

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 served here award and are freshly prepared using the finest, fresh and local ingredients:

- Red Tractor, Farm Assured British Meat from local butchers
- 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. If you would like more information please visit our website.
- 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

## Spring/Summer Menu 2020



**IF YOUR SCHOOL RETURNS AFTER EASTER HOLIDAYS ON MONDAY 27TH APRIL  
YOUR MENU RUN WILL START ON WEEK 2.**

**WEEK 1** 20th Apr, 11th May, 1st Jun, 22nd Jun, 13th Jul, 31st Aug, 21st Sept, 12th Oct

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pizza Bar</b> A Selection of Homemade Veggie Pizza on a Wholemeal Base (v)	Beef Bolognese with Pasta	Roast Chicken with Roast Potatoes and Gravy	Sweet and Sour Chicken with Rice	Fish and Chips
	Vegetable Bolognese with Pasta (v)	Vegetable Sausage with Roast Potatoes and Gravy (v)	Vegetable Chilli Nachos with Rice (v)	1/2 Hot Cheese Baguette with Chips (v)
Pasta with Nut Free Pesto or Plain Pasta	Jacket Potato with Cheese or Tuna Mayo	Pasta with Cheese Sauce or Plain Pasta	Jacket Potato with Cheese or Tuna Mayo	Pasta with Beef Bolognese or Plain Pasta
Baguette with Tuna Mayo or Cheese	Baguette with Egg Mayo or Cheese	Baguette with Tuna Mayo or Cheese	Baguette with Egg Mayo or Cheese	Baguette with Tuna Mayo or Cheese
Sweetcorn Green Beans	Mixed Vegetables	Carrots Cauliflower	Broccoli Spring Cabbage	Peas Baked Beans
Peach Cake	Jelly with Fresh Oranges	Raspberry Shortbread	Ice Cream and Fresh Fruit	Chocolate Berry Cake with Custard

**WEEK 2** 27th Apr, 18th May, 8th Jun, 29th Jun, 7th Sep, 28th Sept, 19th Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Roasted Tomato and Pesto Pasta (v)	Beef Sausage with Mashed Potatoes and Gravy	Roast Chicken with Roast Potatoes and Gravy	Chicken Korma with Rice	Fish and Chips
Cheese and Tomato Pizza on a Wholemeal Base (v)	Vegan Sausage with Mashed Potatoes and Gravy (v)	Broccoli and Cauliflower Cheese with Roast Potatoes (v)	Sweet Potato Dahl with Naan Bread (v)	Pasta with Nut Free Pesto or Plain Pasta (v)
Jacket Potato with Cheese or Tuna Mayo	Pasta with Cheese Sauce or Plain Pasta	Jacket Potato with Cheese or Tuna Mayo	Pasta with Tomato Sauce	Jacket Potato with Cheese or Tuna Mayo
Baguette with Tuna Mayo or Cheese	Baguette with Egg Mayo or Cheese	Baguette with Tuna Mayo or Cheese	Baguette with Egg Mayo or Cheese	Baguette with Tuna Mayo or Cheese
Carrots Peas	Broccoli Cauliflower	Carrots Cabbage	Farmhouse Mixed Vegetables	Peas Baked Beans
Iced Carrot Cake	Jelly and Fresh Fruit	Chocolate Crispy Cake	Ice Cream and Fresh Fruit	St Clements Cake

**WEEK 3** 4th May, 15th Jun, 6th Jul, 14th Sept, 5th Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese (v)	Beef Burger with Crispy Diced Potatoes	Roast Chicken with Roast Potatoes and Gravy	Beef Bolognese with Pasta	Fish and Chips
Vegetable Pasta Bake (v)	Veggie Burger with Crispy Diced Potatoes (v)	Spring Vegetable Parcel with Roast Potatoes and Gravy (v)	Spring Vegetable Lasagne (v)	Cheese and Tomato Quesadilla with Chips (v)
Jacket Potato with Cheese or Tuna Mayo	Pasta with Tomato Sauce or Plain Pasta	Pasta with Nut Free Pesto or Plain Pasta	Jacket Potato with Cheese or Tuna Mayo	Jacket Potato with Cheese or Salmon Mayo
Baguette with Tuna Mayo or Cheese	Baguette with Egg Mayo or Cheese	Baguette with Tuna Mayo or Cheese	Baguette with Egg Mayo or Cheese	Baguette with Tuna Mayo or Cheese
Broccoli Carrots	Mixed Vegetables	Carrots Spring Cabbage	Sweetcorn Green Beans	Peas Baked Beans
Fruit Flapjack	Ruby Chocolate Brownie	Ice Cream and Fresh Fruit	Fruit Jelly	Lemon Drizzle Cake

**(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.**