

The TCS Food Offer

Dear Parents/Carers,

We are delighted to introduce ourselves as your schools new catering provider.

TCS are a small established company based in Northfleet in Kent and currently provide catering in schools across Essex, London and Kent.

The focus of the company has always been to provide a quality meal using where possible locally sourced ingredients- cooked from fresh every day.

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 hope your children will come along and try our meals and we look forward to meeting with you soon.



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), 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), *May Contain

Contact us: TCS Educational Catering Ltd,
Unit 7, Kent Space, Springhead Road, Northfleet, Kent DA11 8HJ.

01474 555503 (unmanned) gill@tcsinfo.co.uk

Welcome to our

SPRING/ SUMMER MENU 2024



A fresh approach to Education Catering

SPRING/SUMMER MENU 2024

Canvey Infants & Juniors

WEEK ONE W/C - 24th Jun, 15th July

WEEK TWO W/C - 10th Jun, 1st July, 22nd July.

WEEK THREE W/C - 17th Jun, 8th July.

MONDAY

Chicken Goujons (G,D*,C*,M*,S*)
Macaroni Cheese (G,D)
Filled Jacket Potato**
Rice
Peas, Sweetcorn
Chocolate Brownie (G,E)
Fresh Fruit or Yoghurt (D)

TUESDAY

Sausage Rolls (G,D)
Veggie Sausage Roll (G)
Filled Jacket Potato**
Crispy Cubed Potatoes (G)
Sweetcorn, Baked Beans
Fruit Sponge (G,E)
Fresh Fruit or Yoghurt (D)

WEDNESDAY

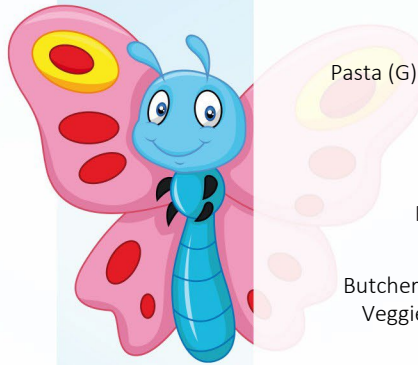
Roast Chicken with Yorkshire Pudding (E,D,G) & Gravy
Ratatouille Puff (G)
Filled Jacket Potato**
Roast Potatoes, Carrots, Cabbage
Fruit Jelly
Fresh Fruit or Yoghurt (D)

THURSDAY

BBQ Ham Pizza (G,S,D)
Cheese & Tomato Pizza (G,S,D)
Filled Jacket Potato**
Pasta Salad (G,E,M), Homemade Coleslaw (E,M)
Ice Lollies
Fresh Fruit or Yoghurt (D)

FRIDAY

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



MONDAY

PASTABAR

Pasta (G) with Cheese (D) or Tomato Sauce
Filled Jacket Potato**
Garlic Bread (G)
Sweetcorn, Broccoli
Iced Sponge (G,E)
Fresh Fruit or Yoghurt (D)

TUESDAY

Butchers Sausages (G,Y) with BBQ Sauce
Veggie Sausages (G) with BBQ Sauce
Filled Jacket Potato**
Mashed Potatoes
Baked Beans, Cauliflower
Shortbread Biscuit (G)
Fresh Fruit or Yoghurt (D)

WEDNESDAY

Roast Gammon with Yorkshire Pudding (E,D,G) & Gravy
Vegetable Frittata (E,D)
Filled Jacket Potato**
Roast Potatoes, Carrots, Peas
Jelly with Topping (D)
Fresh Fruit or Yoghurt (D)

THURSDAY

Sticky Chicken (S,G)
Sticky Quorn (E,S,G)
Filled Jacket Potato**
Rice
Broccoli, Sweetcorn
Ice Cream (D) with Fruit
Fresh Fruit or Yoghurt (D)

FRIDAY

Battered Fish Fillet (F,G)
Cheese & Broccoli Quiche (G,E,D)
Filled Jacket Potato**
Chipped Potatoes
Baked Beans, Peas
Jaffa Chocolate Sponge (G,E) with Chocolate Sauce (D)
Fresh Fruit
or Yoghurt (D)



MONDAY

Beefburger in a Bun (G,S,A*)
Quorn Burger in a Bun (G,E,D,A*)
Filled Jacket Potato**
Oven Baked Potato Wedges
Sweetcorn, Baked Beans
Banana Cake (G,E)
Fresh Fruit or Yoghurt (D)

TUESDAY

Chicken Nuggets with Katsu Curry Sauce (G,S,C,D)
Roasted Vegetable Wrap (G)
Filled Jacket Potato**
Rice
Carrots, Broccoli
Ice cream (D) with Fruit
Fresh Fruit or Yoghurt (D)

WEDNESDAY

Roast Turkey with Yorkshire Pudding (E,D,G) & Gravy
Veggie Sausage Roll (G)
Filled Jacket Potato**
Roast Potatoes, Cabbage, Peas
Chocolate Crispie Cake (G)
Fresh Fruit or Yoghurt (D)

THURSDAY

Wholewheat Pasta Bolognese (G)
Tomato Pasta (G,D)
Filled Jacket Potato**
Garlic Bread (G)
Sweetcorn, Cauliflower
Vanilla Butterfly Cakes (G,E,D)
Fresh Fruit
Yoghurt (D)

FRIDAY

Golden Fish Fingers (F,G)
Vegetable Crown Pasty (G,D)
Filled Jacket Potato**
Chipped Potatoes
Baked Beans, Peas
Viennese Biscuits (G)
Fresh Fruit
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, Tuna (F,E,M). Menus subject to change. No genetically modified ingredients knowingly used.