

All menus approved by the Council Health and Wellbeing department
in line with



guidelines

Winter
2018-19

integra.
schools



little
foodies

Bringing fun to food!

The 'Little Foodies' team of mascots are here to inspire a generation of children to understand the value of healthy, nutritious food and above all, to love and enjoy good food.

School Menu

Hi there!
We're the
'Little foodies'



integra.
schools

Integra is the trading arm of South Gloucestershire Council.





Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

WEEK COMMENCING: 05.11.18, 26.11.18, 17.12.18, 21.01.19, 11.02.19, 11.03.19, 01.04.19
Fresh Fruit, Jacket potatoes, Salad Selection, Home Made Bread, Cheese & Biscuits, Yoghurt And Chilled Water available Daily

Main courses

Cheesy pinwheels

Sausage & mash

Roast beef, yorkshire pudding, roast potatoes & gravy

Chicken burger in a bun & homemade jacket wedges

Fish fingers & chips

Savoury rice

Vegetable enchiladas

Pizza pasta with garlic bread

Cheese & onion pasty & homemade jacket wedges

Stuffed jacket potatoes

Sides

Corn on the cob & Baked beans

Two seasonal vegetables

Two seasonal vegetables

Two seasonal vegetables

Peas
Baked beans

Desserts

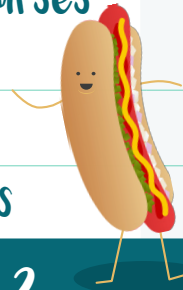
Marmalade sponge

Fruit crumble with custard

Banana loaf

Fruity flapjack

Organic ice lollies



Week 2

WEEK COMMENCING: 12.11.18, 03.12.18, 07.01.19, 28.01.19, 25.02.19, 18.03.19
Fresh Fruit, Jacket potatoes, Salad Selection, Home Made Bread, Cheese & Biscuits, Yoghurt And Chilled Water available Daily

Main courses

Cheese & potato pie

Meatball pasta bake with garlic bread

Roast chicken with stuffing, roast potatoes & gravy

All day brunch (bacon, sausage, hash brown)

Battered fish fillet & chips

Roasted vegetable lattice with homemade jacket wedges

Cauliflower & broccoli cheese with garlic bread

Quorn roast with stuffing, roast potatoes & gravy

Vegetarian all day brunch (Quorn sausage, hash brown, sautéed mushrooms)

Chunky vegetable lasagne & chips

Sides

Two seasonal vegetables

Two seasonal vegetables

Two seasonal vegetables

Roasted tomatoes
Baked beans

Sweetcorn
Baked beans

Desserts

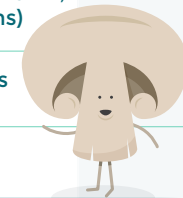
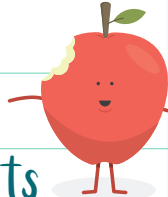
Chocolate crunch

Fruit pie with custard

Oaty biscuit with fruit

Angel delight

Arctic roll



Week 3

WEEK COMMENCING: 19.11.18, 10.12.18, 14.01.2019, 04.02.19, 04.03.19, 25.03.19
Fresh Fruit, Jacket potatoes, Salad Selection, Home Made Bread, Cheese & Biscuits, Yoghurt And Chilled Water available Daily

Main courses

Pizza with herby diced potatoes

Chicken curry with wholegrain rice

Roast gammon with mashed potato & gravy

Lasagne with garlic bread

Fish Fingers & chips

Vegetarian bolognaise with wholegrain pasta

Macaroni cheese with garlic bread

Quorn hotdogs

Quorn & lentil curry with rice

Veggie nuggets & chips

Salmon salad

Sides

Coleslaw
Peas

Two seasonal vegetables

Two seasonal vegetables

Two seasonal vegetables

Mushy peas
Baked beans

Desserts

Fruit muffins

Fruit crumble with custard

Lemon cheesecake

Carrot cake

Choc ices

