

**WEEK 1** 4th Sep, 25th Sep, 16th Oct, 13th Nov, 4th Dec, 22nd Jan

Monday	Tuesday	Wednesday	Thursday	Friday
Pork Sausages with Mashed Potatoes and Gravy	Chicken Korma with Rice	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Beef Bolognese with Pasta	Breaded Fish or Fish Fingers and Chips
Tomato Pasta Bake	Vegetarian Sausages with Mashed Potatoes and Gravy	Veggie Casserole with Roast Potatoes and Gravy	Savoury Vegetable Rice	Vegetable Curry with Chips
Jacket Potato with Baked Beans, Cheese, or Tuna Mayo Seasonal Vegetables	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo Seasonal Vegetables	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo Seasonal Vegetables	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo Seasonal Vegetables	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo Seasonal Vegetables
Lemon Drizzle Cake with Custard	Fruit Jelly with Ice Cream	Oaty Apple Cookie with Custard	Fruit Crumble with Custard	Chocolate Loaf with Custard

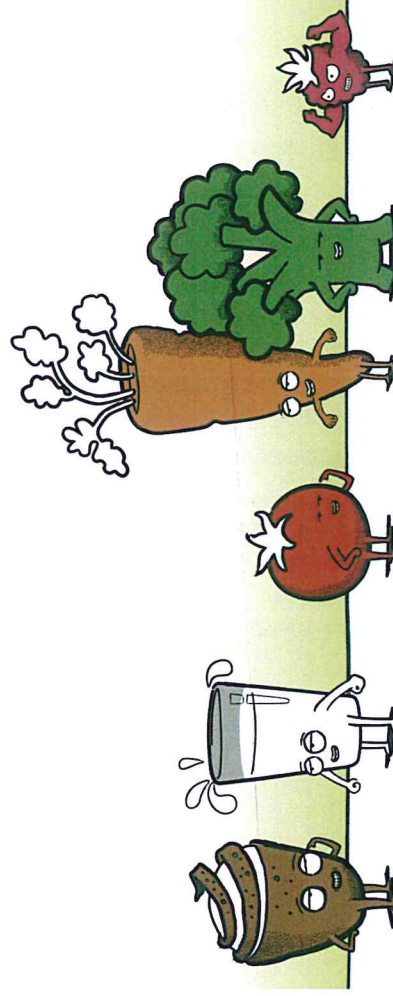
**WEEK 2** 11th Sep, 2nd Oct, 30th Oct, 20th Nov, 11th Dec, 8th Jan, 29th Jan

Monday	Tuesday	Wednesday	Thursday	Friday
Veggie Sausage Roll with Parsley Potatoes and Gravy	Breaded Chicken with Wedges	Roast Pork with Stuffing, Mashed Potatoes and Gravy	Beef Lasagne	Breaded Fish or Fish Fingers with Chips
Cheesy Pasta Bake	Vegetable Omelette with Wedges	Cheese and Potato Pie	Veggie Goujons with New Potatoes	Vegetable Hot Pot
Jacket Potato with Baked Beans, Cheese, or Tuna Mayo Seasonal Vegetables	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo Seasonal Vegetables	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo Seasonal Vegetables	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo Seasonal Vegetables	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo Seasonal Vegetables
Fruity Flapjack with Custard	Iced Carrot Cake with Custard	Fruit Jelly with Ice Cream	Apple Sponge with Custard	Chocolate Crispy Cake with Custard

**WEEK 3** 18th Sep, 9th Oct, 6th Nov, 27th Nov, 18th Dec, 15th Jan, 5th Feb

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken and Tomato Pasta	Cottage Pie	Roast Gammon with Roast Potatoes and Gravy	Pork Meatballs in Tomato Sauce with Pasta	Fish Pie
Cheesy Bean Slice	Quiche with New Potatoes	Vegetable Lasagne	Sweet Potato and Chick Pea Curry with Rice	Cheese and Tomato Pizza with Chips
Jacket Potato with Baked Beans, Cheese, or Tuna Mayo Seasonal Vegetables	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo Seasonal Vegetables	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo Seasonal Vegetables	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo Seasonal Vegetables	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo Seasonal Vegetables
Shortbread Fingers with Custard	Chocolate Mousse	Raspberry Coconut Slice with Custard	Sticky Toffee Pudding with Custard	Blueberry Cake with Custard

**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

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 [allergense@inp.co.uk](mailto:allergense@inp.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

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**SCHOOL FOOD TRUST**

Eat Better Do Better



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ARE YOU FOOD SMART?



# LET'S BE FOOD SMART

FOR BODY AND BRAIN

## Autumn/Winter Menu

# 2017/2018