

 LTS Catering Services

# Menu

Award winning nutritious school food lunches tailored to meet the needs of all of our Primary School pupils



EAT   
WELL TO  
EXCEL

 LTS Catering Services

For more information please visit our website  
and search for LTS Catering:  
[www.leicestershiretradedservices.org.uk](http://www.leicestershiretradedservices.org.uk)



# Week 1

2022: 22nd Aug, 12th Sept, 3rd Oct, 24th Oct, 14th Nov, 5th Dec, 26th Dec

2023: 16th Jan, 6th Feb, 27th Feb, 20th Mar, 10th Apr, 1st May, 22nd May, 12th Jun, 3rd Jul, 24th Jul



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Organic Beef	Cottage Pie	Roast Loin of Pork & Apple Sauce	Sticky Chicken	Margarita Pizza
<b>Option 2</b>	Vegetable Bolognese	Spiced Bean Tagine (V,	Roast Quorn Fillet Stuffing and Gravy (V, VG)	Cheese Flan (V) Pea and Potato Curry with Spinach (VG)	Quorn Dippers (V, VG)
<b>Option 3</b>	Jacket Potato with Baked Beans	Sweet Chilli Pasta	Cheese & Potato Cake with a Homemade Spicy Tomato Sauce	Falafel in a Pitta Pocket	Fish Fingers or Salmon Fingers
<b>CARBS</b>	Pasta in Tomato Sauce Vegetable Rice	Parsley Potatoes Jewelled Cous Cous	Potato & Carrot Mash ½ Jacket	Herb Jacket Wedges Fluffy Rice	Chips Minted Potatoes
<b>VEGETABLES</b>	Appleslaw Carrots	Green Beans Sweetcorn	Roasted Medley of Seasonal Vegetables Green Beans	Cabbage Broccoli	Baked Beans Peas
<b>SALAD BAR</b>	Mixed Salad Selection				
<b>BREADS</b>	Assorted Breads				
<b>FRUIT</b>	Fresh Fruit Platter/Yoghurt				
<b>DESSERTS</b>	Strawberry Whip	Pear & Chocolate Sponge	Waffle with cream and chocolate sauce	Apple Betty Layer	Vanilla Ice Cream



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# Week 2

2022: 29th Aug, 19th Sep, 10th Oct, 31st Oct, 21st Nov, 12th Dec

2023: 2nd Jan, 23rd Jan, 13th Feb, 6th Mar, 27th Mar, 17th Apr, 8th May, 29th May, 19th Jun, 10th Jul, 31st Jul



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Quorn & Vegetable	Farm Assured Pork Sausages in Gravy	Roast Chicken Stuffing & Gravy	BBQ Chicken Wrap	Margarita Pizza
<b>Option 2</b>	Chinese Vegetable Stir Fry (V, VG)	Homity Pie (V) Ve	Vegetarian Bolognese (V, VG)	Vegetable Cottage Pie (V, VG)	Vegetable Fingers (V, VG)
<b>Option 3</b>	Sweetcorn & Pepper Frittata	Jacket Potato with Cheese & Baked Beans	Sweet Potato & Pea Risotto	Jacket Potato with Vegetable Chilli	Battered Fish
<b>CARBS</b>	Herb Jacket Wedges	Mashed Potatoes	Parsley Potatoes Pasta	Garlic Bread Potatoes in Skins	Chips ½ Jacket Potato
<b>VEGETABLES</b>	Medley of Seasonal Vegetables Carrots	Sweetcorn Peas	Green Beans Roasted Medley of Seasonal Vegetables	Carrots Broccoli	Baked Beans Peas
<b>SALAD BAR</b>	Mixed Salad Selection				
<b>BREADS</b>	Assorted Breads				
<b>FRUIT</b>	Fresh Fruit Platter/Yoghurt				
<b>DESSERTS</b>	Banana Cake	Carrot Cake Muffin	Chocolate Mousse	Orange Jelly with Mandarins	Strawberry Ice Cream



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# Week 3

2022: 5th Sep, 26th Sep, 17th Oct, 7th Nov, 28th Nov, 19th Dec

2023: 9th Jan, 30th Jan, 20th Feb, 13th Mar, 3rd Apr, 24th Apr, 15th May, 5th Jun, 26th Jun, 17th Jul



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Organic Meatballs in Tomato Sauce	Turkey Lasagne	Roast Chicken & Apricot Stuffing	Chicken & Vegetable Pie	Margherita Pizza
<b>Option 2</b>	Vegetable Jambalaya (V, VG)	Vegetable Lasagne (V)	Vegetable Cottage Pie (V,	Jacket Potato with Beans	Vegetable Nuggets (V, VG)
<b>Option 3</b>	Jacket Potato with Vegetable Chilli	Cheese Salad Wrap	Bubble & Squeak with Chickpeas	Tuna & Cucumber Wrap	Fish Fingers or Salmon Fingers
<b>CARBS</b>	Pasta Fluffy Rice	Garlic Bread Parslev Potatoes	Roast Potatoes Swede & Potato Mash	Jewelled Cous Cous ½ Jacket Potato	Chips Fluffy Rice
<b>VEGETABLES</b>	Green Beans Cabbage	Broccoli Sweetcorn	Carrots Cauliflower	Medley of Vegetables Green Beans	Baked Beans Peas
<b>SALAD BAR</b>	Mixed Salad Selection				
<b>BREADS</b>	Assorted Breads				
<b>FRUIT</b>	Fresh Fruit Platter/Yoghurt				
<b>DESSERTS</b>	Apple Sponge & Custard	Cornflake Tart	Peach Melba Traybake	Seasonal Fruit Crumble & Custard	Chocolate Ice Cream

