

All menus approved by the Council Health and Wellbeing department

in line with



guidelines

Spring &
Summer 2018

Integra.
catering



Bringing fun to food!

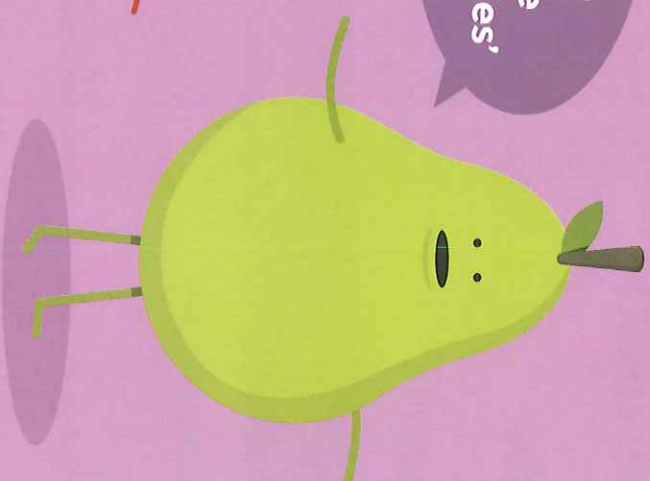
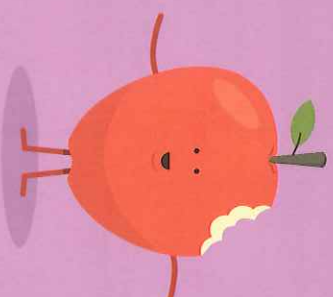
The 'Little Foodies' team of mascots are here to inspire a generation of children to understand the value of healthy, nutritious food and above all, to love and enjoy good food.



Menu

School

Hi there!
We're the
'Little foodies'



Integra.
catering

Integra is the trading arm of South Gloucestershire Council.



Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

WEEK COMMENCING:09.04.18, 30.04.18, 21.05.18, 18.06.18, 09.07.18, 10.09.18, 01.10.18, 22.10.18
Fresh Fruit, Jacket potatoes, Salad Selection, Home Made Bread, Cheese & Biscuits, Yoghurt And Chilled Water available Daily

Main courses

Margherita Pizza
Pepper & Quorn Pizza

Chilli & Nachos
Savoury Egg Rice

Roast Turkey
Veggie Shepherd's Pie

Chicken Noodles
Chunky Vegetable Lasagne

Fish Fingers
Macaroni Cheese

Sides

Sweetcorn
Coleslaw

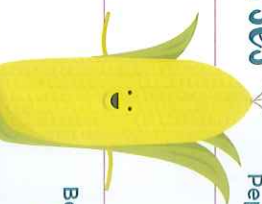
Wholegrain Rice
2 Seasonal Vegetables

2 Fresh Seasonal Veg
of the day
Roast Potatoes

Garlic Bread
2 Seasonal Vegetables

Chipped potatoes
Peas

Desserts

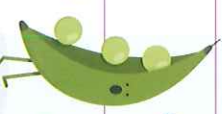


Berry Ripple Mousse
Low Fat Yoghurt
Fruit Cup

Lemon Shortbread Fingers
Low Fat Yoghurt
Fruit Cup

Fruit Jelly & Ice Cream
Low Fat Yoghurt
Fruit Cup

Fruit Crumble & Custard
Low Fat Yoghurt
Fruit Cup



Arctic Roll
Low Fat Yoghurt
Fruit Cup

Week 2

WEEK COMMENCING:16.04.18, 07.05.18, 04.06.18, 25.06.18, 16.07.18, 17.09.18, 08.10.18
Fresh Fruit, Jacket potatoes, Salad Selection, Home Made Bread, Cheese & Biscuits, Yoghurt And Chilled Water available Daily

Main courses

Tomato & Quorn
Wholegrain pasta
Macaroni Cheese

All Day Brunch
Quorn Sausage

Roast Pork
Ratatouille Crumble

Chicken Pie
Vegetable Korra

Fish Fingers
Cheese & Tomato Quiche

Sides

Garlic Bread
2 Seasonal Vegetables



Hash Browns
Baked Beans
Tomatoes

Midi Potatoes
2 Seasonal Vegetables

Parsley Potatoes
2 Seasonal Vegetables

Chipped Potatoes
Peas
Baked Beans

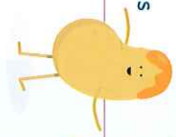
Desserts

Fruit Crumble & Custard
Low Fat Yoghurt
Fruit Cup

Oaty Biscuit & Banana Custard
Low Fat Yoghurt
Fruit Cup

Fresh Fruit Salad & Ice Cream
Low Fat Yoghurt
Fruit Cup

Angel Delight
Low Fat Yoghurt
Fruit Cup



Chocolate Crunch
Low Fat Yoghurt
Fruit Cup

Week 3

WEEK COMMENCING:23.04.18, 14.05.18, 11.06.18, 02.07.18, 03.09.18, 24.09.18, 15.10.18
Fresh Fruit, Jacket potatoes, Salad Selection, Home Made Bread, Cheese & Biscuits, Yoghurt And Chilled Water available Daily

Main courses

Veggie Fajita
Cheesy Puffs

Baked Gammon
Cheesy Eggs

Hot Dogs & Onions
Vegetarian Bolognese

Ham & Cheese Macaroni
Quorn Chilli Nachos

Fish Fingers
Fritata
Salmon Salad

Sides

Jacket wedges
2 Seasonal Vegetables

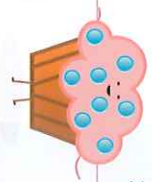
Mini jacket potatoes
2 Seasonal
Vegetables

Creamed potatoes
2 Seasonal Vegetables

Mixed Rice
2 Seasonal Vegetables

Chipped Potatoes
Peas
Baked Beans

Desserts

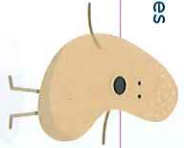


Fruit Muffins
Low Fat Yoghurt
Fruit Cup

Apple & Custard turnovers
Low Fat Yoghurt
Fruit Cup

Strawberry shortcake
Low Fat Yoghurt
Fruit Cup

Iced Buns
Low Fat Yoghurt
Fruit Cup



Organic Iced lolly
Low Fat Yoghurt
Fruit Cup