

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

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

# LET'S BE FOOD SMART FOR BODY AND BRAIN

## Autumn/Winter Menu 2019



**WEEK 1 2nd Sept, 23rd Sept, 14th Oct, 4th Nov, 25th Nov, 16th Dec,**

Monday	Tuesday Italian Day	Wednesday	Thursday	Friday
Cheese and Pesto Pinwheel with Golden Rice (v)	Beef Bolognese with Pasta or Roasted Vegetable Lasagne (v)	Roast Chicken with Roast Potatoes and Gravy	Sweet and Sour Chicken with Rice	Fish and Chips
Vegetable Chow Mein (v)		Winter Vegetable Hot Pot (v)	Roasted Tomato Frittata (v)	BBQ Veggie Sausage and Chips (v)
Pasta Bar with Cheese or Tomato Sauce	Jacket Potato with Cheese or Tuna Mayo	Pasta Bar with Cheese or Tomato Sauce	Jacket Potato with Cheese or Tuna Mayo	Pasta Bar with Cheese or Tomato Sauce
Tuna, Egg Mayo or Cheese Baguette	Tuna, Egg Mayo or Cheese Baguette	Tuna, Egg Mayo or Cheese Baguette	Tuna, Egg Mayo or Cheese Baguette	Tuna, Egg Mayo or Cheese Baguette
Sweetcorn Broccoli	Green Beans Carrots	Peas Cauliflower	Broccoli Sweetcorn	Peas Baked Beans
Fruit Layer Slice	Apple Eve's Pudding	Fruit Jelly	Fresh Fruit Salad with Yoghurt and Honey	Winter Chocolate Brownie

**WEEK 2 9th Sept, 30th Sept, 11th Nov, 2nd Dec**

Monday All Day Breakfast	Tuesday	Wednesday Traditional	Thursday	Friday
Veggie Sausages (v) or Frittata (v) Served with Hash Browns and Baked Beans	BBQ Chicken Wrap with Vegetable Rice	Roast Turkey with Crispy Potatoes and Gravy	Keema Curry with Rice	Fish Fingers and Chips
	Creamy Roasted Tomato and Pesto Pasta Bake (v)	Winter Vegetable Wellington with Crispy Potatoes and Gravy (v)	Vegetable Biryani (v)	Cheese and Tomato French Bread Pizza with Chips (v)
Pasta Bar with Cheese or Tomato Sauce	Jacket Potato with Cheese or Tuna Mayo	Pasta Bar with Cheese or Tomato Sauce	Jacket Potato with Cheese or Tuna Mayo	Pasta Bar with Cheese or Tomato Sauce
Tuna, Egg Mayo or Cheese Baguette	Tuna, Egg Mayo or Cheese Baguette	Tuna, Egg Mayo or Cheese Baguette	Tuna, Egg Mayo or Cheese Baguette	Tuna, Egg Mayo or Cheese Baguette
Sweetcorn Roasted Tomatoes	Peas Green Beans	Carrots Parsnips	Cauliflower Broccoli	Peas Baked Beans
Fruit Jelly	Apple Crumble Slice	Iced Carrot Cake	Fresh Fruit Salad with Yoghurt and Honey	Sticky Toffee Cake

**WEEK 3 16th Sept, 7th Oct, 28th Oct, 18th Nov, 9th Dec**

Monday	Tuesday	Wednesday	Thursday Pizza Bar	Friday
Macaroni Cheese (v)	Chicken Sausages with Mashed Potatoes and Gravy	Roast Chicken with Roast Potatoes and Gravy	Cheese and Tomato Pizza (v) or Roasted Vegetable Pizza (v) Served with Crispy Potatoes	Battered Fish and Chips
Chickpea Curry with Rice (v)	Vegan Sausages with Mashed Potatoes and Gravy (v)	Vegetable Pot Pie with Roast Potatoes and Gravy (v)		Veggie Nuggets and Chips (v)
Pasta Bar with Cheese or Tomato Sauce	Jacket Potato with Cheese or Tuna Mayo	Pasta Bar with Bolognese Sauce	Jacket Potato with Cheese or Salmon Mayo	Pasta Bar with Cheese or Tomato Sauce
Tuna, Egg Mayo or Cheese Baguette	Tuna, Egg Mayo or Cheese Baguette	Tuna, Egg Mayo or Cheese Baguette	Tuna, Egg Mayo or Cheese Baguette	Tuna, Egg Mayo or Cheese Baguette
Whole Green Beans Cauliflower	Sweetcorn Broccoli	Carrots Cabbage	Sweetcorn Mixed Peppers	Peas Baked Beans
Oat Cookie	Lemon Drizzle Cake	Fruit Jelly	Fresh Fruit Salad with Yoghurt and Honey	Pear and Chocolate Sponge

**(v) Vegetarian option**

Fresh seasonal salad and bread available daily.

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

**Allergens**

A gluten free and dairy free menu is available on request, please email [allergens@ainp.co.uk](mailto:allergens@ainp.co.uk) please detail on the email, the name of the school your child will be attending. You will then be sent the Gluten or Dairy free menu for that school, you have to complete the menu choice and return to [allergens@ainp.co.uk](mailto:allergens@ainp.co.uk) - should no menu be returned your child will not receive an allergy free menu . If your child has multiple allergies, please email [allergens@ainp.co.uk](mailto:allergens@ainp.co.uk) and we will talk directly to you.

All our food is prepared in a kitchen where gluten and other allergens are present and our menu descriptions do not include all ingredients. We have a nut free policy in all of our kitchens. If you have a food allergy, please let us know before ordering. All allergen information is available on request from the kitchen.

**Coconut**

Coconut is not considered a nut and does not fall into the peanut or tree nut allergy categories. We do use coconut in our kitchens.