

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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## Autumn/Winter Menu 2023/24



**IF YOUR SCHOOL RETURNS AFTER OCTOBER HALF TERM ON  
MONDAY 6th NOVEMBER YOUR MENU RUN WILL START ON WEEK 2.**

**WEEK 1 - 30th Oct, 20th Nov, 11th Dec, 1st Jan, 22nd Jan, 12th Feb, 4th Mar, 25th Mar**

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
| Margherita Pizza (v)  | Cottage Pie   | Roast Chicken with Roast Potatoes and Gravy                   | Chicken Wrap with Mexican Rice                                | Fish and Chips  |
| Broccoli and Cheese Bake with Rice (v)                        | Shepherdess Pie (v)   | Quorn Fillet with Roast Potatoes and Gravy (v)                | Cheese and Tomato Quesadilla with Mexican Rice (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 |
| Deli Option with Ham, Cheese, Tuna Mayo or Egg Mayo           | Deli Option with Ham, Cheese, Tuna Mayo or Egg Mayo           | Deli Option with Ham, Cheese, Tuna Mayo or Egg Mayo           | Deli Option with Ham, Cheese, Tuna Mayo or Egg Mayo           | Deli Option with Cheese, Tuna Mayo or Egg Mayo                |
| Hot Seasonal Vegetables                                       |   |   |   |   |
| Iced Carrot Cake  | Flapjack  | Vegan Autumn Cake   | Jelly Crunch Pot  | Fruit Mousse  |
| Fruit/Yoghurt   | Fruit/Yoghurt   | Fruit/Yoghurt   | Fruit/Yoghurt   | Fruit/Yoghurt   |

**WEEK 3 - 13th Nov, 4th Dec, 25th Dec, 15th Jan, 5th Feb, 26th Feb, 18th Mar**

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
| Ratatouille Pasta Bake (v)                                    | Meat Feast Pizza  | Roast Chicken with Roast Potatoes and Gravy                   | Bolognese with Pasta  | Fish and Chips  |
| Vegetarian Sausage and Bean Hotpot (v)                        | Veggie Pizza (v)  | Vegetable Curry with Bombay Potatoes (v)                      | Mushroom and Spinach Enchilada (v)                            | Cheese and Tomato Pinwheel with 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 |
| Deli Option with Ham, Cheese, Tuna Mayo or Egg Mayo           | Deli Option with Ham, Cheese, Tuna Mayo or Egg Mayo           | Deli Option with Ham, Cheese, Tuna Mayo or Egg Mayo           | Deli Option with Ham, Cheese, Tuna Mayo or Egg Mayo           | Deli Option with Cheese, Tuna Mayo or Egg Mayo                  |
| Hot Seasonal Vegetables                                       |   |   |   |   |
| Sticky Orange Cake  | Oat Fruit Slice   | Fruit Crumble with Custard                                    | Cinnamon Fruit Pudding  | Chocolate Mousse  |
| Fruit/Yoghurt   | Fruit/Yoghurt   | Fruit/Yoghurt   | Fruit/Yoghurt   | Fruit/Yoghurt   |

**WEEK 2 - 6th Nov, 27th Nov, 18th Dec, 8th Jan, 29th Jan, 19th Feb, 11th Mar**

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
| Macaroni Cheese (v)   | Pork Sausage and Mashed Potatoes                              | Roast Chicken with Roast Potatoes and Gravy                   | Beef Lasagne  | Fish and Chips  |
| Mild Chickpea Coconut Curry with Rice (v)                     | Vegan Sausage and Mashed Potatoes (v)                         | Roasted Vegetable Tart with Roast Potatoes and Gravy (v)      | Vegetable and Mozzarella Traybake with Rice (v)               | Vegan Katsu 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 |
| Deli Option with Ham, Cheese, Tuna Mayo or Egg Mayo           | Deli Option with Ham, Cheese, Tuna Mayo or Egg Mayo           | Deli Option with Ham, Cheese, Tuna Mayo or Egg Mayo           | Deli Option with Ham, Cheese, Tuna Mayo or Egg Mayo           | Deli Option with Cheese, Tuna Mayo or Egg Mayo                |
| Hot Seasonal Vegetables                                       |   |   |   |   |
| Vegan Sweet Potato and Ginger Cake                            | Fruit Shortbread  | Berry Crumble Traybake  | Vegan Chocolate Brownie                                       | Fruit Yoghurt Fool  |
| 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.**