

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: 07.01.18, 28.01.19, 25.02.19, 18.03.19

Main courses

Toad in the hole with new potatoes
Cheesy pinwheels with new potatoes

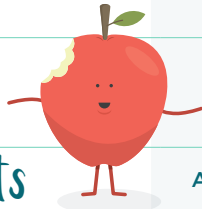
Chicken curry and rice
Savoury Quorn rice

Roast turkey with roast potatoes and gravy
Cauliflower cheese

Homemade chicken pizza with herby diced potatoes
Cheese and tomato pizza with herby diced potatoes

Fish fingers with chips
Vegetable enchiladas

Sides



Seasonal vegetables

Seasonal vegetables

Seasonal vegetables

Salad and coleslaw

Peas
Baked beans

Desserts

Apple and sultana flapjack

Shortbread with custard

Homemade cookies

Apricot muffins

Choc ices

Week 2

WEEK COMMENCING: 14.01.2019, 04.02.19, 04.03.19, 25.03.19

Main courses

Jacket potato with tuna
Jacket potato with beans

Meatball pasta bake with garlic bread
Vegetable chilli with rice

Roast pork with roast potatoes and gravy
Quorn roast with roast potatoes and gravy

BBQ chicken with rice
Bean and sweet potato curry with rice

Battered fish with chips
Cheese and tomato quiche with chips

Sides



Salad
Corn on the cob

Seasonal vegetables

Seasonal vegetables

Seasonal vegetables

Baked beans
Mushy peas

Desserts

Arctic roll

Cherry upside down cake with custard

Fresh watermelon slices

Banana loaf

Oat cookies

Week 3

WEEK COMMENCING: 21.01.19, 11.02.19, 11.03.19, 01.04.19

Main courses

Chilli with rice
Vegetarian lasagne

All day brunch with hash browns
Vegetarian brunch with hash browns

Roast chicken with roast potatoes and gravy
Vegetarian mince and Yorkshire pudding with roast potatoes and gravy

Chicken burger in a bun with homemade jacket wedges
Cheese and onion pasty with homemade jacket wedges

Fish fingers with chips
Veggie nuggets with chips

Sides



Salad
Peas

Beans
Peas

Seasonal vegetables

Seasonal vegetables

Peas
Baked beans

Desserts

Crumble with custard

Angel delight

Lemon drizzle muffins

Iced buns

Organic ice lollies

