

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](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,
Unit 7, Kent Space, Springhead Road, Northfleet, Kent DA11 8HJ.

01474 555503 gill@tcsinfo.co.uk

WARREN WOOD

Welcome to our

SPRING/ SUMMER MENU 2024



A fresh approach to Education Catering

SPRING/SUMMER MENU 2024

Warren Wood

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.

MONDAY

Chicken Goujons (G,D*,C*,M*,S*)
Macaroni Cheese (G,D)
Filled Wraps **
Crispy Cubed Potatoes (G)
Peas, Cauliflower
Dessert of the Day (G,D,E)
Fresh Fruit

TUESDAY

TACO TUESDAY

Minced Beef & Pepper Taco
Veggie Mince & Pepper Taco
Filled Wraps **
Rice
Sweetcorn, Tomato Salsa
Dessert of the Day (G,D,E)
Fresh Fruit

WEDNESDAY

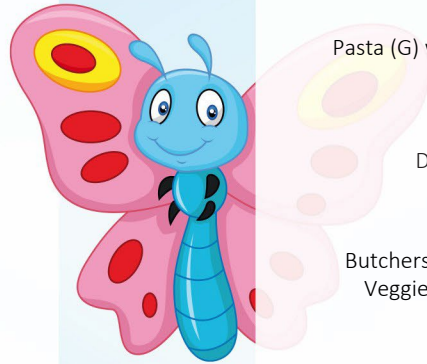
Roast Chicken with Yorkshire Pudding (E,D,G) & Gravy
Ratatouille Puff (G)
Filled Wraps **
Roast Potatoes, Carrots, Cabbage
Dessert of the Day (G,D,E)
Fresh Fruit

THURSDAY

BBQ Ham Pizza (G,S,D)
Cheese & Tomato Pizza (G,S,D)
Filled Wraps **
Oven Baked Potato Wedges
Mixed Salads
Dessert of the Day (G,D,E)
Fresh Fruit

FRIDAY

Golden Fish Fingers (F,G), Bubble Crumb Salmon Fillet(F)
Veggie Nuggets
Filled Wraps **
Chipped Potatoes
Baked Beans, Peas
Dessert of the Day (G,D,E)
Fresh Fruit



MONDAY

PASTA BAR

Pasta (G) with Cheese (D) or Tomato Sauce
Filled Wraps **
Garlic Bread (G)
Sweetcorn, Broccoli
Dessert of the Day (G,D,E)
Fresh Fruit

TUESDAY

Butchers Sausages (G,Y) with BBQ Sauce
Veggie Sausages (G) with BBQ Sauce
Filled Wraps **
Mashed Potatoes
Baked Beans, Cauliflower
Dessert of the Day (G,D,E)
Fresh Fruit

WEDNESDAY

Roast Gammon with Yorkshire Pudding (E,D,G) & Gravy
Vegetable Frittata (E,D)
Filled Wraps **
Roast Potatoes, Carrots, Peas
Dessert of the Day (G,D,E)
Fresh Fruit

THURSDAY

ROOTS TO FOOD DISH

Greek Meatballs(G) with Tomato Sauce & Tzatziki
Veggie Meatballs(S)with Tomato Sauce and Tzatziki
Filled Wraps **
Rice
Broccoli, Sweetcorn
Dessert of the Day (G,D,E)
Fresh Fruit

FRIDAY

Golden Fish Fingers (F,G)
Cheese & Broccoli Quiche (G,E,D)
Filled Wraps **
Chipped Potatoes
Baked Beans, Peas
Dessert of the Day (G,D,E)
Fresh Fruit



MONDAY

Beefburger in a Bun (G,S,A*)
Quorn Burger in a Bun (G,E,D,A*)
Filled Wraps **
Oven Baked Potato Wedges
Sweetcorn, Baked Beans
Dessert of the Day (G,D,E)
Fresh Fruit

TUESDAY

Chicken Nuggets with Katsu Curry Sauce (G,S,C,D)
Roasted Vegetable Wrap (G)
Filled Wraps **
Rice
Carrots, Broccoli
Dessert of the Day (G,D,E)
Fresh Fruit

WEDNESDAY

Roast Turkey with Yorkshire Pudding (E,D,G) & Gravy
Veggie Sausage with Yorkshire Pudding
(E,D,G) & Gravy
Filled Wraps **
Roast Potatoes, Cabbage, Peas
Dessert of the Day (G,D,E)
Fresh Fruit

THURSDAY

Wholewheat Pasta Bolognese (G)
Veggie Mince Bolognese (S)
Filled Wraps **
Garlic Bread (G)
Sweetcorn, Cauliflower
Dessert of the Day (G,D,E)
Fresh Fruit

FRIDAY

Golden Fish Fingers (F,G)
Mushroom Crown Pasty (G,D)
Filled Wraps **
Chipped Potatoes
Baked Beans, Peas
Dessert of the Day (G,D,E)
Fresh Fruit

Available Daily – Low Fat Milk (D), Chilled Water, 50/50 Homemade Bread (G,D,S,E*) Self serve Salad Bar.

**Wraps fillings - Cheese (D), Baked Beans, Tuna (F,E,M). Menus subject to change. No genetically modified ingredients knowingly used.