

What's on the menu

AT CHIPPING SODBURY SECONDARY SCHOOL?





YOUR SCHOOL

We are Integra, the trading arm of South Gloucestershire Council and as your catering provider we're proud to provide students with competitively priced, great tasting and nutritious meals. This leaflet gives you an overview of the catering services at your school and what you can expect from us.

We are passionate about food quality and endeavour to create healthy meals cooked from fresh ingredients every day, with menus developed

in consultation with the Council's Health and Wellbeing team, as well as students themselves. Our aim is to make all of our meals something which students look forward to in their day, and believe our service is integral to supporting students' overall health and wellbeing.

Please take a look at our current menu below, as well as a timetable which shows food options available throughout the school day.



WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Thai green curry with rice	Mac 'n' cheese with a choice of topper:	Roast pork with all the trimmings	BBQ chicken	Jumbo sausage in batter
Thai red vegetable curry with rice	Crispy bacon	Cauliflower and broccoli bake	Vegetable enchiladas	Quorn sausage in batter
	Pepperoni	Hot pork, stuffing and apple sauce baps		
	Garlic mushroom			
	Spicy peppers			
Pitta breads			Corn on the cob	Chips
			Coleslaw	Beans
			Spicy veggie rice	Curry sauce

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All day brunch	Chicken fajitas with sour cream	Roast beef and all the trimmings	Chicken tikka masala	Fish cakes
Vegetarian all day brunch	Veggie chilli	Roast vegetable crumble	Roasted red pepper masala	Southern style Quorn burgers
		Hot beef filled baps		
	Rice		Rice	Rice Chips
				Beans
				Mushy peas

HOOOL MENU

WHAT WE OFFER

- Healthy menu options developed and continuously reviewed to encourage positive eating habits, with 80% of our food prepared from scratch
- Good value for money and competitive pricing
- A wide range of fresh, wholesome and locally sourced products which include a range of fairly traded items. We also have a GM free policy
- Three weekly menus published to promote independent choice, all including vegetarian options
- All our menus are developed in consultation with South Gloucestershire Council's Health and Wellbeing team, as well as students themselves
- The same regular menu choices for free school meals students
- A clear audit trail across all of our sourcing and purchasing processes

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken and bacon carbonara Homemade quiche and new potatoes	Beef madras Vegetable madras	BBQ pulled pork and wedges Vegetable kebabs Pulled pork bap	Chicken balls Quorn balls	Fish fingers Omelette
Peas Sweetcorn Cheese shot	Rice Mango chutney		Rice Sweet and sour sauce	Chips

Join us every day for breakfast, tuck and lunch to enjoy fresh, home cooked food. In addition to our menu items, you can also choose from:

Pasta bar
Pizza bar
Fresh salads
Baguettes
Pudding of the day

Keep an eye out for our special days.

MEAL TIMETABLE

BREAKFAST Available 08:20 - 08:45

Hot and cold items available daily to include;

- | | | |
|---------------|-----------|-----------------|
| • Cereals | • Bacon | • Hash browns |
| • Yoghurt | • Sausage | • Toast |
| • Fresh fruit | • Beans | • Wrap/roll/bap |
| • Drinks | • Eggs | |

MID-MORNING SNACK Available 11:10 - 11:30

Hot and cold items available daily to include;

- | | | |
|---------------|----------------|------------|
| • Fresh Fruit | • Sausage roll | • Pastries |
| • Pizza | • Baguettes | • Drinks |

LUNCH Available 12:30 - 13:05

Hot and cold meal choices available daily to eat in the canteen. Alternatively, grab and go options are also available;

- | | | |
|-------------------------------|--|---------------------------|
| • Main meal (please see menu) | • Salad options | • Sandwiches |
| • Filled jacket potato | • Hot pasta & sauce (at Pasta Pitstop) | • Baguettes |
| | | • A selection of desserts |
| | | • Drinks |



Any questions or queries?

We'd like to take this opportunity to introduce you to our kitchen manager **Julia Rennick** who looks after our catering team at your school.

Please contact Julia on **01454 862915** and she'll be happy to discuss any questions you may have, including;

- Any queries about our school catering provision
- Your child's specific dietary requirements or allergies with regards to our menu options, as well as any special cultural or religious requests
- Information on the nutritional benefits of hot school meals.

