

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 complete our Special Diet Information Form available from your school.

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.

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FOOD Be More **D**
SMART
FOR BODY AND BRAIN

**Autumn/Winter
2022/23**



WEEK 1 - 31st Oct, 21st Nov, 12th Dec, 2nd Jan, 23rd Jan, 13th Feb, 6th Mar, 27th Mar

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese (v)	Chicken and Vegetable Stew with a Filo Twist and Mashed Potatoes	Roast of the Day with Roast Potatoes and Gravy	Meat Pizza	Fish of the Day and Chips
Vegetable Pilaf (v)	Vegetarian Cottage Pie (v)	BBQ Quorn Fillet with Roast Potatoes (v)	Veggie Pizza (v)	Veggie Plait and Chips (v)
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Pasta with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Pasta with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw
Deli Option with Ham, Tuna Mayo, Egg Mayo or Cheese	Deli Option with Ham, Tuna Mayo, Egg Mayo or Cheese	Deli Option with Ham, Tuna Mayo, Egg Mayo or Cheese	Deli Option with Ham, Tuna Mayo, Egg Mayo or Cheese	Deli Option with Tuna Mayo, Egg Mayo or Cheese
Hot Seasonal Vegetables				
Apple Shortbread	Autumn Fruit Crumble with Custard	Ruby Chocolate Cake	Fruit Jelly	Fruit with Custard
Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt

WEEK 3 - 14th Nov, 5th Dec, 26th Dec, 16th Jan, 6th Feb, 27th Feb, 20th Mar

Monday	Tuesday	Wednesday	Thursday	Friday
Vegan Sausage Roll with Wedges (v)	Beef Bolognese with Pasta	Roast of the Day with New Potatoes and Gravy	Mild Beef Chilli Nachos with Brown Rice	Fish of the Day and Chips
Sweet and Sour Veggie Noodles with Edamame (v)	Veggie Biryani (v)	Vegan Quorn Fillet with New Potatoes and Gravy (v)	Cheesy Baked Mediterranean Gnocchi (v)	Cheese Toastie and Chips (v)
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Pasta with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Pasta with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese, Salmon Mayo or Coleslaw
Deli Option with Ham, Tuna Mayo, Egg Mayo or Cheese	Deli Option with Ham, Tuna Mayo, Egg Mayo or Cheese	Deli Option with Ham, Tuna Mayo, Egg Mayo or Cheese	Deli Option with Ham, Tuna Mayo, Egg Mayo or Cheese	Deli Option with Tuna Mayo, Egg Mayo or Cheese
Hot Seasonal Vegetables				
Raspberry and Coconut Flapjack	Sticky Toffee Pudding with Custard	Jelly	Chocolate Crispy Cake	Fruit with Custard
Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt

WEEK 2 - 7th Nov, 28th Nov, 19th Dec, 9th Jan, 30th Jan, 20th Feb, 13th Mar

Monday	Tuesday	Wednesday	Thursday	Friday
Veggie Lasagne (v)	Pork Sausage with Mashed Potatoes and Gravy	Roast of the Day with Roast Potatoes and Gravy	Chicken Korma with Brown Rice	Fish of the Day and Chips
5 Bean Chilli Nachos (v)	Vegan Sausage with Mashed Potatoes and Gravy (v)	Vegetable Wellington with Roast Potatoes and Gravy (v)	Vegetable Frittata with Salad (v)	Cheese and Tomato Pizza with Chips (v)
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Pasta with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Pasta with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw
Deli Option with Ham, Tuna Mayo, Egg Mayo or Cheese	Deli Option with Ham, Tuna Mayo, Egg Mayo or Cheese	Deli Option with Ham, Tuna Mayo, Egg Mayo or Cheese	Deli Option with Ham, Tuna Mayo, Egg Mayo or Cheese	Deli Option with Tuna Mayo, Egg Mayo or Cheese
Hot Seasonal Vegetables				
Apple Cinnamon Loaf	Fruit Jelly	Autumnal Iced Cake	Cookie	Fruit with Custard
Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt

(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.

Special Diets

A dairy free, gluten free and egg free menu is available on request. Please complete the special diets information form available from your school. On return we will issue you with a specific menu for you to make your choices from. For students with multiple allergen requirements or more complex special diets we will liaise with our team of nutritionists.

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.