

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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# LET'S BE FOOD SMART FOR BODY AND BRAIN

## Spring/Summer 2021

Please note that due to the current Coronavirus COVID-19 pandemic this menu may change due to minimised staffing / social distancing measures / supply constraints that may still be in place.



**WEEK 1 – 19<sup>th</sup> Apr, 10<sup>th</sup> May, 31<sup>st</sup> May, 21<sup>st</sup> Jun, 12<sup>th</sup> Jul, 30<sup>th</sup> Aug, 20<sup>th</sup> Sep, 11<sup>th</sup> Oct**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pizza Bar</b> A Selection of Homemade Veggie Pizza on a Wholemeal Base (v)	Italian Pork Meatballs in a Homemade Tomato Sauce with Pasta	Roast Chicken with Roast Potatoes and Gravy	BBQ Beef Wrap	Fish Fingers and Chips
Chickpea and Spinach Curry with Rice (v)	Roast Vegetable Pasta Bake (v)	Vegan Sausage with Roast Potatoes and Gravy (v)	Spring Vegetable Hot Pot (v)	Cheese and Baked Bean Slice with Chips (v)
Pasta with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Pasta with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Pasta with Tomato Sauce and Cheese
Sweetcorn Green Beans	Mixed Vegetables	Carrots Cauliflower	Broccoli Spring Cabbage	Peas Baked Beans
Raspberry and Coconut Flapjack	Peach Eve's Pudding	Fruit Cookie	Marble Berry Cake with Custard	Jelly and Fresh Fruit

**WEEK 2 – 26<sup>th</sup> Apr, 17<sup>th</sup> May, 7<sup>th</sup> Jun, 28<sup>th</sup> Jun, 19<sup>th</sup> Jul, 6<sup>th</sup> Sep, 27<sup>th</sup> Sep, 18<sup>th</sup> Oct**

Monday	Tuesday	Wednesday	Thursday	Friday
Veggie Bolognese with Pasta (v)	Pork Sausage with Mashed Potatoes and Gravy	Roast Gammon 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)	Lentil and Vegetable Shepherdess Pie (v)	Vegetable Chow Mein (v)	Cheese and Onion Pasty with Chips (v)
Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Pasta with Tomato Sauce and Cheese	Pasta with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Pasta with Tomato Sauce and Cheese
Carrots Peas	Broccoli Cauliflower	Carrots Cabbage	Farmhouse Mixed Vegetables	Peas Baked Beans
St Clements Sponge	Iced Carrot Cake	Chocolate Crispy Cake	Fruit Crumble with Custard	Jelly and Fresh Fruit

**WEEK 3 – 12<sup>th</sup> Apr, 3<sup>rd</sup> May, 24<sup>th</sup> May, 14<sup>th</sup> Jun, 5<sup>th</sup> Jul, 13<sup>th</sup> Sep, 4<sup>th</sup> Oct, 25<sup>th</sup> Oct**

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese (v)	Mild Chilli con Carne with Rice and Nachos	Roast Chicken with New Potatoes and Gravy	Beef Burger with Potato Wedges	Fish Fingers and Chips
Savoury Vegetable Rice (v)	Sweet Potato Dahl with Naan Bread (v)	Cheese and Potato Pie (v)	Veggie Burger with Potato Wedges (v)	Cheese and Tomato Pinwheel with Chips (v)
Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Pasta with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Pasta with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese or Salmon Mayo
Broccoli Carrots	Mixed Vegetables	Carrots Spring Cabbage	Sweetcorn Green Beans	Peas Baked Beans
Fruit Flapjack	Sticky Toffee Pudding with Custard	Summer Eve's Pudding	Chocolate Shortbread	Jelly and Fresh Fruit

**(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.**