

# 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 Total Catering Solutions (SE) 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.

During this time of food shortages using these local suppliers have meant that our supply has been only minimally affected, however if the situation should worsen then we will inform your school before making any substitutes on the menu. '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.

## Stay safe

Yours sincerely



Contract 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](http://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](mailto: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: [gill@tcsinfo.co.uk](mailto:gill@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), Lupins (L).

Some of our schools use pre prepped potatoes or vegetables these may contain sulphites and celeriac. We do not use any nuts in our recipes but some products are produced in a factory where nuts may be processed.

GENERIC

TCS Contact Details: Total Catering Solutions (SE) Ltd, Unit 7, Kent Space, Springhead Road, Northfleet, Kent DA11 8HJ.  
**01474 555503** (unmanned) [gill@tcsinfo.co.uk](mailto:gill@tcsinfo.co.uk)

# ANNOUNCING OUR AUTUMN/ WINTER MENU 2024/25



A fresh approach to Education Catering

# AUTUMN/WINTER MENU 2024/25

Rosherville School

W/C – Sept 2<sup>nd</sup>, 16<sup>th</sup>, 30<sup>th</sup>. Oct-7<sup>th</sup>, 21<sup>st</sup>.  
Nov-4<sup>th</sup>, 18<sup>th</sup>. Dec-2<sup>nd</sup>, 16<sup>th</sup>  
2025 Jan 6<sup>th</sup>, 20<sup>th</sup>. Feb 3<sup>rd</sup>

W/C- Sept 9<sup>th</sup>, 23<sup>rd</sup>. Oct 14<sup>th</sup>. Nov 11<sup>th</sup>, 25<sup>th</sup>. Dec 9<sup>th</sup>.  
2025 Jan 13<sup>th</sup>, 27<sup>th</sup>. Feb 10<sup>th</sup>

## MONDAY

Hotdog (G A\*)  
Veggie Hotdog (GA\*)  
Filled Jacket Potato\*\* or  
Sandwich Selection#  
Tortilla Chips (G\*) Carrot Batons  
Homemade Cookie (G)  
Jelly Fresh Fruit or Yoghurt (D)

## TUESDAY

Beef Meatballs in a Tomato Sauce  
Veggie Meatballs in a Tomato  
Sauce  
Filled Jacket Potato\*\* or  
Sandwich Selection  
Pasta (G)  
Madeleine Sponge (G E)  
with Custard (D) Jelly  
Fresh Fruit or Yoghurt (D)

## WEDNESDAY

Chicken Puff Pie (G) with Gravy  
Vegetable Puff Pie (G) with Gravy  
Filled Jacket Potato\*\* or Sandwich selection  
Roast or Boiled Potatoes  
Carrots, Broccoli  
Rice Pudding (D)  
Jelly Fresh Fruit or Yoghurt (D)

## THURSDAY

Sausage Roll (G D)  
Veggie Sausage Roll (G)  
Filled Jacket Potato\*\* or Sandwich Selection  
Cubed Potatoes (G)  
Sweetcorn Cupcake  
Jelly Fresh Fruit or  
Yoghurt (D)

## FRIDAY

Golden Fish Fingers (F,G)  
Cheese Puff (G,D)  
Filled Jacket Potato\*\* or  
Sandwich Selection  
Chipped Potatoes, Baked Beans  
Ice Cream (D) Jelly  
Fresh Fruit or Yoghurt  
(D)



## MONDAY

Homemade Pizza (G,D,S)  
Filled Jacket Potato\*\* or  
Sandwich Selection  
Tortilla Chips (G\*)  
Carrot Sticks  
Homemade Cookie (G)  
Jelly Fresh Fruit or Yoghurt (D)

## TUESDAY

Pasta Bolognaise (G)  
Veggie Bolognaise (G,S)  
Filled Jacket Potato\*\*  
or Sandwich Selection#  
Garlic Bread (G)  
Carrots, Peas  
Chocolate Sponge (G,E) with Chocolate  
Sauce (D) Jelly Fresh Fruit or Yoghurt (D)

## WEDNESDAY

Roast Chicken with Yorkshire Pudding (E,D,G) & Gravy  
Quorn Roast (E D) with Yorkshire  
Filled Jacket Potato\*\* or Sandwich Selection  
Roast Potatoes  
Cauliflower, Carrots  
Artic Roll (G D S E)  
Jelly Fresh Fruit or  
Yoghurt (D)

## THURSDAY

Sausages (G Y)  
Veggie Sausages (G)  
Filled Jacket Potato\*\* or Sandwich  
Selection#  
Jacket Potato Wedges  
Sweetcorn  
Iced Sponge (G E) with Custard (D) Jelly  
Fresh Fruit or Yoghurt (D)

## FRIDAY

Golden Fish Fingers (F,G)  
Cheese Puff (G,D)  
Filled Jacket Potato\*\* or Sandwich Selection#  
Chipped Potatoes, Baked Beans  
Iced Cream (D) Jelly  
Fresh Fruit or Yoghurt (D)



