

Introduction

Dear Parents/Carers,

I hope you like our new Winter Menu.

TCS have consulted with your child's school and planned a menu that suits the tastes of the children as well as providing a healthy well balanced meal.

We cannot stress enough the benefits of a hot, healthy meal at lunchtime made with fresh local ingredients. Tests show that children learn better when they eat well at lunchtime.

Don't forget that Reception and Key Stage 1 children eat free!!!

There are lots of things you may not know about the TCS School lunch.

- TCS use small local suppliers and farms for our meat and greengrocery because we believe that it is important to support local companies who in turn supply us with excellent produce. All our eggs are free range.
- Did you know that our sausages and burgers are made to our specification especially for us by our local butcher? So you can be confident that they only contain the highest quality ingredients?
- All our lunches are accompanied by a self-service salad cart and fresh homemade bread.

Your child could be missing out, why not give school dinners a try?

Yours sincerely

Gill Russell

Contract Manager



TCS continues to provide a high quality service



The Soil Association 'food for life' award endorses the delicious and healthy menus that TCS provides for its schools. Menus feature unprocessed seasonal produce which are sourced locally wherever possible.

What does this mean?

To achieve the award the caterer must ensure the following:

- No undesirable additives and hydrogenated fats
- At least 75% of dishes on the menu are freshly prepared
- Meat is farm assured and eggs are from cage-free hens
- Menus are seasonal and in-season produce is highlighted
- Menus cater for most dietary needs
- Professional development is available to catering staff, including fresh food preparation
- Members of staff are encouraged to get involved in food educational projects
- No GM ingredients are served

As a parent you can rest assured that not only are your child's school lunches tasty and good value, they also meet the highest standards of nutrition and care.

You can now book and pay for your child's lunch on-line.

Visit: www.tcseducationcatering.com

Allergens

You will see that our menu has information on the allergens contained in our menu items. Please use the chart below to assess any that may be applicable to your child.

This is 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

C Celery	F Fish	P Peanuts
G Cereals containing Gluten	L Lupin	A Sesame Seeds
R Crustaceans	D Milk	S Soya
E Eggs	O Mollusc	Y Sulphur Dioxide
	M Mustard	* May contain traces of
	N Nuts	

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Announcing our Winter Menu 2016-17



A fresh approach to Education Catering

www.tcseducationcatering.com

Winter Menu 2016-17

WEEK ONE - 2016 W/C - 31st Oct, 21st Nov, 12th Dec.
2017 W/C - 3rd Jan, 23rd Jan, 20th Feb, 13th Mar.

WEEK TWO - 2016 W/C - 7th Nov, 28th Nov, 19th Dec.
2017 W/C - 9th Jan, 30th Jan, 27th Feb, 20th Mar.

WEEK THREE - 2016 W/C - 14th Nov, 5th Dec.
2017 W/C - 16th Jan, 6th Feb, 6th Mar, 27th Mar.

MONDAY

Butchers Organic Beef Burger in a Bun (G, A)
Vegetable 1/4 Pounder in a Bun (G,A,C,E)
Jacket Potato with Topping
Oven Baked Potato Wedges
Wholegrain Bread (G,E*,D*,S)
Homemade Coleslaw (E,M), Garden Peas, Salad Bar
Madeline Sponge (G,D,E) with Cream Topping (D)
Fresh Fruit Pot or Yoghurt (D)

TUESDAY

Mild Chicken Korma (C,Y), Macaroni Cheese (D,G,M)
Jacket Potato with Topping
Naan Bread (G,D,S)
Pilau Rice, Sweetcorn & Broccoli, Salad Bar
Pineapple Upside Down Cake (G,D,E)
Custard (D), Fruit Mousse (D), Fresh Fruit Pot

WEDNESDAY

Roast Gammon Ham, Gravy (G,C*,E*,D*,M*,S*)
Yorkshire Pudding (E,D,G), Veggie Sausages (G,S,Y)
Jacket Potato with Topping
Roast or Boiled Potatoes, Cabbage
Fresh Swede and Carrots, Salad Bar
Fruit Jelly with Ice Cream (D)
Fresh Fruit Pot or Yoghurt (D)

THURSDAY

Spaghetti Bolognese (G,C,Y) with Cheese Sprinkles (D)
Mediterranean Pasta Bake (G,C,Y)
Jacket Potato with Topping
Carrots & Broccoli
Garlic Bread (G,D,S), Salad Bar
Apple Crumble (G) & Custard (D)
Fresh Fruit Pot or Yoghurt (D)

