



integra catering

### WHAT DOES IT MEAN?

#### SERVING LOCAL FOOD

At Silver and Gold levels we are rewarded for using local ingredients.



WE CAN TRACE OUR MEAT

#### BACK TO THE FARM



#### COOKED FROM SCRATCH

At least 75% of our meals are freshly prepared.



#### MORE OF THE GOOD STUFF

Free from undesirable additives, colouring and sweeteners.



#### MENUS ARE DESIGNED TO MAKE THE BEST USE OF SEASONAL INGREDIENTS



#### YOUR MEAL MAKES A DIFFERENCE

When buying a Food for Life Served Here meal, every £1 you spend means a social return on investment of £3 in the form of jobs in local food enterprises.\*



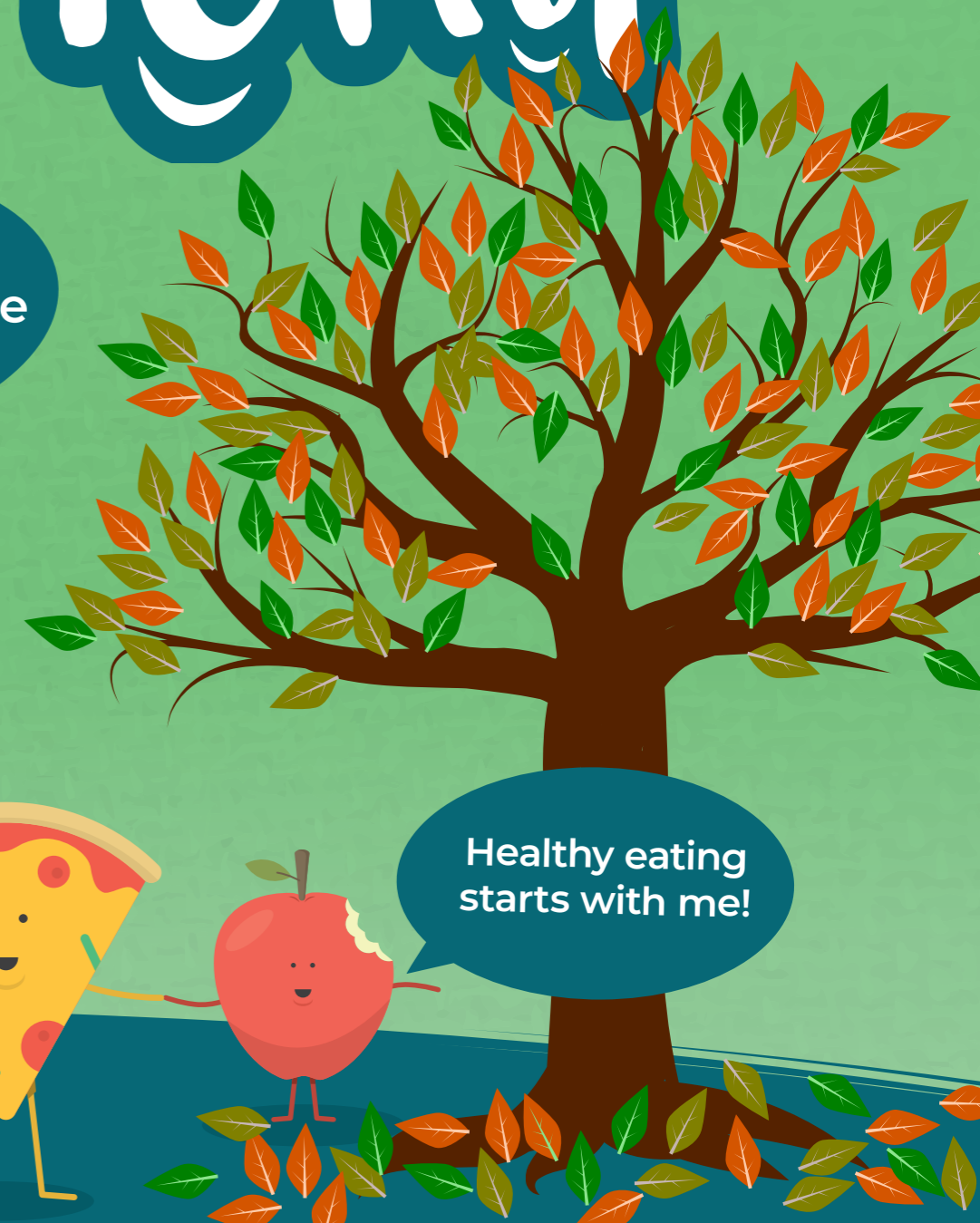
To find out what else Food for Life Served Here means for your meal, visit our website, [www.soilassociation.org/catering](http://www.soilassociation.org/catering)

\* New Economics Foundation, 2011

Autumn 2021

# School Menu

Welcome back to school from the Little Foodies!



Healthy eating starts with me!

