

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



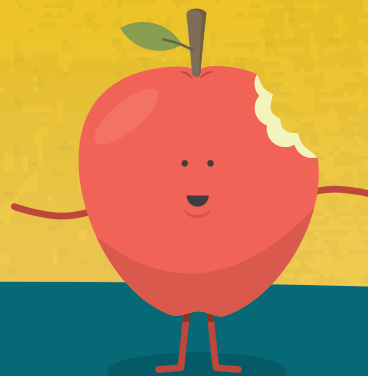
Annually we use

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 organic thick crust pizza with either margherita or vegetable feast topping

Organic pasta bolognaise
Organic pasta topped with a fresh homemade tomato sauce

Homemade Gloucestershire chicken breast goujons
Cornflake coated Quorn popco

Jacket potato with either tuna, cheese or baked beans
Quorn Burger in a roll

Oven baked MSC Fish Fingers
Oven baked Veggie Nuggets

Sides

Cucumber sticks
Pepper sticks

Sweetcorn
Carrot sticks

Herby diced potatoes
Seasonal mixed salad

Coleslaw

French Fries
Baked Beans

Desserts

Organic fruit yoghurt

Shrewsbury biscuit

Sultana flapjack

Gingerbread biscuit

Fruit jelly



Week 2

Week commencing: 26 Apr 17 May 14 Jun 05 Jul

Main courses

Homemade macaroni cheese made with organic pasta and milk served with a garlic slice

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

Gloucestershire organic chicken pasta bake
Organic pasta topped with a fresh homemade tomato sauce

Organic Pork sausage Hot Dogs
Vegetarian Sausage Hot Dog

Oven cooked MSC fish fingers
Oven baked veggie burger

Sides

Baguette wedge
Sweetcorn

Hash brown
Baked beans

Sweetcorn
Peas

Cucumber Sticks
Carrot Sticks

French fries
Baked beans

Desserts

Cherry shortbread

Crunchy Cake

Piece of fresh fruit

Raspberry jelly

Arctic roll



Week 3

Week commencing: 03 May 24 May 21 Jun 12 Jul

Main courses

Organic pasta topped with a homemade fresh tomato pizza sauce

Homemade organic sausage roll
Vegetable sausage roll

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

Homemade macaroni cheese made with organic pasta and milk

Oven cooked MSC fish fingers
Veggie nuggets

Sides

Garlic bread wedge
Corn on the cob

Oven wedges
Baked beans

Salad
Sweetcorn

Carrot sticks
Rainbow coleslaw

French fries
Garden peas

Desserts

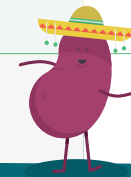
Organic fruit yoghurt

Ice cream Cup

Cocoa crunch

Fresh fruit salad cup

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'.

