LTS Catering Services

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.

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.

"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 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.

FOOD FOR LIFE GOLD SERVED HERE Soil Association

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org

ASSURED FOOD STANDARDS

CUSTOMER SERVICE EXCELLENCE CSE

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.

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	**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.

DID YOU KNOW?

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 to 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.

DID YOU KNOW?

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