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 Public Health & Wellbeing team, as well as the Soil Association and the governments' standard guidelines to develop our menus. We do not offer milk as part of our service menu offer, but this should be available during the school day. Please contact your school for more details.

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Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

Week commencing: 30 Aug 20 Sept 11 Oct 8 Nov 29 Nov 3 Jan 24 Jan 14 Feb 14 Mar 4 Apr

<b>Main courses</b>	Margherita pizza (v) Mediterranean vegetable quiche (v)	Chicken & vegetable tikka masala with wholegrain rice Quorn sausage & wholemeal pasta bake (v)	Roast pork with apple sauce and gravy Mixed bean vegetable loaf (v)	Fresh beefburger in a bun with ketchup Vegetable and vegetarian pulled chicken stirfry (v)	Cod fishfingers Quorn Southern style burger (v)
<b>Sides</b>	Wedges potatoes Peas & coleslaw	Sweetcorn & broccoli	Mashed potatoes Carrots & cauliflower	Mixed salad & sweetcorn	French fries Mushy peas & baked beans
<b>Jacket potato option</b>	Jacket potato filled with either cheese, tuna mayo, coleslaw or baked beans	Jacket potato filled with either cheese, tuna mayo, coleslaw or cheese & coleslaw	Jacket potato filled with either cheese, tuna mayo, coleslaw or cheese & coleslaw	Jacket potato filled with either cheese, tuna mayo, coleslaw or cheese & coleslaw	Jacket potato filled with either cheese, salmon mayo, coleslaw or baked beans
<b>Desserts</b>	Vanilla icecream with homemade butterscotch sauce	Buttercream topped cupcake	Seasonal fruity crumble with organic milk custard	Cherry shortbread	Apple and cinnamon pancake

Week 2

Week commencing: 6 Sept 27 Sept 18 Oct 15 Nov 6 Dec 10 Jan 31 Jan 28 Feb 21 Mar

<b>Main courses</b>	Macaroni cheese with tomato and herb bread (v) Mexican Quorn chilli with rice and home-made nachos (v)	Wild West brunch with organic pork sausage & back bacon Vegetarian brunch with Quorn sausages (v)	Chicken roast with stuffing and gravy Shepherdess pie (v)	Organic beef pasta bolognese with garlic bread Quorn nugget & tomato wrap (v)	Battered pollack fish fillet Cheddar cheese & onion quiche (v)
<b>Sides</b>	Sweetcorn & mixed salad	Oven baked hash brown Roasted tomato & baked beans	Boiled potatoes Broccoli & carrots	Corn on the cob & cucumber sticks	French fries Garden peas & baked beans
<b>Jacket potato option</b>	Jacket potato filled with either cheese, tuna mayo, coleslaw or baked beans	Jacket potato filled with either cheese, tuna mayo, coleslaw or cheese & coleslaw	Jacket potato filled with either cheese, tuna mayo, coleslaw or cheese & coleslaw	Jacket potato filled with either cheese, tuna mayo, coleslaw or cheese & coleslaw	Jacket potato filled with either cheese, tuna mayo, coleslaw or baked beans
<b>Desserts</b>	Cocoa crunch	Peaches & a shortbread finger	Raspberry ripple Arctic roll	Apple pie & cream	Frosting topped carrot cake cup

Week 3

Week commencing: 13 Sept 4 Oct 1 Nov 22 Nov 13 Dec 17 Jan 7 Feb 7 Mar 28 Mar

<b>Main courses</b>	Tomato & cheddar cheese with organic pasta and a garlic slice (v) Quorn sausage hotdog & ketchup (v)	Organic pork sausage with creamy mash Ratatouille vegetable lasagne with garlic bread (v)	Roast gammon with gravy Classic Quorn roast (v)	Creamy chicken & vegetable fricassee with a crouton Butternut squash & chickpea curry (v)	Cod fishfingers Cheese & pepper frittata (v)
<b>Sides</b>	Sweetcorn & mixed salad	Broccoli & carrots	Roast potatoes Cabbage & peas	Wholegrain rice Green beans & diced swede	French fries Garden peas & baked beans
<b>Jacket potato option</b>	Jacket potato filled with either cheese, tuna mayo, coleslaw or baked beans	Jacket potato filled with either cheese, tuna mayo, coleslaw or cheese & coleslaw	Jacket potato filled with either cheese, tuna mayo, coleslaw or cheese & coleslaw	Jacket potato filled with either cheese, tuna mayo, coleslaw or cheese & coleslaw	Jacket potato filled with either cheese, tuna mayo, coleslaw or baked beans
<b>Desserts</b>	Oat and cherry cookie	Sticky cinnamon roll	Apple sponge with organic milk custard	Orange jelly and mandarins	Lemon drizzle cake

Salad selection, homemade bread, cheese & biscuits, organic yoghurt, fresh fruit and chilled water available daily. Our vegetables are seasonally available so vegetable options may change every month. Menu subject to availability



options available



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 baked beans are low sugar!



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'.

