

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

Farm Assured Lamb Kofta

Served in a Pitta with a Yoghurt & Mint Dressing

Farm Assured Roast Turkey with Sage & Onion Stuffing & Gravy

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

Sustainably Caught (MSC) Battered Fish with Tomato Ketchup

CARBS

Pasta in Tomato Sauce

Fluffy Rice

Creamed Potatoes

Garlic Bread

Chips

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

Apple Cake

Peach & Raspberry Cobbler with Custard

Chocolate Shortbread

Iced Bun

Vanilla Ice Cream

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

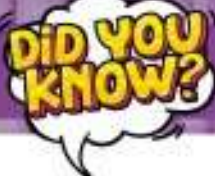
The makeover of a timeless classic.
An organic beef bolognaise with a homemade creamy macaroni cheese topping.

APPLECAKE

A light fluffy sponge with the addition of fresh apples.

PEACH & RASPBERRY COBBLER WITH CUSTARD

An old favourite of grandmas.
Juicy peaches and raspberries



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 Sileby 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

CARBS

Mashed Potatoes

Fluffy Rice

Potatoes in their Skins

Herby Jacket Wedges

Chips

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

Seasonal Fruit Oaty
Crumble with Custard

Chocolate & Beetroot
Brownie

Oaty Cookie

Banana Flapjack

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

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.



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**

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

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

CARBS

Pasta Shapes

Potato & Carrot Mash

Half a Jacket Potato

Rice & Peas

Chips

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

Dutch Apple Cake with
Custard

Cherry Shortbread

Ginger Syrup Sponge
with Custard

Orange & Mandarin
Jelly with Whipped
Cream

Vanilla Ice
Cream

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 too hot!

DUTCH APPLE CAKE

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



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