

# 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](http://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 affecting 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

OPTION TWO

Roasted Pepper &  
Tomato Pizza

Jacket Potato with  
Vegetarian Bolognese

BBQ Bean Wrap

Sustainably Caught (MSC)  
Tuna Pasta Bake

Quorn Dippers

CARBS

Pasta in Tomato Sauce

Fluffy Rice

Creamed Potatoes

Garlic Bread

Chips

VEGETABLES

Sweetcorn  
Homemade Crunchy  
Coleslaw

Green Beans  
Salad Bar Selection

Fresh Cabbage Fresh  
Carrots

Medley of Seasonal  
Vegetables  
Salad Bar Selection

Peas  
Baked Beans

DESSERTS

Apple Cake  
Granoia & Yoghurt Fruit  
Sundae

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

### MEATY MAC CHEESE

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

### POTATO & COURGETTE BAKE

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

### APPLE CAKE

### PEACH & RASPBERRY COBBLER WITH CUSTARD

*An old favourite of grandmas.*

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

**DID YOU  
KNOW?**

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

Jacket Potato with Baked Beans

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

Sustainably Caught (MSC) Tuna & Sweetcorn Pasta Bake

Garlic Mushroom Pizza

Vegetable Fingers

CARBS

Mashed Potatoes

Parsley Potatoes

Potatoes in their Skins

Herby Jacket Wedges

Chips

VEGETABLES

Carrots Green Beans

Sweetcorn Peas

Broccoli Fresh Carrots

Carrots Salad Bar Selection

Peas Baked Beans

DESSERTS

Cheese & Biscuits  
Seasonal Fruit Oaty Crumble with Custard

Chocolate & Beetroot Brownie  
Strawberry Whip

Pear Sponge with Custard  
Oaty Cookie

Lemon Drizzle Cake  
Banana Flapjack

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

### CHOCOLATE & BEETROOT BROWNIE

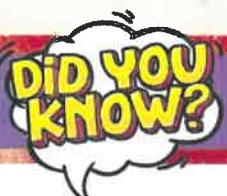
This gooey centred brownie has the addition of earthy beetroot counting as

### PEAR SPONGE & CUSTARD

A light sponge with a base of sweet

### CINNAMON SWIRL

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



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

OPTION TWO

Macaroni Cheese

Jacket Potato with Vegetarian Chilli

Margarita Pizza

Vegetarian Cottage Pie

Courgette Sausages

CARBS

Pasta Shapes

Potato & Carrot Mash

Half a Jacket Potato

Jacket Wedges

Chips

VEGETABLES

Carrots  
Broccoli

Cauliflower & Broccoli Cheese  
Fresh Carrots

Sweetcorn  
Peas

Roasted Vegetable Medley

Peas  
Baked Beans

DESSERTS

Dutch Apple Cake with Custard  
Butterscotch Whip

Courgette & Lime Cake  
Cherry Shortbread

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 too

### SPINACH & CHICKPEA MASALA

*An Asian Mild Spiced Curry.*

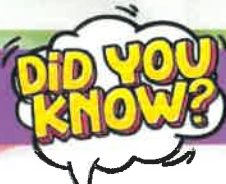
Wholesome chickpeas with leafy green spinach mixed in a homemade curry

### DUTCH APPLE CAKE

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

### GINGER SYRUP SPONGE WITH CUSTARD

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



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