integra.
your community

WHAT DOES IT MEAN?

SERVING
LOCAL FOOD
At Silver and Gold levels we are rewarded for using local ingredients.

WE CAN TRACE OUR MEAT
BACK TO THE FARM

COOKED FROM SCRATCH
At least 75% of our meals are freshly prepared.

MORE OF THE GOOD STUFF
Free from undesirable additives, colouring and sweeteners.

MENUS ARE DESIGNED TO MAKE THE BEST USE OF SEASONAL INGREDIENTS

YOUR MEAL MAKES A
DIFFERENCE
When buying a Food for Life Served Here meal, every £1 you spend means a social return on investment of £3 in the form of jobs in local food enterprises.*

To find out what else Food for Life Served Here means for your meal, visit our website,
www.soilassociation.org/catering

* New Economics Foundation, 2011

Summer 2022 School Menu

Eat your veggies with your besties!

Healthy eating starts with me!

We are Integra, the trading arm of South Gloucestershire 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 council's Public Health & Wellbeing team, as well as the Soil Association and the governments' standard guidelines to develop our menus.

We do not offer milk as part of our service menu offer, but this should be available during the school day. Please contact your school for more details.

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	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					Week commencing: 25 Apr / 16 May / 13 Jun / 04 Jul
Main courses	Homemade wholemeal thick crust margherita pizza (v) (kcal 351) Roasted vegetable chow mein(v) (kcal 53)	Sweet and sour chicken and vegetables (kcal 294) Veggie nuggets with homemade tomato sauce (v) (kcal 331)	Roast UK turkey breast with stuffing and gravy (kcal 410) Vegetable and lentil loaf (v) (kcal 347)	Organic beef bolognaise with wholemeal pasta (kcal 373) Cheesy potato pinwheel (v) (kcal 595)	Golden MSC fishfingers (kcal 333 /342) Plant Power sausages (v / vg) (kcal 173 / 183)
Sides	Corn on the cob Mixed salad	Wholegrain rice Peas and carrots	Crispy roast potatoes Broccoli & spring cabbage	Rainbow coleslaw Sweetcorn	French fries Mushy peas & baked beans
Jacket potato option	Jacket potato filled with either cheese, tuna mayo, coleslaw or cheese and coleslaw (kcal 322 / 262 / 230 / 334)	Jacket potato filled with either cheese, tuna mayo, coleslaw or baked beans (kcal 322 / 262 / 230 / 199)	Jacket potato filled with either cheese, tuna mayo, coleslaw or cheese and coleslaw (kcal 322 / 262 / 230 / 334)	Jacket potato filled with either cheese, tuna mayo, coleslaw or cheese and coleslaw (kcal 322 / 262 / 230 / 334)	Jacket filled with either cheese, tuna mayo, baked beans or salmon mayo (kcal 322 / 262 / 199 / 288)
Desserts	Icecream with butterscotch sauce (kcal 143)	Raspberry shortbread (kcal 280)	Cocoa and pear cupcake (kcal 268)	Oat and cherry cookies (kcal 221)	Orange and melon wedge (kcal 0)
Week 2					Week commencing: 02 May / 23 May / 20 Jun / 11 July
Main courses	Organic pasta coated in a creamy tomato sauce with garlic bread (v) (kcal 212) Mexican vegetable chilli taco cup with a cheese sprinkle (v) (kcal 127)	Wild West brunch (kcal 199) Plant Power based brunch (v) (kcal 149)	Roast gammon and gravy (kcal 402) Veggie wellington (v / vg) (kcal 497)	Mild organic beef chilli served with nachos (kcal 289) Butternut squash and cauliflower bake (v) (kcal 379)	Crispy MSC fishfingers (kcal 324/342) Fishless fingers (v / vg) (kcal 204 / 198)
Sides	Sweetcorn & mixed salad	Oven baked hash brown Roasted tomato & baked beans	Creamy mashed potatoes Fresh carrots & cauliflower	Wholegrain rice Sweetcorn & green beans	French fries Garden feas & baked beans
Jacket potato option	Jacket potato filled with either cheese, tuna mayo, coleslaw or cheese and coleslaw (kcal 322 / 262 / 230 / 334)	Jacket potato filled with either cheese, tuna mayo, coleslaw or baked beans (kcal 322 / 262 / 230 / 199)	Jacket potato filled with either cheese, tuna mayo, coleslaw or cheese and coleslaw (kcal 322 / 262 / 230 / 334)	Jacket potato filled with either cheese, tuna mayo, coleslaw or cheese and coleslaw (kcal 322 / 262 / 230 / 334)	Jacket potato filled with either cheese, tuna mayo or baked beans (kcal 322 / 262 /199)
Desserts	Cocoa crunch (kcal 316)	Strawberry swirl cheesecake (kcal 188)	Fruit salad and cream (kcal 81)	Summer fruit tray bake (kcal 280)	Coolicious mango frozen yoghurt (kcal 0)
Week 3					Week commencing: 09 May / 06 Jun / 27 Jun / 18 July
Main courses	Swedish veggie meatball wholemeal pasta bake (v / vg) (kcal 274) Cheese and bean puff pastry slice (v) (kcal 489)	Organic sausage with creamy mash (kcal 218) Vegetable, pea and potato curry with rice (v) (kcal 332)	Roast pork loin with homemade apple sauce and gravy (kcal 181) Quorn roast with apple sauce and gravy (v) (kcal 161)	Juicy homemade sticky chicken served in a bun (kcal 103) Veggie sausage, tomato, and pepper wrap (v / vg) (kcal 277)	Golden MSC fishfingers (kcal 333 / 342) Cheese and onion quiche (v) (kcal 517/533)
Sides	Corn on the cob & beetroot	Baked beans & mixed salad	Crushed new potatoes Green beans & carrot batons	Rainbow coleslaw Cucumber sticks	French fries Mushy peas & baked beans
Jacket potato option	Jacket potato filled with either cheese, tuna mayo, coleslaw or cheese and coleslaw (kcal 322 / 262 / 230 / 334)	Jacket potato filled with either cheese, tuna mayo, coleslaw or baked beans (kcal 322 / 262 / 230 / 199)	Jacket potato filled with either cheese, tuna mayo, coleslaw or cheese and coleslaw (kcal 322 / 262 / 230 / 334)	Jacket potato filled with either cheese, tuna mayo, coleslaw or cheese and coleslaw (kcal 322 / 262 / 230 / 334)	Jacket potato filled with either cheese, tuna mayo or baked beans (kcal 322 / 262 /199)s
Desserts	Peaches with ice cream (kcal 205)	Mandarins with strawberry jelly (kcal 56)	Lemon tray bake (kcal 322)	Banana and oat muffin (kcal 200)	Organic fruit iced lolly (kcal 0)

Salad selection, homemade bread, cheese & biscuits, organic yoghurt, fresh fruit and chilled water available daily.
Our vegetables are seasonally available so vegetable options may change every month. Menu subject to availability

DAIRY FREE · EGG FREE · GLUTEN FREE · VEGAN options available

little foodies

All calorific values stated are per portion

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 baked beans are low sugar!

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.

FOOD FOR LIFE SILVER SERVED HERE Soil Association