

WE ARE BACK!

LTS would like to welcome you back to your new school year, I am sure that you too like the school catering teams are excited and pleased to be back at school. We have missed not seeing you all and serving our great school lunches to you.

During your time away from school we have been working hard on producing a new menu, we hope that you will enjoy trying our new dishes and look forward to your comments via our website www.leicestershiretradedservices.org.uk

Just before lockdown happened some of you will have had a visit from our new Chef Development Manager - Brian Gardiner. Brian will have discussed new ideas for the menu with you and your focus group. We had hoped to come back and visit you, but because of Covid 19 that hasn't been possible. Please be assured that we will be back to work with you in the near future.



"Myself and the team have worked closely with our dieticians Paula and Jessica to reduce the sugar and fat content of many of our dishes so that you will still be able to enjoy our dishes without this effecting the taste and quality of our end product, we do this to meet the Government Standards for food that is served in Primary Schools across the UK. We are very proud to say that we hold the Gold Food For Life award. Up to 30% of green house gas emissions globally are linked to agriculture and food production, and the environmental impact of the food we eat is one of the key changes we can make to tackle the issue of climate



On the menus overleaf we have highlighted our NEW dishes. We're so sure that you will enjoy them as much as we did when we created and tasted them that all the recipes can be found on our website (LINK) so that you can try them at home.

change. Reductions in red and processed meat is something we have worked hard on in this menu."

We work closely with all our suppliers to ensure we supply you with the best quality ingredient's, locally sourced where ever possible. All the meat we use on our menu is Red Tractor, Farm Assured and wherever possible we use Organic Meat.

For our customers that are non-meat eaters then please be assured that we only use the finest tried and tested ingredients in your recipes too.

THANK YOU NHS

Universal Infant Free School Meals

LTS Catering School Food believes that a nutritious hot meal at lunchtime is so much better value than a packed lunch, even more so when it is free!

The Government introduced Universal Infant Free School Meals in September 2014 and we just want to take this opportunity to remind you that if you have a child in reception, year 1 or year 2 your child is entitled to enjoy a school meal for free every day.

Think of the saving you can make by not having to buy and make up packed lunches every day! The average saving is around £450 a school year. The other advantage is you will save on the time preparing the packed lunch every morning too.

Universal Infant School Meals is a fantastic scheme please use it and do not miss out on what you are entitled to.

Does your child qualify for a free school meal?

Even if your child is entitled to a Universal Infant Free School Meal it is still important to confirm eligibility, this will ensure your school will be in a position to obtain further funding from central government to provide additional support to your child. This funding is also referred to as Pupil Premium. Please check with your school to see what is available to you.

Contact your school for further information.



WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION ONE

Margherita Pizza

NEW

Farm Assured Lamb Kofta
Served in a Pitta with a Yoghurt & Mint Dressing

Farm Assured Roast Turkey with Sage & Onion Stuffing & Gravy

NEW

Organic Beef Meaty Mac & Cheese (lamb for beef free schools)

Sustainably Caught (MSC) Battered Fish with Tomato Ketchup

OPTION TWO

Roasted Pepper & Tomato Pizza

Jacket Potato with Vegetarian Bolognese

Lentil & Sweet Potato Curry

NEW

Potato & Courgette Layer Bake

Quorn Dippers

CARBS

Pasta in Tomato Sauce
Potatoes in their Skins

Fluffy Rice
Half a Jacket Potato

Creamed Potatoes
Fluffy Rice

Garlic Bread
Parsley Potatoes

Chips
Half a Jacket Potato

VEGETABLES

Sweetcorn
Homemade Crunchy Coleslaw
Salad Bar Selection

Green Beans
Roasted Vegetables
Salad Bar Selection

Fresh Cabbage
Fresh Carrots
Salad Bar Selection

Medley of Seasonal Vegetables
Salad Bar Selection

Peas
Baked Beans
Salad Bar Selection

DESSERTS

NEW

Apple Cake
Granola & Yoghurt Fruit Sundae

NEW

Peach & Raspberry Cobbler with Custard
Toffee Crispy Cake

Chocolate Shortbread
Carrot Cake

Iced Bun
Strawberry Jelly & Cream

Vanilla Ice Cream
Flapjack Slice

2020 - 28th Sep, 26th Oct, 16th Nov, 07th Dec. 2021 - 11th Jan, 1st Feb, 1st Mar, 22nd Mar, 26th Apr, 17th May, 7th Jun, 28th Jun.

Please look out for exciting competitions and marketing events on our exciting new website. (coming soon)

NEW DISHES FOR 2020-21

LAMB KOFTA

A Middle Eastern dish with aromatic spices.
Farm Assured minced lamb with added spices, shaped and served in a healthy pitta and accompanied with a refreshing yoghurt and mint dip.

MEATY MAC CHEESE

The makeover of a timeless classic.
An organic beef bolognese with a homemade creamy macaroni cheese topping.

POTATO & COURGETTE BAKE

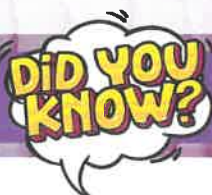
Layers of organic sliced potatoes and courgette bound in a rich white sauce all topped with cheese and baked.

APPLE CAKE

A light fluffy sponge with the addition of fresh apples.

PEACH & RASPBERRY COBBLER WITH CUSTARD

An old favourite of grandmas.
Juicy peaches and raspberries with a biscuit topping.



All of the potatoes we use on our menu and in our dishes are Organic as are some of the vegetables.

Our eggs are Free Range and are sourced locally from Sibley and Melton Mowbray.

WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION ONE

Farm Assured Pork Sausages in Onion Gravy

Quorn Stir Fry

Farm Assured Roast Loin of Pork with Apple Sauce & Gravy

Farm Assured Chicken & Sweetcorn Pizza

Sustainable Caught (MSC) Fish Fingers or Salmon Fish Fingers

OPTION TWO

Vegetarian Sausages in Onion Gravy

Traditional Cheese Flan

Sweet Chilli Pasta

NEW

Garlic Mushroom Pizza

Vegetable Fingers

CARBS

Mashed Potatoes
Half a Jacket Potato

Fluffy Rice
Parsley Potatoes

Potatoes in their Skins
Garlic Bread

Herby Jacket Wedges
Jewelled Couscous

Chips
Pasta

VEGETABLES

Carrots
Green Beans
Salad Bar Selection

Sweetcorn
Peas
Salad Bar Selection

Broccoli
Fresh Carrots
Salad Bar Selection

Apple Coleslaw
Fresh Carrots
Salad Bar Selection

Peas
Baked Beans
Salad Bar Selection

DESSERTS

Cheese & Biscuits
Seasonal Fruit Oaty Crumble with Custard

NEW

Chocolate & Beetroot Brownie
Strawberry Whip

NEW

Pear Sponge with Custard
Oaty Cookie

Lemon Drizzle Cake
Banana Flapjack

NEW

Cinnamon Swirls
Vanilla Ice Cream

2020 - 5th Oct, 2nd Nov, 23rd Nov, 14th Dec. 2021 - 18th Jan, 8th Feb, 8th Mar, 12th Apr, 3rd May, 24th May, 14th Jun, 5th Jul.

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NEW DISHES FOR 2020-21

GARLIC MUSHROOM PIZZA

A light dough spread with a homemade rich tomato sauce, topped with vegetables, Garlic Mushrooms and Cheese.

CHOCOLATE & BEETROOT BROWNIE

This gooey centred brownie has the addition of earthy beetroot counting as one of your 5 a day! Sweet and delicious, what's not to like!

PEAR SPONGE & CUSTARD

A light sponge with a base of sweet pears.

CINNAMON SWIRL

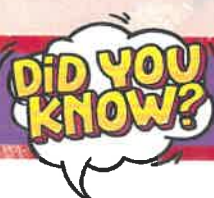
A sweet flavoured pastry with cinnamon, rolled and cut into a swirl, delicious served warm.

ALL DISHES Freshly Prepared
Using seasonal and local produce

FRESH FRUIT & Yogurt

ALL OUR Bread Baked daily
By our school chefs

STAY hydrated fresh water
Always available



Look out for our home-made tomato-based sauces that are used in our recipes and homemade bread.

All of our dessert recipes have been made using 50% less sugar.

WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION ONE

Organic Pork Meatballs
in a Homemade Tomato
Sauce

**Farm Assured Roast
Chicken with Sage &
Onion Stuffing**

**Sustainably Caught
(MSC) Tuna Pizza**

NEW

**Farm Assured Jerk
Chicken with a Fruity
Salsa**

**Sustainably Caught
(MSC) Fish Fingers
with Tomato Ketchup**

OPTION TWO

Macaroni Cheese

NEW

**Spinach & Chickpea
Masala**

Margarita Pizza

Vegetarian Cottage Pie

**Homemade Spicy Bean
Burger**

CARBS

Pasta Shapes
Garlic Bread

Potato & Carrot Mash
Fluffy Rice

Half a Jacket Potato
Roasted Vegetable
Couscous

Jacket Wedges
Rice & Peas

Chips
Half a Jacket Potato

VEGETABLES

Carrots
Broccoli
Salad Bar Selection

Cauliflower & Broccoli
Cheese
Fresh Carrots
Salad Bar Selection

Sweetcorn
Peas
Salad Bar Selection

Roasted Vegetable
Medley
Salad Bar Selection

Peas
Baked Beans
Salad Bar Selection

DESSERTS

NEW

**Dutch Apple Cake with
Custard**
Butterscotch Whip

Courgette & Lime Cake
Cherry Shortbread

NEW

**Ginger Syrup Sponge
with Custard**
Chocolate Cornflake Cakes

**Orange & Mandarin Jelly
with Whipped Cream**
Banana Cake

Chocolate Ice Cream
Viennese Whirls

2020 - 12th Oct, 9th Nov, 30th Nov. 2021 - 4th Jan, 25th Jan, 22nd Feb, 15th Mar, 19th Apr, 10th May, 31st May, 21st Jun, 12th Jul.

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NEW DISHES FOR 2020-21

JERK CHICKEN

A hint of Jamaica bringing the Caribbean to our kitchens.

Farm assured chicken coated in our homemade jerk marinade. Tasty but not to hot!

SPINACH & CHICKPEA MASALA

An Asian Mild Spiced Curry.

Wholesome chickpeas with leafy green spinach, mixed in a homemade curry based sauce.

DUTCH APPLE CAKE

A light sponge infused with fresh apples, sultanas and a hint of cinnamon. Served with a hot creamy custard.

GINGER SYRUP SPONGE WITH CUSTARD

A gooey syrup base with a light ginger sponge top, sweet and tasty served with a creamy custard.

ALL DISHES
Freshly Prepared
Using seasonal and local produce

ALL OUR BREAD
Baked daily
by our school chefs

FRESH
FRUIT &
YOGURT

STAY
hydrated
fresh water
Always available



95% of our dishes are home made and freshly cooked in our school kitchens by our well-trained enthusiastic staff.