

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 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

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.



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.

THANK YOU



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 & Potatoes in their Skins

NEW

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

Farm Assured Roast Turkey with Sage & Onion Stuffing & Gravy & Creamed Potatoes

NEW

Organic Lamb Meaty Mac & Cheese & Garlic Bread

Sustainably Caught (MSC) Battered Fish with Tomato Ketchup & Chips

option TWO

Margherita Pizza & Potatoes in their Skins

Jacket Potato with Vegetarian Bolognese

Lentil & Sweet Potato Curry & Fluffy Rice

NEW

Potato & Courgette Layer Bake & Garlic Bread

Quorn Dippers & Chips

Vegetables

Salad Bar Selection

Salad Bar Selection

Fresh Cabbage & Fresh Carrots

Medley of Seasonal Vegetables

Peas

Desserts

NEW

Apple Cake

Toffee Crispy Cake

Chocolate Shortbread

Strawberry Jelly & Cream

Vanilla Ice Cream

2020 - 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. <http://leicestershiretradedservices.org.uk/Page/1982>

NEW DISHES FOR 2020-21

NEW

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

NEW

Organic Lamb Meaty Mac & Cheese

NEW

Potato & Courgette Layer Bake

NEW

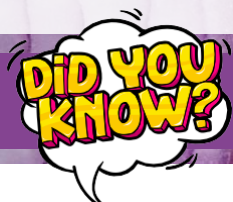
Apple Cake

NEW

Toffee Crispy Cake



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



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

Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

option one

Farm Assured
Pork Sausages
in Onion Gravy
&
Mashed Potatoes

Quorn Stir Fry
&
Fluffy Rice

Farm Assured
Roast Loin of Pork with
Apple Sauce & Gravy
&
Potatoes in their Skins

Farm Assured Chicken &
Sweetcorn Pizza
&
Herby Jacket Wedges

Sustainable Caught
(MSC) Fish Fingers or
Salmon Fish Fingers
&
Chips

option TWO

Vegetarian Sausages
in Onion Gravy
&
Mashed Potatoes

Traditional Cheese Flan
&
Parsley Potatoes

Sweet Chilli Pasta
&
Garlic Bread

NEW
Garlic Mushroom Pizza
&
Herby Jacket Wedges

Vegetable Fingers
&
Chips

Vegetables

Carrots
&
Green Beans

Sweetcorn
&
Peas

Broccoli
&
Fresh Carrots

Salad Bar Selection

Peas

Desserts

Seasonal Fruit Oaty
Crumble with Custard

Strawberry Whip

Oaty Cookie

Lemon Drizzle Cake

Vanilla Ice Cream

2020 - 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

NEW

Garlic Mushroom Pizza



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 & Pasta Shapes

Farm Assured Roast Chicken with Sage & Onion Stuffing & Potato & Carrot Mash

Margarita Pizza & Half a Jacket Potato

NEW
Farm Assured Jerk Chicken with a Fruity Salsa & Rice & Peas

Sustainably Caught (MSC) Fish Fingers with Tomato Ketchup & Chips

option TWO

Macaroni Cheese & Garlic Bread

NEW
Spinach & Chickpea Masala & Fluffy Rice

Margarita Pizza & Half a Jacket Potato

Vegetarian Cottage Pie & Rice & Peas

Homemade Spicy Bean Burger & Chips

Vegetables

Carrots & Broccoli

Cauliflower & Broccoli Cheese & Fresh Carrots

Salad Bar Selection

Roasted Vegetable Medley

Peas

Desserts

NEW
Dutch Apple Cake with Custard

Cherry Shortbread

Chocolate Cornflake Cakes

Banana Cake

Chocolate Ice Cream

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

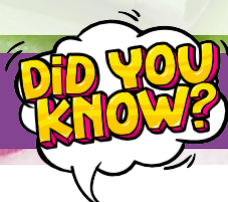
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NEW DISHES FOR 2020-21

NEW
Farm Assured Jerk Chicken with a Fruity Salsa

NEW
Spinach & Chickpea Masala

NEW
Dutch Apple Cake with Custard



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