



# CHIPPING SODBURY SCHOOL MENU



Integra is the trading arm of South Gloucestershire Council

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 1	<b>MAINS</b>	Mexican chicken enchiladas served with a salad garnish Five bean chilli with wholegrain rice, sour cream and homemade nachos	Beef bolognese served with organic wholemeal pasta Quorn Swedish style meatball wrap with lettuce, tomato and red onion	Beef pie with mash Butternut squash and chickpea stew	Fully loaded chilli hotdog Organic pasta and cauliflower bake	MSC Crispy battered fish Quorn sausage in batter
	<b>SIDE</b>	Sweetcorn	Vinaigrette rainbow coleslaw	Mashed potatoes Seasonal vegetables	Herby diced potatoes Cucumber salsa	Fries Mushy peas or baked beans
	<b>ADD ON</b>	Cheese shot	Garlic doughballs Cheese shot		Cheese shot Onion rings	Battered sausage, curry sauce, cheese shot or a bread roll
	<b>JACKET POTATO</b>	Cheese, baked beans, tuna and sweetcorn mayo, coleslaw, chicken mayo	Cheese, baked beans, tuna and sweetcorn mayo, coleslaw, chicken mayo	Cheese, baked beans, tuna and sweetcorn mayo, coleslaw, chicken mayo	Cheese, baked beans, tuna and sweetcorn mayo, coleslaw, chicken mayo	Cheese, baked beans, tuna and sweetcorn mayo, coleslaw, chicken mayo
	<b>PASTA BAR</b>	Homemade basilica sauce	Homemade herby cheese sauce	Homemade pulled pork sauce	Homemade smoky pepperoni sauce	Homemade pomodoro sauce
WEEK 2	<b>MAINS</b>	Sweet and sour chicken Singapore style vegetable stir fry	Classic Italian style organic beef lasagne Cheese and onion quiche	Roast loin of pork with apple sauce and gravy Quorn sausages with gravy and Yorkshire pudding	Chicken schnitzel in a roll Vegetable chilli	Fish cakes Cauliflower cheese
	<b>SIDE</b>	Fried rice Carrot and cucumber salad	Potato wedges Sweetcorn	Roast potatoes Seasonal vegetables	Herby diced potatoes Lettuce, tomato and mayo	Fries Garden peas or baked beans
	<b>ADD ON</b>		Cheese shot Garlic herby bread	Stuffing Baguette or bap	Cheese shot Corn on the cob half	Curry sauce, meat pasty, cheese shot or a bread roll
	<b>JACKET POTATO</b>	Cheese, baked beans, tuna and sweetcorn mayo, coleslaw, chicken mayo	Cheese, baked beans, tuna and sweetcorn mayo, coleslaw, chicken mayo	Cheese, baked beans, tuna and sweetcorn mayo, coleslaw, chicken mayo	Cheese, baked beans, tuna and sweetcorn mayo, coleslaw, chicken mayo	Cheese, baked beans, tuna and sweetcorn mayo, coleslaw, chicken mayo
	<b>PASTA BAR</b>	Homemade tomato and mascarpone sauce	Homemade bacon and beans sauce	Homemade pizza pasta sauce	Homemade carbonara sauce	Homemade Mediterranean sauce
WEEK 3	<b>MAINS</b>	Sticky chicken drumsticks Roasted vegetable quesadillas and tomato sauce	All day brunch with sausage and bacon Two vegetarian sausages	Organic beef mince and butternut cottage pie Vegetable lasagne	Katsu curry with sticky rice Veggie burger in a bun with coriander and onion salad	MSC Crispy battered fish Veggie nuggets
	<b>SIDE</b>	Sauté potatoes Coleslaw	Any 3 from: scrambled egg, hash brown, roasted tomato, mushroom, beans or toast	Roast potatoes Seasonal vegetable	Corn on the cob	Fries Mushy peas or baked beans
	<b>ADD ON</b>	Cheese shot	Additional side		Garlic flat naan bread	Curry sauce, cheese shot, jumbo sausage or a bread roll
	<b>JACKET POTATO</b>	Cheese, baked beans, tuna and sweetcorn mayo, coleslaw, chicken mayo	Cheese, baked beans, tuna and sweetcorn mayo, coleslaw, chicken mayo	Cheese, baked beans, tuna and sweetcorn mayo, coleslaw, chicken mayo	Cheese, baked beans, tuna and sweetcorn mayo, coleslaw, chicken mayo	Cheese, baked beans, tuna and sweetcorn mayo, coleslaw, chicken mayo
	<b>PASTA BAR</b>	Homemade arrabiata sauce	Homemade smoked pepperoni sauce	Homemade pizza pasta sauce	Homemade sausage sauce	Homemade BBQ sauce
WEEK 4	<b>MAINS</b>	Classic hot dog with ketchup Fishless fingers	Mexican chili con carne served with wholegrain rice Open Cajun vegetables wrap with cheese and sour cream	Roast turkey with stuffing and gravy Creamy vegetable pie	Southern fried chicken Tempura vegetables	MSC Fish fingers Vegetable curry loaded chips
	<b>SIDE</b>	Potato wedges BBQ beans	Sweetcorn	Roast potatoes Seasonal vegetables	Rice'n'peas Coleslaw	Fries Garden peas or beans
	<b>ADD ON</b>	Cheese shot Crispy onions	Cheese shot Homemade nachos	Baguette or a bap	Corn on the cob BBQ sauce	Curry sauce, battered sausage chip shop gravy, cheese shot or a bread roll
	<b>JACKET POTATO</b>	Cheese, baked beans, tuna and sweetcorn mayo, coleslaw, chicken mayo	Cheese, baked beans, tuna and sweetcorn mayo, coleslaw, chicken mayo	Cheese, baked beans, tuna and sweetcorn mayo, coleslaw, chicken mayo	Cheese, baked beans, tuna and sweetcorn mayo, coleslaw, chicken mayo	Cheese, baked beans, tuna and sweetcorn mayo, coleslaw, chicken mayo
	<b>PASTA BAR</b>	Homemade chicken italiano sauce	Homemade zingy pepper sauce	Homemade pizza polo sauce	Homemade cheesy sauce	Homemade arrabiata sauce

**Available daily:**

**Breakfast:** Breakfast wraps, baguettes or rolls, pain au chocolate, hash browns, hot drinks

**Tuck:** toast, sausage rolls, mini pizza, cookies, baguettes, sandwiches, tray bakes

**Lunch:** Fresh fruit, organic yoghurt, selection of drinks, jacket potatoes, salad selection, sandwich selection, baguettes, hot panini/subs, pizza station, pasta station, meal deals,

hot or cold dessert of the day