

Introduction

Dear Parents/Carers,

I hope you like our new Spring Menu.

A lot of love and care goes into our menus, we only buy fresh meat and vegetables from local suppliers. The 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.

- 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.
- Yes there are sausages and burgers on our menu, children love them, but they are made to our specification especially for us by our local butcher.
- All our 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



FOOD FOR LIFE – 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

| | | |
|---------------|----------------|-------------------|
| C Celery | L Lupin | S Soya |
| G Cereals | D Milk | 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 Spring & Summer Menu 2019



A fresh approach to Education Catering

www.tcseducationcatering.com

Spring & Summer Menu 2019

WEEK ONE 2019 W/C -

25th Feb, 18th Mar, 23rd Apr, 13th May, 3rd Jun, 24th Jun, 15th Jul.

MONDAY

Pasta Choice (G,D,C,Y)
(Tomato or Cheese Sauce (D))
Filled Jacket Potato
Garlic Bread (G,D*,S)
Broccoli, Sweetcorn
Cooks Choice Cookie (G,E)

TUESDAY

Butchers Burger in a Bap (G,S,Y,M)
Vegetarian Burger in a Bap (G,A,C,E)
Filled Jacket Potato
Jacket Wedges
Baked Beans, Peas
Flapjack (G,Y)

WEDNESDAY

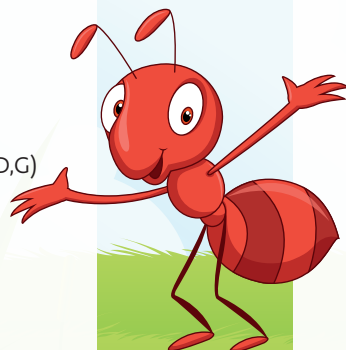
Roast Gammon with Yorkshire Pudding (E,D,G)
& Gravy (D*,E*,S*,M*,C*)
Veggie Sausage in a Blanket (G,S,Y)
Filled Jacket Potato
Roast or Boiled Potatoes
Fresh Cabbage, Carrots
Fruit Mousse (D)
Fruit Jelly

THURSDAY

Homemade Beef Meatballs
with Tomato Sauce (G,D*,C,Y)
Vegetarian Nuggets (G)
Filled Jacket Potato
Pasta (G)
Peas, Cauliflower
Iced Sponge (G)

FRIDAY

Cod Fish Fingers (F,G)
Egg & Cheese Salad (E,D)
Filled Jacket Potato
Chipped Potatoes or 1/2 Jacket Potato
Baked Beans, Peas
Shortbread Biscuit (G)
Milkshake (D) or Fruit Juice



WEEK TWO 2019 W/C -

4th Mar, 25th Mar, 29th Apr, 20th May, 10th Jun, 1st Jul, 22nd Jul.

MONDAY

Chicken Breast Bites (G,E)
Veggie Nuggets (G)
Filled Jacket Potato
Crispy Oven Baked Potatoes
Sweetcorn, Baked Beans
Ice Cream with Peaches (D)

TUESDAY

Minced Beef Pie (G,C,Y)
& Gravy (D*,E*,S*,M*,C*)
Macaroni Cheese (G,D,C,Y)
Filled Jacket Potato
Mashed Potatoes
Cauliflower, Green Beans
Banana Cake (G,E)

WEDNESDAY

Roast Pork with Yorkshire Pudding (E,D,G)
& Gravy (D*,E*,S*,M*,C*)
Vegetable Gratin (G,D,C,Y)
Filled Jacket Potato
Roast or Boiled Potatoes
Carrots, Peas
Rice Pudding (D)
Golden Crispy Cake (G)

THURSDAY

Pasta Bolognese (G,Y,C,D)
Spanish Tortilla (E,D)
Filled Jacket Potato
Garlic Bread (G,D*,S)
Broccoli, Sweetcorn
Gingerbread Man Biscuit (G,E)
Fruit Mousse (D)

FRIDAY

Cod Fish Fingers (F,G)
Stuffed Pepper (E)
Filled Jacket Potato
Chipped Potatoes or 1/2 Jacket Potato
Baked Beans, Baked Tomato
Cooks Choice Cookie (G,E)
Milkshake (D) or Fruit Juice



WEEK THREE 2019 W/C -

11th Mar, 1st Apr, 7th May, 17th Jun, 8th Jul.

MONDAY

Meat Feast Pizza (G,D,S,E*)
Cheese & Tomato Pizza (G,D,S,E*)
Filled Jacket Potato
Jacket Potato Wedges
Salad Bar, Broccoli
Chewy Flapjack (G,Y)
Fruit Mousse (D)

TUESDAY

Butchers Pork Sausages (G,C,Y) in a Roll (G,A*)
Veggie Sausage (G,S,Y) in a Roll (G,A*)
Filled Jacket Potato
Crispy Oven Baked Potatoes
Baked Beans, Sweetcorn
Chocolate & Pear Sponge (G,E)
with Chocolate Sauce (D)

WEDNESDAY


Roast Turkey with Gravy (D*,E*,S*,M*,C*)
Cheese & Leek Pasty (G,D)
Filled Jacket Potato
Roast or Boiled Potatoes
Fresh Green Cabbage, Carrots
Jelly with Topping (D)

THURSDAY

Sticky Chicken (S)
Vegetable Curry (C,Y)
Filled Jacket Potato
Rice
Carrot & Pea Medley
Iced Sponge (G,E)

FRIDAY

Cod Fish Fingers (F,G)
Salmon Nibbles (F,G)
Cheese & Tomato Quiche (G,E,D,M)
Filled Jacket Potato
Chipped Potatoes or 1/2 Jacket Potato
Baked Beans, Peas
Oat Cookie (G,E)
Milkshake (D) or Fruit Juice

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