

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 0NP

Tel: 0121 420 3030

www.allianceinpartnership.co.uk



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 2017/2018



WEEK 1 1st Jan, 22nd Jan, 12th Feb, 5th March, 26th March

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato Pasta Bake Lentils and vegetables cooked in a homemade tomato sauce and baked with pasta and cheese	Beef Sausages with Mashed Potatoes and Gravy Red Tractor beef sausages with mashed potatoes and gravy	Chicken Curry with Pilau Rice Chicken and vegetables cooked in a homemade curry sauce, served with pilau rice	Roast Chicken with Roast Potatoes and Gravy Red Tractor roast chicken served with roast potatoes and gravy	Ham and Cheese Pizza with Chips and Ketchup Ham and cheese baked with homemade tomato sauce on a 50% wholemeal pizza base, served with chips and tomato ketchup
Tuna Jacket Melt Jacket skins filled with tuna and cheese	Thai Fish Curry with Coconut Rice Sustainably sourced fish cooked with vegetables in a yellow curry sauce, served with coconut rice	Fish Pie with Creamy Mashed Potatoes Sustainably sourced fish cooked in a homemade white sauce, topped with creamy mashed potatoes	Herb Crusted Whitefish with Roast Potatoes and Lemon Sauce Sustainably sourced whitefish baked with a herb crust, served with roast potatoes and lemon sauce	Fish Fingers with Chips and Ketchup Sustainably sourced breaded fish fingers served with chips and tomato ketchup
Chick Pea Biryani Chick peas and vegetables cooked in rice with Indian spices	Vegetarian Sausages with Mashed Potatoes and Gravy Vegan sausages served with mashed potatoes and gravy	Vegetarian Moussaka Homemade tomato sauce layered with aubergine, topped with sliced potatoes and cheesy white sauce	Vegetable Wellington with Roast Potatoes and Gravy Mixed beans and roasted tomatoes wrapped in puff pastry, served with roast potatoes and gravy	1/2 Cheese and Tomato Panini with Chips and Ketchup Cheese and tomatoes in a panini, served with Chips and tomato ketchup
Veggie Rice Stir Fry	Jacket Potato with Baked Beans or Cheese	Oriental Veggie Noodles	Jacket Potato with Baked Beans or Cheese	Tomato Pasta
Sweetcorn Green Beans	Broccoli Carrots	Peas Cauliflower	Carrots Cabbage	Peas Baked Beans
Daily Salad Bar with Fresh Leaves, Cucumbers, Tomatoes, Carrots, Celery and Peppers with a selection of Egg, Beetroot, Cous Cous, Coleslaw and Carrot Salad.				
Lemon Drizzle Cake or Fruit Salad with Yoghurt	Fruit Jelly or Fruit Platter with Yoghurt	Fruit Crumble with Custard or Fruit Salad with Yoghurt	Oaty Apple Cookie or Fruit Platter with Yoghurt	Chocolate Loaf or Fruit Salad

