

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,
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Welcome to our

SPRING/ SUMMER MENU 2024



A **fresh** approach to Education Catering

SPRING/SUMMER MENU 2024

Canvey Infants & Juniors

WEEK ONE W/C -15.4.24,29.4.24,13.5.24

WEEK TWO W/C - 22.4.24,7.5.24,20.5.24

MONDAY

Chicken Goujons (G,D*,C*,M*,S*)
Veggie Goujons
Filled Jacket Potato**
Rice
Peas, Sweetcorn
Homemade Cookie (G,E)
Fresh Fruit or Yoghurt (D)

TUESDAY

Pasta Bolognaise (G)
Veggie Pasta Bolognaise (S,G)
Filled Jacket Potato**
Mixed Salad
Iced Sponge (G,E)
Fresh Fruit or Yoghurt (D)

WEDNESDAY

Cheese (D) or Ham Baguette (G,A*)
Filled Jacket Potato**
Pasta Salad (G) Mixed Salad
Fruit Jelly
Fresh Fruit or Yoghurt (D)

THURSDAY

Chicken Enchiladas (G)
Veggie Enchiladas (G)
Filled Jacket Potato**
Rice
Mixed Vegetables
Fruit Sponge (G,E)
Fresh Fruit or Yoghurt (D)

FRIDAY

Battered Fish (F,G)
Cheese Puff (G,D)
Filled Jacket Potato**

Jacket Potato Wedges
Baked Beans, Peas
Ice Cream (D)
Fresh Fruit or Yoghurt (D)



MONDAY

Cheese & Tomato Pasta Bake (G)
Filled Jacket Potato**
Garlic Bread (G)
Mixed Salad
Iced Sponge (G,E)
Fresh Fruit or Yoghurt (D)

TUESDAY

Butchers Sausages (G,Y) in a Roll (G,A*)
Veggie Sausages (G) in a Roll (G,A*)
Filled Jacket Potato**

Baked Beans, Mixed Salad
Shortbread Biscuit (G)
Fresh Fruit or Yoghurt (D)

WEDNESDAY

Cheese (D) or Ham Baguette (G,A*)
Filled Jacket Potato**
Pasta Salad (G,E,M), Mixed Salad

Jelly with Topping (D)
Fresh Fruit or Yoghurt (D)

THURSDAY

Meatballs(G) with Tomato Sauce
Veggie Meatballs(S)with Tomato Sauce
Filled Jacket Potato**
Rice

Broccoli, Sweetcorn
Ice Cream (D) with Fruit
Fresh Fruit or Yoghurt (D)

FRIDAY

Fish Fingers in a Baguette (F,G)
Veggie Nuggets
Filled Jacket Potato **
Baked Beans, Peas
Homemade Cookie (G)
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, Tuna (F,E,M). Menus subject to change. No genetically modified ingredients knowingly used.