

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  
Savoury rice

Sausage & mash  
Vegetable enchiladas

Roast beef, yorkshire pudding,  
roast potatoes & gravy  
Pizza pasta with garlic bread

Chicken burger in a bun  
Cheese & onion pasty

Fish fingers with chips  
Stuffed jacket potatoes

Sides

Corn on the cob  
Baked beans

Two seasonal vegetables

Two seasonal vegetables

Homemade jacket wedges  
Two seasonal vegetables

Peas  
Baked beans

Desserts

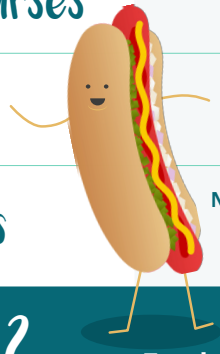
Marmalade sponge  
Low fat yoghurt  
Fruit cup

Fruit crumble with custard  
Low fat yoghurt  
Fruit cup

Banana loaf  
Low fat yoghurt  
Fruit cup

Fruity flapjack  
Low fat yoghurt  
Fruit cup

Organic ice lollies  
Low fat yoghurt  
Fruit cup



Week 2

WEEK COMMENCING: 12.11.18, 03.12.18, 07.01.18, 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  
Roasted vegetable lattice with  
homemade jacket wedges

Meatball pasta bake  
Cauliflower & broccoli cheese

Roast chicken or Quorn roast  
with stuffing, roast potatoes  
& gravy

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

Battered Fish Fillet  
Chunky Vegetable Lasagne

Sides

Two seasonal vegetables

Garlic bread  
Two seasonal vegetables

Two seasonal vegetables

Roasted tomatoes  
Baked beans

Chips  
Sweetcorn  
Baked beans

Desserts

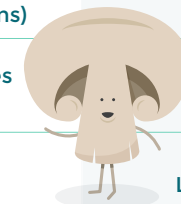
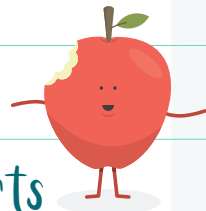
Fruit crumble with custard  
Low fat yoghurt  
Fruit cup

Fruit pie with custard  
Low fat yoghurt  
Fruit cup

Oaty biscuit with fruit  
Low fat yoghurt  
Fruit cup

Angel delight  
Low fat yoghurt  
Fruit cup

Arctic roll  
Low fat yoghurt  
Fruit cup



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  
Vegetarian bolognese with  
wholegrain pasta

Chicken curry with  
wholegrain rice  
Macaroni cheese  
with garlic bread

Roast Gammon with mashed  
potato & gravy  
Quorn hotdogs

Lasagane with garlic bread  
Quorn & lentil curry with rice

Fish Fingers  
Veggie nuggets  
Salmon salad

Sides

Coleslaw  
Peas

Two seasonal vegetables

Two seasonal vegetables

Two seasonal vegetables

Chips  
Mushy Peas  
Baked Beans

Desserts

Fruit muffins  
Low fat yoghurt  
Fruit cup

Fruit crumble with custard  
Low fat yoghurt  
Fruit cup

Lemon cheesecake  
Low fat yoghurt  
Fruit cup

Carrot cake  
Low fat yoghurt  
Fruit cup

Choc ices  
Low fat yoghurt  
Fruit cup