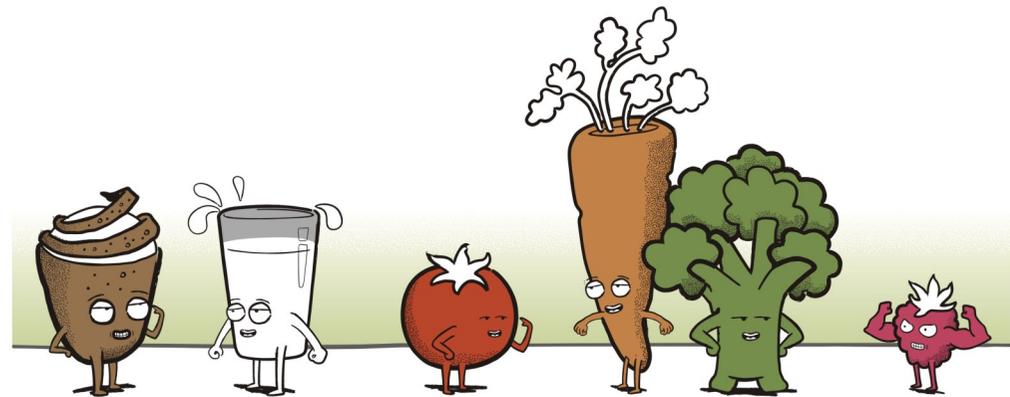
WEEK 2 8th Jan, 29th Jan, 12th March

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese Macaroni tubes baked with a homemade cheese sauce	Beef Burger with Wedges Red Tractor beef burger in a floured bap served with wedges	Beef Lasagne Organic minced beef and vegetables cooked in a homemade tomato sauce, layered with lasagne sheets and topped with a creamy white sauce. Served with crusty bread	Roast Pork with Mashed Potatoes and Gravy Red Tractor roast pork served with mashed potatoes and gravy	BBQ Chicken Drumstick with Chips and Ketchup Red Tractor chicken drumstick covered in BBQ sauce served with chips and tomato ketchup
Salmon Fishcakes with New Potatoes Sustainably sourced salmon fishcakes served with new potatoes	Tuna Pasta Bake Tuna and vegetables cooked in a homemade tomato sauce and baked with pasta and cheese	Fish Paella Sustainably sourced fish and vegetables cooked in Spanish spices with rice	Steamed Whitefish with Roast Potatoes and Tomato Sauce Sustainably sourced steamed whitefish, served with roast potatoes and tomato sauce	Breaded Fish and Chips and Ketchup Sustainably sourced breaded fish served with chips and tomato ketchup
Spanish Frittata with New Potatoes Eggs and peas baked with potatoes, served with new potatoes	BBQ Veggie Sausages with Wedges Vegan sausages cooked in a homemade BBQ sauce, served with wedges	Vegetable Hotpot with Crusty Bread Mixed beans and vegetables cooked in a rich tomato gravy and topped with sliced potatoes. Served with crusty bread	Leek and Potato Gratin Leeks and potatoes baked in a homemade white sauce and topped with cheese	Veggie Curry with Rice or Chips and Ketchup Curry made with seasonal vegetables served with rice or chips and tomato ketchup
Jacket Potato with Baked Beans or Cheese	Nut Free Pesto Pasta	Jacket Potato with Baked Beans or Cheese	Veggie Cous Cous	Jacket Potato with Tuna Mayo or Cheese
Carrots Green Beans	Coleslaw Baked Beans	Peas Leeks	Carrots Broccoli	Sweetcorn Baked Beans
Daily Salad Bar with Fresh Leaves, Cucumbers, Tomatoes, Carrots, Celery and Peppers with a selection of Egg, Beetroot, Cous Cous, Coleslaw and Carrot Salad.				
Fruit Flapjack or Fruit Salad with Yoghurt	Iced Carrot Cake or Fruit Platter with Yoghurt	Bananas with Custard or Fruit Salad with Yoghurt	Fruit Jelly or Fruit Platter with Natural Yoghurt	Chocolate Crispy Cake or Cheese and Crackers with Fresh Fruit

WEEK 3 15th Jan, 5th Feb, 26th Feb, 19th March

Monday	Tuesday	Wednesday	Thursday	Friday
Hot Cheese Panini with Nut Free Pesto Pasta Cheese baked in panini bread and served with nut free pesto pasta	Beef Nacho Bake with Rice Organic minced beef and vegetables cooked in a Mexican tomato sauce, topped with tortillas and cheese. Served with rice	Beef Meatballs in Tomato Sauce with Pasta Red Tractor beef meatballs served with homemade tomato sauce and pasta	Roast Gammon with Roast Potatoes and Gravy Red Tractor roast gammon served with roast potatoes and gravy	Chicken and Sweetcorn Pizza with Chips and Ketchup Red Tractor chicken and sweetcorn baked on a 50% wholemeal pizza base, served with chips and tomato ketchup
Creamy Salmon Tagliatelle Sustainably sourced salmon cooked in a creamy tomato sauce, served with tagliatelle	Oriental Fish Noodle Stir Fry Sustainable fish and vegetables stir fried with noodles in a homemade oriental sauce	Fish Hotpot Sustainable fish and vegetables cooked in a rich gravy and topped with sliced potatoes	Salmon and Broccoli Quiche with Roast Potatoes Sustainable salmon and broccoli baked with eggs in a homemade pastry crust, served with roast potatoes	Tuna Melt Baguette with Chips and Ketchup Tuna and cheese cooked in a soft baguette, served with chips and tomato ketchup
Falafel with Hummus and Pitta Falafel and hummus served with a toasted pitta bread	Sweet Potato and Chick Pea Curry with Rice Sweet potatoes and chick peas cooked in a homemade curry sauce, served with rice	Vegetable Lasagne with Crusty Bread Homemade tomato sauce layered with lasagne sheets and baked with a cheesy white sauce. Served with crusty bread	Quiche with Roast Potatoes Seasonal vegetables baked with eggs in a homemade pastry crust, served with roast potatoes	Cheese and Tomato Pizza with Chips and Ketchup Homemade tomato sauce and cheese baked on a 50% wholemeal pizza base, served with chips and tomato ketchup
Pasta with Tomato Sauce	Jacket Potato with Baked Beans or Cheese	Veggie Rice Stir Fry	Jacket Potato with Baked Beans or Cheese	Veggie Noodle Stir Fry
Mixed Vegetables	Broccoli Cauliflower	Peas Sweetcorn	Carrots Green Beans	Baked Beans Peas
Daily Salad Bar with Fresh Leaves, Cucumbers, Tomatoes, Carrots, Celery and Peppers with a selection of Egg, Beetroot, Cous Cous, Coleslaw and Carrot Salad.				
Shortbread Fingers or Fruit Salad with Yoghurt	Chocolate Mousse or Fruit Platter with Yoghurt	Sticky Toffee Pudding with Custard or Fruit Salad with Yoghurt	Raspberry Coconut Slice or Fruit Platter with Yoghurt	Blueberry Cake or Fruit Salad

Fresh seasonal salad and bread available daily.
Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.
Allergy information available on request.



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