Alliance in Partnership is at the forefront of promoting a healthy lifestyle. We believe that nutritious, healthy meals designed by students and teachers, with help from our staff of experts, enhance the curriculum and help children learn. Your menu offers a choice of fresh, healthy cooked food which meets the Government food based standards and has been nutritionally analysed to create balanced, healthy meals. Your menus retain the Food for Life Catering Mark and are freshly prepared using the finest, fresh and local ingredients:

- Red Tractor, Farm Assured British Meat from local butchers
- A selection of organic ingredients including: British Beef Mince, Eggs, Milk and Potatoes
- All fish products carry the MSC logo
- No undesirable additives and hydrogenated fats
- A variety of locally sourced fruit, vegetables, and Fair Trade bananas served fresh daily
- Creative Meat Free Mondays are used each month to promote sustainable living
- Whole grains and fruits used in all baked desserts
- All sauces enriched with vegetables to help increase the daily vegetable uptake
- Limits on added salt and sugar used in cooking and baking

# Food Allergies and Intolerances

If your child has been advised by their GP or Health Care Professional to follow a special diet please contact by calling 0121 420 3030 or email allergens@ainp.co.uk.

All allergen information relating to this menu is available on request.

### Free School Meals

If your child does not currently have a delicious healthy school meal what a great time to start! If you are in receipt of certain benefits your child may be eligible for a free school meal.

### **Our Mission Statement**

Deliver more than expected. Care more than expected. Quite simply we do not want to be just good we aim to deliver the best.

Alliance in Partnership Ltd
Suite 440, 4th Floor, West Wing, TriGate, 210–222 Hagley Road West, Oldbury, West Midlands, B68 ONP
Tel: 0121 420 3030
www.allianceinpartnership.co.uk













# Autumn/Winter Menu 2018/2019









WEEK 1 3rd Sep, 24th Sep, 15th Oct, 5th Nov, 26th Nov, 17th Dec, 7th Jan, 28th Jan

Monday	Tuesday	Wednesday	Thursday	Friday
Pork Meatballs with Tomato Sauce and Pasta	Chicken Korma with Rice	Beef Bolognaise with Pasta	Roast Chicken with Roast Potatoes and Gravy	Fish Fingers and Chips
Halal Beef Meatballs with Tomato Sauce and Pasta	Halal Chicken Korma with Rice	Halal Beef Bolognaise with Pasta	Halal Roast Chicken with Roast Potatoes and Gravy	Fish Fingers and Chips
Bombay Potato Bake	Pasta Primavera	Vegetable Biryani	Vegan Sausages with Roast Potatoes and Gravy	Veggie Samosa with Chips and Curry Sauce
Jacket Potato with Baked Beans, Cheese or Tuna Mayo				
Cauliflower Green Beans	Broccoli Carrots	Sweetcorn Peas	Carrots Cabbage	Peas Baked Beans
Chocolate Orange Mousse	Fruit Jelly	Fruit Crumble with Custard	Fruit Flapjack	Banana Muffin

WEEK 3 17th Sep. 8th Oct, 29th Oct, 19th Nov, 10th Dec, 31st Dec, 21st Jan, 11th Feb

Monday	Tuesday	Wednesday	Thursday	Friday
Crispy Chicken with Wedges	Pork and Apple Slice with Mashed Potatoes	Chilli Con Carne with Rice	Roast Chicken with Mashed Potatoes and Gravy	Salmon Fish Fingers and Chips
Halal Crispy Chicken with Wedges	Halal Beef and Vegetable Slice with Mashed Potatoes	Halal Chilli Con Carne with Rice	Halal Roast Chicken with Mashed Potatoes and Gravy	Salmon Fish Fingers and Chips
Veggie Burger in a Bun with Wedges	Vegetable Lasagne	Macaroni Cheese	Quiche with Parsley Potatoes	Cheese and Tomato Pizza with Chips
Jacket Potato with Baked Beans, Cheese or Tuna Mayo				
Carrots Green Beans	Broccoli Cauliflower	Sweetcorn Green Beans	Carrots Swede	Peas and Sweetcorn Baked Beans
Apple Custard Crunch	Chocolate Raspberry Crunch with Raspberry Custard	Fruit Jelly	Apple Cookie	Sticky Toffee Pudding with Custard

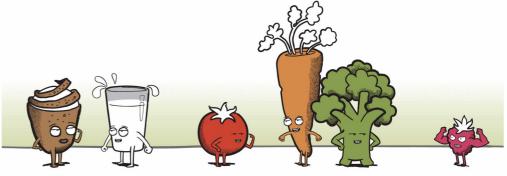
## WEEK 2 10th Sep, 1st Oct, 12th Nov, 3rd Dec, 14th Jan, 4th Feb

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Monday	Tuesday	Wednesday	Thursday	Friday
Pizza Bar with Crispy Diced Potatoes	Pork Sausages with Mashed Potatoes and Gravy	Beef Lasagne	Roast Chicken with Roast Potatoes and Gravy	Jumbo Fish Finger and Wedges
Halal Pizza Bar with Crispy Diced Potatoes	Halal Chicken Sausages with Mashed Potatoes and Gravy	Halal Beef Lasagne	Halal Roast Beef with Roast Potatoes and Gravy	Jumbo Fish Finger and Wedges
Frittata with Crispy Diced Potatoes	Vegan Sausages with Mashed Potatoes and Gravy	Baked Veggie Chimichanga	Vegetable Wellington with Roast Potatoes and Gravy	5 Bean Chilli Nachos with Wedges
Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo
Sweetcorn Green Beans	Carrots Curly Kale and Peas	Broccoli Cauliflower	Carrots Parsnips	Sweetcorn BBQ Baked Beans
Banoffee Pot	Chocolate and Pear Cake with Custard	St Clements Custard Pot	Iced Carrot Cookie Cake	Fruit Shortbread

A Gluten free and Dairy free menu is available on request, please email allergens@ainp.co.uk with the name of the school which your child will be attending. You will then be sent the Gluten or Dairy free standard menu for that school. For any further additional allergen requirements please email allergens@ainp.co.uk with the name of the school which your child will be attending.

Fresh seasonal salad and bread available daily.

Fresh fruit, yoghurt and fruit jelly available daily as an alternative to the dessert of the day.











Seafood with this mark comes from an MSC certified sustainable fishery. MSC-C-52628