

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.

Gill Russell



Contracts 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](http://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

HORTON KIRBY

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

01474 555503 gill@tcsinfo.co.uk

Welcome to our

SPRING/ SUMMER MENU 2024



A fresh approach to Education Catering

SPRING/SUMMER MENU 2024

Horton Kirby

WEEK ONE W/C - 19th Feb, 11th Mar, 15th Apr, 7th May,
3rd Jun, 24th Jun, 15th July

WEEK TWO W/C - 26th Feb, 18th Mar, 22nd Apr, 13th
May, 10th Jun, 1st July, 22nd July.

WEEK THREE W/C - 4th Mar, 25th Mar, 29th Apr,
20th May, 17th Jun, 8th July.

HAPPY 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
Ice Cream (D)
Fresh Fruit or Yoghurt (D)

VEGGIE TUESDAY

Veggie Pizza Selection (G,S,D)
Filled Jacket Potato**
Pasta (G)
Mixed Salads, Coleslaw(E,M)
Apple & Cinnamon Cake (G,E)
Fresh Fruit or Yoghurt (D)

ROAST WEDNESDAY

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

AROUND THE WORLD THURSDAY

Minced Beef & Pepper Taco
Veggie Mince & Pepper Taco
Filled Jacket Potato**
Rice
Sweetcorn, Tomato Salsa
Chocolate Crispie Cake (G)
Fresh Fruit or Yoghurt (D)

FISH FRIDAY

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



HAPPY MONDAY

Chicken Goujons (G,M*,D*,C*,S*)
Veggie Goujons
Filled Jacket Potato**
Crispy Cubed Potatoes (G)
Sweetcorn, Broccoli
Fruit Mousse (D)
Fresh Fruit or Yoghurt (D)

VEGGIE TUESDAY

Pasta with Cheese (D)
or Tomato Sauce
Filled Jacket Potato**
Garlic Bread (G)
Peas, Cauliflower
Chocolate Brownie (G,E)
Fresh Fruit or Yoghurt (D)

ROAST WEDNESDAY

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

AROUND THE WORLD THURSDAY

Greek Meatballs(G) with Tomato Sauce & Tzatziki
Veggie Meatballs(S)with Tomato Sauce and Tzatziki
Filled Jacket Potato**
Rice
Green Beans , Sweetcorn
Banana Cake (G,E)
Fresh Fruit or Yoghurt (D)

FISH FRIDAY

Golden Fish Fingers (F,G)
Baked Bean & Cheese Wrap (G,D)
Filled Jacket Potato**
Chipped Potatoes
Baked Beans, Peas
Cooks Choice Cookie (G,E)
Fresh Fruit or Yoghurt (D)



HAPPY MONDAY

Sausages (G,Y)with BBQ Sauce
Veggie Sausages (G) with BBQ Sauce
Filled Jacket Potato**
New Potatoes
Cauliflower, Baked Beans
Fruit Crumble (G) with Custard (D)
Fresh Fruit or Yoghurt (D)

VEGGIE TUESDAY

Macaroni Cheese (G,D)
Tomato Pasta (G)
Filled Jacket Potato**
Rice
Sweetcorn, Broccoli
Iced Sponge (G,E)
Fresh Fruit or Yoghurt (D)

ROAST WEDNESDAY

Roast Turkey with Yorkshire Pudding (E,D,G) & Gravy
Cauliflower Cheese (D)
Filled Jacket Potato**
Roast Potatoes, Carrots, Green Beans
Jelly with Topping (D)
Fresh Fruit or Yoghurt (D)

AROUND THE WORLD THURSDAY

Chicken Nuggets (G,C,S)with Katsu Curry Sauce(S)
Roasted Vegetable Wrap (G)
Filled Jacket Potato**
Garlic Bread (G)
Sweetcorn, Peas
Ice Cream (D)
Fresh Fruit
Yoghurt (D)

FISH FRIDAY

Golden Fish Fingers (F,G)
Cheese & Tomato Quiche (G,E,D)
Filled Jacket Potato**
Chipped Potatoes
Baked Beans, Peas
Shortbread Biscuit (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.