

Bringing fun
to food!

We are **Integra**, the trading arm of South Gloucestershire Council and as your catering provider we're proud to provide tasty, nutritious and healthy school meals.

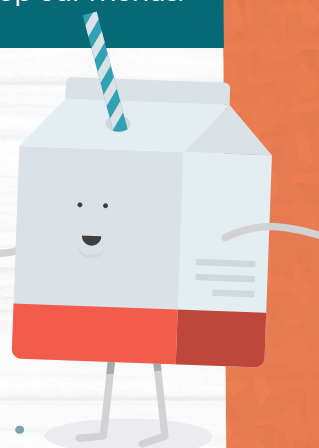
We work in consultation with the council's Health and Wellbeing team, as well as schools, parents and pupils to develop our menus.



75%

of meals are
cooked from scratch
using only **Red Tractor**
approved meat

YUMMY!
our milk is
Organic



Did you know?
in 2018 we served

17,000
ROAST DINNERS

Every week our
suppliers deliver

2.5 TONNES
of fresh vegetables



50%

of desserts
are fruit
based



Annually we use

500,000
free range eggs

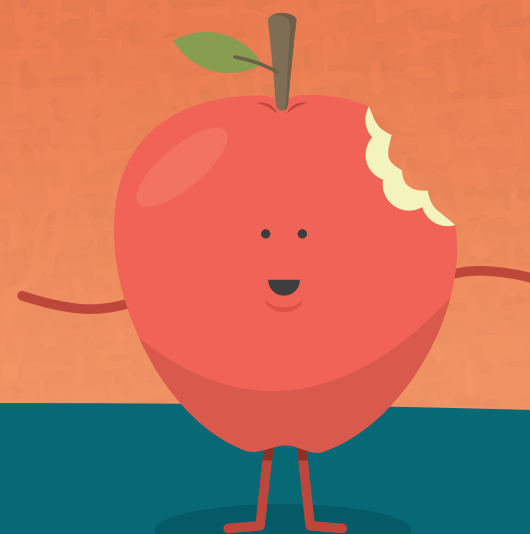


Winter
2019-2020

School Menu



Hi there!
We're the
'Little foodies'



integra.
catering



**little
foodies**

integra.
catering



**little
foodies**

Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

Meat-free

Week commencing:

04 Nov 25 Nov 16 Dec 20 Jan 10 Feb 09 Mar 30 Mar 04 May 01 Jun 22 Jun 13 Jul

Main courses

Thick crust pizza with either margherita or vegetable feast topping

Roast Gloucestershire chicken, stuffing and gravy
Quorn roast and stuffing

Organic beef bolognaise wholemeal pasta
Cheese and caramelised onion quiche homemade wedges

Roast gammon served with gravy
Ratatouille crumble

MSC Fish fingers
Veggie nuggets

Sides

Seasonal vegetables

Roast potatoes
Seasonal vegetables

Seasonal vegetables

Parsley potatoes
Seasonal vegetables

French fries
Garden peas or baked beans

Desserts

Flapjack

Strawberry mousse

Peach crumble and custard

Victoria sandwich
cup cake

Fruit jelly

Week 2

Week commencing:

11 Nov 02 Dec 06 Jan 27 Jan 24 Feb 16 Mar 20 Apr 11 May 08 Jun 29 Jun 20 Jul

Main courses

Macaroni cheese and a garlic slice
Quorn dog

Roast beef Yorkshire pudding and gravy
Broccoli and cauliflower cheese bake

All day brunch - Gloucestershire pork sausage, bacon
Veggie all day brunch with two veggie sausages

Roasted turkey with gravy
Creamy Quorn and vegetable pie

MSC Battered fish fillet and lemon wedge
Southern style Quorn burger

Sides

Seasonal vegetables

Roast potatoes
Seasonal vegetables

Oven cooked hash brown
Roasted tomato and beans

New potatoes
Seasonal vegetables

French fries
Mushy peas or baked beans

Desserts

Cherry shortbread

Apple sponge and custard

Fruit jelly

Cornflake crunchie

Arctic roll

Week 3

Week commencing:

18 Nov 09 Dec 13 Jan 03 Feb 02 Mar 23 Mar 27 Apr 18 May 15 Jun 06 Jul

Main courses

Pizza pasta bake served with garlic flatbread
Wholemeal rice
Vegetable Biryani

Roast loin of pork with home-made apple sauce and gravy
Roasted vegetable lattice

Chicken korma and rice
Vegetable lasagne and garlic bread

Roast gammon with gravy
Quorn toad in the hole gravy

MSC Fish fingers
Vegetable burger

Sides

Seasonal vegetables

Roast potatoes
Seasonal vegetables

Seasonal vegetables

Parsley potatoes
Seasonal vegetables

French fries
Garden peas or baked beans
Salmon Salad

Desserts

Oaty apple crumble and custard

Fresh fruit and ice cream

Jam sponge and cream

Cocoa crunch

Fruity oatmeal cookie

little foodies

Our 'Little foodies' characters that you'll see on our primary school menus, help younger children have fun at mealtimes and encourage them to eat healthily and engage positively with the food they eat.



All our schools hold the Soil Association 'Food for Life' award, which recognises caterers that serve 'local, fresh and honest food cooked by chefs who really care about quality ingredients'.

Jacket potatoes, salad selection, home made bread, cheese and biscuits, yoghurt, fresh fruit and chilled water available daily