

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.

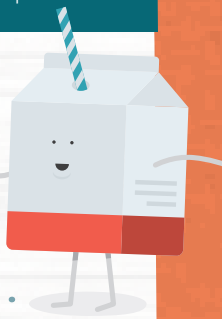
Summer  
2021



**75%**

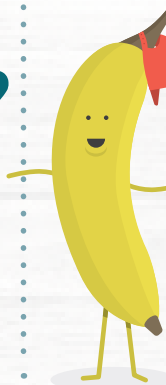
of meals are cooked from scratch using only **Red Tractor** approved meat

**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

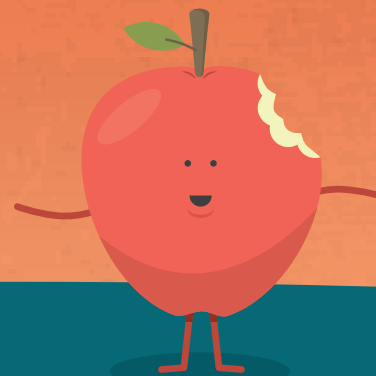
**500,000**  
free range eggs



# School Menu



Hi there!  
We're the  
'Little foodies'



integra.  
catering



little  
foodies

integra.  
catering



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

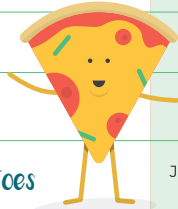
Homemade organic beef bolognaise with organic wholemeal pasta  
Cheese and caramelised onion quiche with homemade wedges

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

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

Jacket potato filled with either cheese, tuna mayo or coleslaw

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

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

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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

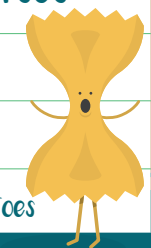
Homemade Gloucestershire chicken and vegetable curry with rice  
Seasonal vegetable lasagne with garlic bread

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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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