FRIDAY

Salmon Puff (F,G,E), Fish Fingers (G,F)
Vegetarian Nuggets (G)
Jacket Potato with Topping
Chips or 1/2 Jacket Potato
Baked Beans, Grilled Tomato
Salad Bar
Anzac Biscuit (G,Y) with Milk Shake (D)
Fresh Fruit Pot or Yoghurt (D)



MONDAY

Beef Lasagne (G,D,Y,C), Mixed Bean Hot Pot
Jacket Potato with Topping
Crushed New Potatoes, Garlic Bread (G,D,S)
Carrots, Green Beans, Salad Bar
Fruit Flapjack (G,Y) with Milk (D)
Fresh Fruit Pot or Yoghurt (D)

TUESDAY

Chicken Breast Bites with a Sweet & Sour Dip
Spanish Omelette (D,E), Jacket Potato with Topping
Brown and White Rice
Courgettes, Sweetcorn, Salad Bar
Pear and Chocolate Cake (G,D,E), Chocolate Sauce (D)
Fresh Fruit Pot or Yoghurt (D)

WEDNESDAY

Roast Beef with Yorkshire Pudding (E,D,G)
Gravy (G,C*,E*,D*,M*,S*), Vegetable Burger (G,E,D)
Jacket Potato with Topping
Roast or Boiled Potatoes
Roast Parsnips, Cabbage, Salad Bar
Strawberry Mousse (D), Fruit Jelly with Topping (D)
Fresh Fruit Pot or Yoghurt (D)

THURSDAY

Chicken Pie (G,D,C,Y), Cowboy Pie
(Vegetarian Sausage and Bean Hot Pot)
Jacket Potato with Topping
Mashed Potato, Carrots & Broccoli
Salad Bar
Carrot Cake (G,E) with Custard (D)
Fresh Fruit Pot or Yoghurt (D)

FRIDAY

Harry Ramsdens Battered Fish (G,F,O*,M*)
Cheese and Tomato Quiche (D,E,M,G)
Jacket Potato with Topping
Chips or 1/2 Jacket Potato
Baked Beans, Mixed Sweet Pepper Sticks
Salad Bar
Shortcake Biscuit (G,D*)
Fruit Juice Pot
Fresh Fruit Pot or Yoghurt (D)



MONDAY

Cottage Pie (C,Y,F,G,E*,D*,M*,S*)
Veggie Shepherdess Pie (S,C)
Jacket Potato with Topping
Diced Carrots, Broccoli
Wholegrain Bread (G,E*,D*,S), Salad Bar
Chocolate Brownie (G,E) with Fruit Slices
Fruit Mousse (D)
Fresh Fruit Pot or Yoghurt (D)

TUESDAY

Butchers Homemade Sausages (G,D,Y)
Vegetable Curry & Rice (Y,C)
Jacket Potato with Topping
Homemade Potato Wedges
Onion Gravy (G,C*,E*,D*,M*,S*)
Carrot Roundels, Garden Peas, Salad Bar
Lemon Drizzle Cake (G,D,E)
Tropical Fruit Salad, Yoghurt (D)

WEDNESDAY


Roast Turkey with Stuffing (G)
Gravy (G,C*,E*,D*,M*,S*), Roasted Vegetable Tart (G)
Jacket Potato with Topping
Roast or Boiled Potatoes
Cauliflower and Broccoli Florets, Salad Bar
Creamed Rice (D) with Jam
Fruit Pavlova (E,D), Fresh Fruit Pot or Yoghurt (D)

THURSDAY

Pizza Meat Feast (G,D,E*,S), Pizza Margherita (G,D,E*,S)
Jacket Potato with Topping
Wholegrain Pasta Salad (G,E,M) or Crushed New Potato
Carrots, Cucumber & Pepper Sticks, Salad Bar
Apple & Blackberry Shortcake (G) with Custard (D)
Fruit Jelly with Topping (D)
Fresh Fruit Pot or Yoghurt (D)

FRIDAY

Jumbo Fish Fingers (G,F), Vegetable Pasty (G,D,M)
Jacket Potato with Topping
Chips or 1/2 Jacket Potato, Baked Beans
Homemade Coleslaw (E,M), Salad Bar
Cheese (D) and Crackers (G), Sultana Cookie (G,E,D*)
Fruit Juice Pot, Fresh Fruit Pot or Yoghurt (D)

Served daily – Jacket potato with choice of filling, homemade 50/50 bread (G,S,D*), self serve salad bar, fresh fruit salad, yoghurt (D), fresh cool milk (D), chilled water.
Menus subject to change.  Only British meat used. No genetically modified ingredients knowingly used.