

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.

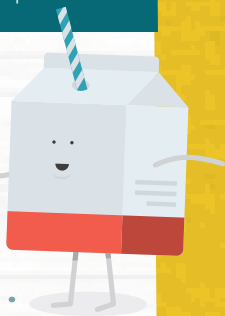
Summer
2021



75%

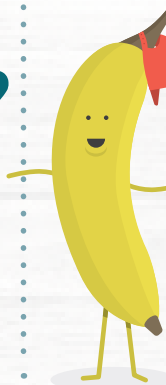
of meals are cooked from scratch using only **Red Tractor** approved meat

YUMMY!
our milk is
Organic



Did you know?
in 2018 we served

17,000
ROAST DINNERS



50%

of desserts are fruit based



Every week our suppliers deliver

2.5 TONNES
of fresh vegetables



Annually we use

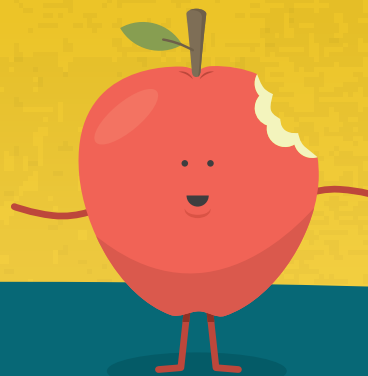
500,000
free range eggs



School Menu



Hi there!
We're the
'Little foodies'



Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

Meat-free

Week commencing: 19 Apr 10 May 07 Jun 28 Jun 19 Jul

Main courses

Homemade thick organic crust pizza with margherita or vegetable feast topping

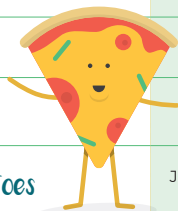
Homemade organic beef bolognaise with organic wholemeal pasta
Cheese and caramelised onion quiche with homemade wedges

Red Tractor roast Gloucestershire turkey with stuffing and gravy
Quorn roast and stuffing

Organic pork sausages with onion gravy
Ratatouille crumble

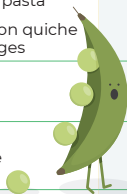
Oven Cooked MSC fish fingers
Veggie nuggets

Sides



Beetroot and sweetcorn

Peas and carrots



Roast potatoes
Cauliflower and Brussels sprouts

Mashed potatoes
Carrots and sweetcorn

French fries
Garden peas or baked beans

Desserts

Flapjack

Strawberry mousse

Peach crumble with custard

Victoria sandwich cup cake

Fruit jelly

Jacket potatoes

Jacket potato filled with either cheese, tuna mayo, coleslaw or baked beans

Jacket potato filled with either cheese, tuna mayo or coleslaw

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Week 2

Week commencing: 26 Apr 17 May 14 Jun 05 Jul

Main courses

Homemade macaroni cheese made with organic pasta and milk, with a garlic slice
Quorn dog

All day brunch with organic pork sausage and Red Tractor bacon
Veggie all day brunch with 2 veggie sausages

Honey roasted Gloucestershire gammon with gravy
Creamy Quorn and vegetable pie

Homemade chicken and vegetable pie with gravy
Broccoli and cauliflower cheese bake

Oven cooked battered MSC fish fillet with a lemon wedge
Southern style Quorn burger

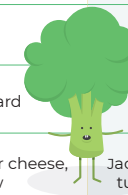
Sides

Sweetcorn and beetroot

Hash brown
Roasted tomato and baked beans

Mashed potatoes
Parsnips and broccoli

Mini jacket potatoes
Carrots and cabbage



French fries
Mushy peas or baked beans

Desserts

Cherry shortbread

Cornflake crunchie

Fruit jelly

Apple sponge with custard

Arctic roll

Jacket potatoes

Jacket potato filled with either cheese, tuna mayo, coleslaw or baked beans

Jacket potato filled with either cheese, tuna mayo or coleslaw

Jacket potato filled with either cheese, tuna mayo or coleslaw

Jacket potato filled with either cheese, tuna mayo or coleslaw

Jacket potato filled with either cheese, tuna mayo, coleslaw or baked beans

Week 3

Week commencing: 03 May 24 May 21 Jun 12 Jul

Main courses

Organic pasta topped with a homemade fresh pizza sauce served with garlic flatbread
Vegetable biryani with wholemeal rice

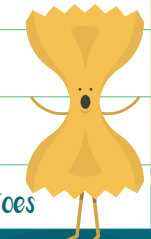
Homemade Gloucestershire chicken and vegetable curry with rice
Seasonal vegetable lasagne with garlic bread

Roast Gloucestershire loin of pork with homemade apple sauce and gravy
Roasted vegetable lattice

Homemade organic beef mince lasagne
Quorn toad in the hole with gravy

Oven cooked MSC fish fingers
Vegetable burger

Sides



Lettuce, cucumber and tomato salad

Sweetcorn and peas

Roast potatoes
Brussels sprouts and carrots

Mashed potatoes
Cauliflower and broccoli

French fries
Garden peas or baked beans
Salmon salad

Desserts

Jam sponge with cream

Oaty apple crumble with custard

Fresh fruit with ice cream



Cocoa crunch

Fruity oatmeal cookie

Jacket potatoes

Jacket potato filled with either cheese, tuna mayo, coleslaw or baked beans

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Jacket potato filled with either cheese, tuna mayo or coleslaw

Jacket potato filled with either cheese, tuna mayo, coleslaw or baked beans



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'.

Salad selection, home made bread, cheese and biscuits, organic yoghurt, fresh fruit and chilled water available daily