

# Introduction

Dear Parents/Carers,

I hope you like our new Summer 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.totaleducationcatering.com](http://www.totaleducationcatering.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](mailto: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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A fresh approach to Education Catering

[www.totaleducationcatering.com](http://www.totaleducationcatering.com)

# Summer MENU 2016

**WEEK ONE** - W/C - 11th April, 2nd May, 23rd May, 6th June, 27th June, 18th July, 5th Sept, 26th Sept, 17th Oct.

**WEEK TWO** - W/C - 18th April, 9th May, 13th June, 4th July, 12th Sept, 3rd Oct.

**WEEK THREE** - W/C - 25th April, 16th May, 20th June, 11th July, 19th Sept, 10th Oct.

## MONDAY

Butcher Burgers in a Bun (A,G)  
Tomato Relish  
Veggie Burger in a Bun (A,G,D,E)  
Homemade Jacket Wedges  
Rainbow Coleslaw (E,M), Garden Peas  
Wholegrain Bread (G,S,D\*,E\*)  
Cherry Sponge (G,E) with Vanilla Sauce (D)

## TUESDAY

Chicken Korma (C,Y)  
Naan Bread (G,S,D\*,E\*)  
Cheese and Onion Whirls (G,S,D,E\*)  
Rice, Sweetcorn, Broccoli  
Apple & Blackberry Shortcake (G,E) & Topping (D)

## WEDNESDAY

Roast Turkey with Stuffing (G)  
Gravy (G,C\*,E\*,D\*,M\*,S\*)  
Savoury Quorn Slice (G,D,E)  
Roast Potatoes, Boiled Potatoes  
Carrot Roundels, Green Beans  
Fresh Fruit Salad or Jelly & Ice Cream (D)

## THURSDAY

Homemade Pizza Selection (G,S,D,E\*)  
Crushed New Potatoes  
Wholegrain Pasta Salad (G,E,M)  
Sweetcorn, Mixed Salad  
Gypsy Tart (G,D) with Apple Slices  
Strawberry Mousse (D)

## FRIDAY

Fish Fingers (Omega 3) (G,F)  
Salmon Nibbles (G,F)  
Tomato Ketchup  
Jacket Potato with Beans  
Chips or 1/2 Jacket Potato  
Baked Beans, Fresh Tomatoes  
Gingerbread Man Biscuit (G,E)  
Fruit Juice Cuplet or  
Cheese (D) and Biscuits (G)

## MONDAY

Butchers Sausages (G,C,Y,M)  
Veggie Sausages (G,Y)  
Roasted Vegetable Tartlet (G)  
Jacket Potato  
Wholegrain Bread (G,S,D\*,E\*)  
Peas, Baked Beans, Fresh Beetroot  
Fresh Fruit Pavlova (E,D)

## TUESDAY

Meat Balls in Tomato Sauce (G,C,Y)  
Vegetable Wrap (G)  
Pasta Twists (G)  
Cauliflower, Carrots  
Strawberry Cup Cake (G,E,D)  
Fruit Jelly with Topping (D)

## WEDNESDAY

Roast Pork with Apple Sauce  
Gravy (C\*,G,E\*,D\*,M\*,S\*)  
Quorn Roast (E,D)  
Roast Potatoes, Boiled Potatoes  
Cabbage, Diced Carrots  
Rice Pudding & Sultanas (D)  
Arctic Roll (D)

## THURSDAY

Sticky Chicken (S,G), Rice  
Vegetable Lasagne (G,D,E)  
Sweetcorn, Broccoli  
Apple Goodie Crumble (G)  
Custard (D)  
Strawberry Mousse (D)

## FRIDAY

Harry Ramsden Fish Portion (G,F)  
Veggie Nuggets (G), Tomato Ketchup  
Chips or 1/2 Jacket Potato  
Homemade Coleslaw (E,M), Garden Peas  
Melted Moment Biscuits (G)  
Milk Shake (D)

## MONDAY

Homemade Pork Sausage Roll (G,D)  
Macaroni Cheese (G,D)  
New Potatoes  
Wholegrain Bread (G,S,D\*,E\*)  
Fresh Tomatoes, Garden Peas  
Peaches & Ice Cream (D)

## TUESDAY

Chicken Breast Bites (G,E)  
Jacket Potato with Beans or Tuna (F)  
Homemade Jacket Wedges  
Baked Beans, Homemade Coleslaw (E,M)  
Chocolate & Mandarin (G,E)  
Sponge with Chocolate Sauce (D)

## WEDNESDAY

Roast Turkey & Yorkshire Pudding (G,E)  
with Gravy (C\*,G,E\*,D\*,M\*,S\*)  
Veggie Toad in the Hole (D,E,G,S,Y)  
Roast Potatoes, Boiled Potatoes  
Green Beans, Carrot Batons  
Golden Krispy Cake (G) or  
Fruit Jelly & Topping (D)

## THURSDAY

Pasta Bolognese (G,C,Y)  
Garlic Bread, (G,D\*,S\*)  
Cheese Sprinkles (D)  
Mediterranean Vegetable Pasta (G,D)  
Sweetcorn, Broccoli  
Banoffee Pie (G,D) or  
Raspberry Ripple Mousse (D)

## FRIDAY

Jumbo Fish Fingers (G,F,D,M)  
Tomato Ketchup  
Crunchy Vegetable Crumble (G,D)  
Chips or 1/2 Jacket Potato  
Baked Beans, Veggie Sticks  
Giant Oat & Cherry Cookie (G,Y,E)  
Fruit Juice Cuplet

Served daily – Low Fat Milk (D), Homemade Bread (G,E\*,D\*S), Fruit Pots, Yoghurts (D), Chilled Water, Wholegrain Pasta.

 Only British meat used. No genetically modified ingredients knowingly used.