26th Feb,11th Mar,25th Mar,22nd Apr,7th May,20th May,10th Jun,24th Jun,8th Jul,22nd Jul.

MONDAY

Beef Burger in a Bun (G,S,A*)
Quorn Burger in a Bun (G,D,E,A*)
Filled Jacket Potato** or Sandwich Selection#
Tortilla Chips (G)
Carrot & Cucumber Sticks
Cupcakes (G,E)
Fresh Fruit or Yoghurt (D) or Jelly

TUESDAY

Sausage Roll (G,D)
Vegan Sausage Roll (G)
Filled Jacket Potato** or Sandwich Selection#
Oven Baked Jacket Wedges
Baked Beans
Cooks Choice Cookie (G,E)
Fresh Fruit or Yoghurt (D) or Jelly

WEDNESDAY

Chicken Pie (G) & Gravy
Cheesy Vegetable Pie (G,D) & Gravy
Filled Jacket Potato** or Sandwich Selection#
Roast Potatoes, Carrots,Broccoli
Chocolate Crispie Cake (G)
Fresh Fruit or Yoghurt (D) or Jelly

THURSDAY

Beef Meatballs in a Tomato Sauce
Vegan Meatballs (S) in a Tomato Sauce
Pasta (G)
Filled Jacket Potato** or Sandwich Selection#
Carrots,Peas
Madeleine Sponge (G,E) with Custard (D)
Fresh Fruit or Yoghurt (D) or Jelly

FRIDAY

Golden Fish Fingers (F,G)
Cheese Puff (G,D)
Filled Jacket Potato** or Sandwich Selection#
Chipped Potatoes
Baked Beans
Ice Cream (D)
Fresh Fruit or Yoghurt (D) or Jelly



MONDAY

Hotdog (G,A*)
Veggie Hotdog (G,A*)
Filled Jacket Potato** or Sandwich Selection#
Tortilla Chips (G)
Carrot & Cucumber Sticks
Chocolate Sponge (G,E) with Chocolate Sauce (D)
Fresh Fruit or Yoghurt (D) or Jelly

TUESDAY

Chicken Goujons (G)
Veggie Goujons
Filled Jacket Potato** or Sandwich Selection#
Crispy Cubed Potatoes
Sweetcorn, Peas
Cooks Choice Cookie (G,E)
Fresh Fruit or Yoghurt (D) or Jelly

WEDNESDAY

Sausage (G,Y)with Yorkshire Pudding (E,D,G) & Gravy
Veggie Sausage (G) with Yorkshire Pudding (E,D,G) & Gravy
Filled Jacket Potato** or Sandwich Selection#
Roast Potatoes, Carrots, Cauliflower
Golden Crispy Cake (G)
Fresh Fruit or Yoghurt (D) or Jelly

THURSDAY

Chicken Curry (Y)
Vegetable Curry
Filled Jacket Potato** or Sandwich Selection#
Rice,Sweetcorn,Peas
Iced Sponge (G,E)
Fresh Fruit or Yoghurt (D) or Jelly

FRIDAY

Golden Fish Fingers (F,G)
Cheese Puff (G,D)
Filled Jacket Potato** or Sandwich Selection#
Chipped Potatoes
Baked Beans,
Ice Cream (D)
Fresh Fruit or Yoghurt (D) or Jelly



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 #Sandwich Fillings- Cheese (D),Ham,Tuna(F,E,M),Egg Mayo(E,M)or Jam.

Menus subject to change. No genetically modified ingredients knowingly used.