

## Introduction

Dear Parents/Carers,

I hope you like our new Autumn & Winter Menu.

A lot of love and care goes into our menus, wherever possible we only buy fresh meat and vegetables from local suppliers and meals are made fresh every day by trained staff in a clean safe environment.

You can trust us with your child's lunchtime meal, and Infants eat **FREE!!!**

If your child is a fussy eater there is plenty of choice and you would be surprised how many new things they will try when they are sitting eating with their friends, as well as learning social skills.

We cannot stress enough the benefits of a healthy nutritionally balanced meal at lunchtime, tests show that children are more alert when they eat well in the middle of the day.

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

- Wherever possible 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.
- Our fresh meat is Farm Assured and compliant with 'Food For Life'
- 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



THUNDERSLEY

## WATCH THIS SPACE!

We are currently working towards the food for life accreditation and will inform parents as soon as it is awarded.

### What does it mean?

The Soil Association 'food for life' award endorses the delicious and healthy menus that TCS provides for its schools. Menus feature homemade 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.

For more information please visit their website:

<https://www.soilassociation.org/certification/catering>

### 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](mailto:gill@tcsinfo.co.uk)

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

We do not use any nuts in our recipes but some products are produced in a factory where nuts may be processed.

## ANNOUNCING OUR AUTUMN & WINTER MENU 2019/20



A fresh approach to Education Catering

# AUTUMN & WINTER MENU 2019/20



**WEEK ONE** 2019 W/C - 2nd Sep, 23rd Sep, 14th Oct, 4th Nov,  
25th Nov, 16th Dec. 2020 W/C - 6th Jan, 27th Jan.

**WEEK TWO** 2019 W/C - 9th Sep, 30th Sep, 21st Oct, 11th Nov,  
2nd Dec. 2020 W/C - 13th Jan, 3rd Feb.

**WEEK THREE** 2019 W/C - 16th Sep, 7th Oct, 18th Nov, 9th Dec.  
2020 W/C - 20th Jan, 10th Feb.

## MONDAY

Butchers 100% Beefburger (G,C,Y)  
in a Wholemeal Bap (G,A)  
Veggie Burger in a Wholemeal Bap (G,A,C,E)  
Filled Jacket Potato  
Oven Baked Potato Wedges  
Baked Beans, Coleslaw (E,M)  
Chocolate Crispie Cake (D,G,S\*)

## TUESDAY

BBQ Chicken (G,M,F,C,Y\*)  
Roasted Vegetable Wrap (G,D)  
Filled Jacket Potato  
Mixed Grain Rice  
Cauliflower, Sweetcorn  
Apple Crumble (G) with Custard (D)

## WEDNESDAY

Roast Turkey with Yorkshire Pudding (E,D,G)  
& Gravy (D\*,E\*,S\*,M\*,C\*)  
Cheese, Leek & Potato Pie (D)  
Filled Jacket Potato  
Roast Potatoes or Boiled Potatoes  
Carrots, Cabbage  
Jelly with Fruit Salad

## THURSDAY

Bolognese Pasta Bake (G,Y,C,D)  
Veggie Bolognese Pasta (G,Y,C)  
Filled Jacket Potato  
Garlic Bread (G,D\*,S\*)  
Sweetcorn, Broccoli  
Fruit Cupcake (G,D,E)

## FRIDAY

Fish Fingers (F,G)  
Salmon Nibbles (F,G)  
Red Onion & Sweet Potato Tart (G,D)  
Filled Jacket Potato  
Chipped Potatoes or 1/2 Jacket Potato  
Baked Beans, Peas  
Cooks Choice Cookie (G), Fruit Juice



## MONDAY

Butchers Sausages (G,C,Y)  
Veggie Sausages (G,S,Y)  
Filled Jacket Potato  
Mashed Potatoes  
Peas, Carrots  
Lemon Sponge (G,D,E) with Custard (D)

## TUESDAY

Homemade Pizza Selection (G,D,S,E\*)  
Filled Jacket Potato  
Potato Salad (E,M)  
Wholegrain Pasta Salad  
Sweetcorn, Coleslaw (E,M)  
Jelly & Ice Cream (D)

## WEDNESDAY

Roast Chicken with Gravy (D\*,E\*,S\*,M\*,C\*)  
Tomato Pasta Bake (G,D)  
Filled Jacket Potato  
Roast or Boiled Potatoes  
Carrots, Cabbage  
Rice Pudding (D) with Peaches  
Shortbread Biscuit (G)

## THURSDAY

Mild Chicken Curry (C,Y)  
Veggie Sausage & Bean Casserole (G,S,Y)  
Filled Jacket Potato  
Mixed Grain Rice  
Naan Bread (G)  
Green Beans, Cauliflower  
Apple & Blackberry Shortcake (G)

## FRIDAY

Breaded Fish Fillet (F,G,O\*,M)  
Veggie Cheese Quiche (G,E,D)  
Filled Jacket Potato  
Chipped Potatoes or 1/2 Jacket Potato  
Peas, Baked Beans  
Fruit Flapjack (G,Y)  
Fruit Juice



## MONDAY

Macaroni Cheese (D,G,M,Y,C)  
Pasta with Tomato Sauce (G,C,Y)  
Filled Jacket Potato  
Wholegrain Bread (G,D\*,S,E\*)  
Peas, Carrots  
Apple & Peach Crumble (G) with Custard (D)

## TUESDAY

Homemade Minced Beef Pie (G,C,Y,D\*,E\*,S\*,M\*,C\*)  
Spanish Omelette (E,D)  
Filled Jacket Potato  
Mashed Potatoes  
Broccoli, Sweetcorn  
Ice Cream (D) with Fruit

## WEDNESDAY

Roast Gammon with Yorkshire Pudding (E,D,G)  
& Gravy (D\*,E\*,S\*,M\*,C\*)  
Veggie Sausage Toad in the Hole (G,E,D)  
Filled Jacket Potato  
Roast Potatoes  
Cauliflower, Carrots & Swede  
Jelly with Topping (D)

## THURSDAY

Chicken Breast Bites (G,E)  
Veggie Nuggets (G)  
Filled Jacket Potato  
Oven Baked Potato Wedges  
Sweetcorn, Homemade Coleslaw  
Chocolate & Pear Sponge (G,E)  
with Chocolate Sauce (D)

## FRIDAY

Fish Fingers (F,G)  
Vegetable Crown Pasty (G,D)  
Filled Jacket Potato  
Chipped Potatoes or 1/2 Jacket Potato  
Baked Beans, Peas  
Oat Cookie (G)  
Fruit Juice



**Available Daily** – Low Fat Milk (D), Homemade Bread (G,S,D\*,E\*), Fruit Pots, Yoghurts (D), Chilled Water.  
Menus subject to change. No genetically modified ingredients knowingly used.