

Bringing fun
to food!

We are Integra, the trading arm of South Devon District 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.

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

Winter
2019-2020

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: | | |
| Main courses | Thick crust pizza with either margherita or vegetable feast topping | Organic beef bolognese with wholemeal pasta Cheese and caramelised onion quiche homemade wedges | Roast Gloucestershire turkes stuffing and gravy Quorn roast and stuffing | Thin pork sausage with onion gravy Ratatouille crumble | MSC Fish Fingers Veggie nuggets |
| Sides | Seasonal vegetables | Seasonal vegetables | Seasonal vegetables | Mash potatoes Seasonal vegetables | French fries Carden peas or baked beans |
| Desserts | Flozack | Strawberry mousse | Peach crumble and custard | Victoria sandwich cup cake | Fruit jelly |
| Week 2 | | | Week commencing: | | |
| Main courses | Maccaroni cheese and a garlic slice Quorn dog | All day brunch - Gloucestershire pork sausage, bacon Veggie all day brunch with two veggie skates | Honey roasted gammon with gravy Creamy Quorn and vegetable pie | Chicken pie and gravy Broccoli and cauliflower cheese bake | MSC Battered fish fillet and lemon wedge Southern style Quorn burger |
| Sides | Seasonal vegetables | Oven cooked hash brown Roasted tomato and beans | Mash potatoes Seasonal vegetables | Mini jacket potatoes Seasonal vegetables | French fries Mushy peas or baked beans |
| Desserts | Cherry shortbread | Comflake crunchie | Fruit jelly | Apple sponge and custard | Arctic roll |
| Week 3 | | | Week commencing: | | |
| Main courses | Pizza pasta bake served with garlic flatbread Wholemeal rice Vegetable Biryani | Chicken korma and rice Vegetable lasagne and garlic bread | Roast loin of pork with home-made apple sauce and gravy Roasted vegetable lattice | Luxury organic roasted beef Quorn loaf in the hole and gravy | MSC Fish Fingers Vegetable burger |
| Sides | Seasonal vegetables | Seasonal vegetables | Roast potatoes Seasonal vegetables | Mash potatoes Seasonal vegetables | French fries Carden peas or baked beans Salmon Salad |
| Desserts | Jam sponge and cream | Oaty apple crumble and custard | Fresh fruit and ice cream | Cocoa crunch | Fruity oatmeal cookie |

little foodies

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.

Jacket potatoes, salad selection, home made bread, cheese and biscuits, yoghurt, fresh fruit and chilled water
available daily