

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

Spring/Summer 2023



WEEK 1 - 17th Apr, 8th May, 29th May, 19th Jun, 10th Jul, 4th Sep, 25th Sep, 16th Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese and Tomato Pizza (v)	Mild Chilli con Carne with Brown Rice	Roast of the Day with New Potatoes and Gravy	Sausage Pasta Bake	Fish Fingers and Chips
Chickpea and Spinach Curry with Rice (v)	Lentil Cottage Pie (v)	Cheese and Potato Pasty (v)	BBQ Vegan Meatball Wrap (v)	Veggie Nuggets and Chips (v)
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw
Pasta with Tomato Sauce	Pasta with Tomato Sauce	Pasta with Tomato Sauce	Pasta with Tomato Sauce	Pasta with Tomato Sauce
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 Ham, Tuna Mayo, Egg Mayo or Cheese
Hot Seasonal Vegetables				
Lemon Drizzle Cake Fruit/Yoghurt	Fruit Jelly Fruit/Yoghurt	Mousse Fruit/Yoghurt	Ginger Cake Fruit/Yoghurt	Fruit Turnover Fruit/Yoghurt

WEEK 3 - 1st May, 22nd May, 12th Jun, 3rd Jul, 24th Jul, 18th Sep, 9th Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese and Bean Slice with Wedges (v)	Chicken, Leek and Sweetcorn Pasta	Roast of the Day with New Potatoes and Gravy	BBQ Chicken with Rice	Fish Fingers and Chips
Roasted Tomato and Basil Pasta (v)	Veggie Biryani (v)	Vegan Sausage with New Potatoes and Gravy (v)	Broccoli and Cauliflower Cheese Rice Bake (v)	Samosa and Chips (v)
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Salmon Mayo or Coleslaw
Pasta with Tomato Sauce	Pasta with Tomato Sauce	Pasta with Tomato Sauce	Pasta with Tomato Sauce	Pasta with Tomato Sauce
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 Ham, Tuna Mayo, Egg Mayo or Cheese
Hot Seasonal Vegetables				
Fruit Shortbread Fruit/Yoghurt	Iced Carrot Cake Fruit/Yoghurt	Jelly Fruit/Yoghurt	Summer Loaf Fruit/Yoghurt	Fruit Cheesecake Fruit/Yoghurt

WEEK 2 - 24th Apr, 15th May, 5th Jun, 26th Jun, 17th Jul, 11th Sep, 2nd Oct, 23rd Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese (v)	Butter Chicken Curry with Brown Rice	Roast of the Day with Roast Potatoes and Gravy	Beef Bolognese with Pasta	Fish Fingers and Chips
Sweet Potato and Bean Chilli with Jacket Wedges (v)	Veggie Enchilada (v)	Vegan Sausage with Roast Potatoes and Gravy (v)	Roasted Vegetable and Mozzarella Tray Bake with Rice (v)	Onion Bhaji with Chutney and Chips (v)
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw
Pasta with Tomato Sauce	Pasta with Tomato Sauce	Pasta with Tomato Sauce	Pasta with Tomato Sauce	Pasta with Tomato Sauce
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 Ham, Tuna Mayo, Egg Mayo or Cheese
Hot Seasonal Vegetables				
Summer Cake Fruit/Yoghurt	Fruit Jelly Fruit/Yoghurt	Fruit Flapjack Fruit/Yoghurt	Chocolate Kale Brownie Fruit/Yoghurt	Fruit Mousse 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.