

# 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

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 Bolognaise**

**Lentil & Sweet Potato Curry**

NEW

**Potato & Courgette Layer Bake**

Quorn Dippers

OPTION THREE

NEW

**Homemade Tandoori Vegetable Wrap**

NEW

**Red Pepper & Cheese Frittata**

NEW

**BBQ Bean Wrap**

**Sustainably Caught (MSC) Tuna Pasta Bake**

**Jacket Potato with Baked Beans & Homemade Crunchy Coleslaw**

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 bolognaise 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.

### HOMEMADE TANDOORI VEGETABLE WRAP

Vegetables marinated in light tandoori spices and served in a soft flour tortilla. A taste of India.

### RED PEPPER & CHEESE FRITTATA

An egg based Italian dish with fresh red peppers and a cheese topping.

### HOMEMADE BBQ BEAN WRAP

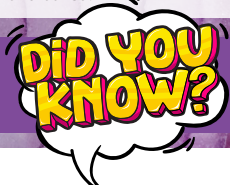
Baked beans in a homemade BBQ sauce, served in a soft flour tortilla.

### 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 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**

OPTION TWO

**Vegetarian Sausages** in Onion Gravy

**Traditional Cheese Flan**

**Sweet Chilli Pasta**

**NEW**

**Garlic Mushroom Pizza**

**Vegetable Fingers**

OPTION THREE

**NEW**

**Organic Meatball Sub Roll**

**Jacket Potato** with Baked Beans

**Sustainably Caught (MSC) Tuna & Sweetcorn Pasta Bake**

**NEW**

**Sweet Potato & Pea Risotto**

**Homemade Falafel** Served in a Pitta

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.

### SWEET POTATO & PEA RISOTTO

Rice sautéed with sweet potato, peas and onions. A northern Italian dish with lots of Flavour Enjoy!

### ORGANIC MEATBALL SUB

A tasty homemade sub roll filled with organic meatballs tossed in a rich tomato sauce with crispy lettuce & cucumber.

### CHOCOLATE & BEETROOT BROWNIE

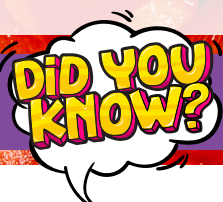
This gooey centred brownie has the addition of earthy beetroot counting as one of your 5 a day! Sweet and delicious, what's not to like!

### 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.



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**

OPTION THREE

**NEW**

**Sustainably Caught  
(MSC) Tandoori Salmon  
Wrap**

**Jacket Potato with  
Vegetarian Chilli**

**Organic Beef Lasagne**  
(lamb for beef free  
schools)

**Jacket Potato** with  
Baked Beans

**Courgette Sausages**

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 too hot!

### SPINACH & CHICKPEA MASALA

*An Asian Mild Spiced Curry.*

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

### TANDOORI SALMON WRAP

Salmon fillet coated in tandoori spices,  
oven baked and served in a flour tortilla.  
*A little taste of India.*

### 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.



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