

Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

Meat-free

Week commencing: **31** Aug **21** Sept **12** Oct **09** Nov **30** Nov **04** Jan **25** Jan **22** Feb **15** Mar

Main courses

Trick crust pizza with either margherita or vegetable feast topping

Beefburger in a roll
Quorn burger in a roll

Chicken goujons
Popcorn Quorn

Jacket potato with choice of fillings

MSC Fish fingers
Veggie nuggets

Sides

Cucumber and pepper sticks

Sweetcorn
Carrot sticks

Herby diced potatoes
Mixed salad

Coleslaw

French fries
Baked beans

Desserts

Fruit yoghurt

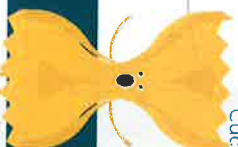
Gingerbread man

Flapjack

Shrewsbury
biscuit

Fruit jelly

Week 2



Week commencing: **07** Sept **28** Sept **19** Oct **16** Nov **07** Dec **11** Jan **01** Feb **01** Mar **22** Mar

Main courses

Macaroni cheese

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

Baked beef Scotch pie
Veggie pie

Jacket potato with choice of fillings

MSC battered fish fillet with a lemon wedge
Veggie burger

Sides

Baguette wedge
Sweetcorn

Oven cooked hash brown
Baked beans

Herby diced potatoes
Peas

Cucumber
and carrot sticks

French fries
Baked beans

Desserts

Cherry shortbread

Crunchie cake

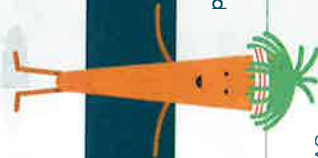
Fresh fruit

Raspberry
Jelly

Arctic roll



Week 3



Week commencing: **14** Sept **05** Oct **02** Nov **23** Nov **14** Dec **18** Jan **08** Feb **08** Mar **29** Mar

Main courses

Pizza pasta bake

Sausage roll
Veggie sausage roll

Chicken burger in a bun
Southern fried Quorn
burger in a bun

Jacket potato with choice of fillings

MSC Fish fingers
Veggie nuggets

Sides

Baguette wedge
Corn on the cob

Oven potato wedges
Baked beans

Salad
Sweetcorn

Carrot sticks
Rainbow coleslaw

French fries
Peas

Desserts

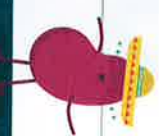
Eton mess

Ice cream cup

Cocoa crunch

Vanilla iced cupcake

Fruity oatmeal cookie



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

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

Did you know?

in 2018 we served

17,000

ROAST DINNERS

Every week our suppliers deliver **2.5 TONNES** of fresh vegetables



YUMMY!

our milk is **Organic**



50%

of desserts are fruit based



Annually we use

500,000

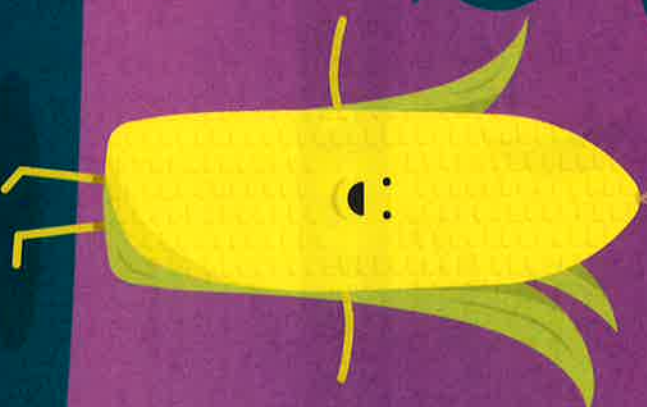
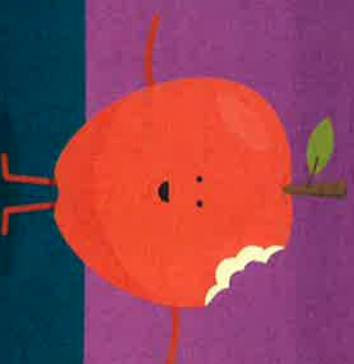
free range eggs



Winter 2020-2021

School Menu

Welcome back to school from the Little Foodies



Integra.
catering



Integra.
catering

