

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](mailto: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.

# LET'S BE FOOD SMART

FOR BODY AND BRAIN

## Spring/Summer Menu 2019

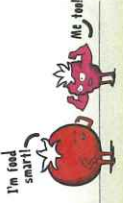
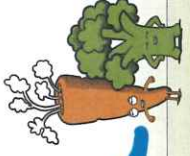
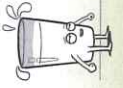
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**SCHOOL FOOD TRUST**  
Eat Better Do Better



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



**WEEK 1** 25th Feb, 18th Mar, 29th Apr, 20th May, 10th Jun, 1st Jul,  
22nd Jul, 2nd Sept, 23rd Sept, 14th Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Crispy Chicken with Crispy Potatoes	Beef Bolognese with Pasta	Beef Sausage in a Bun with Baked Beans	Roast Chicken with Roast Potatoes and Gravy	Fish and Chips
Halal Crispy Chicken with Crispy Potatoes	Halal Beef Bolognese with Pasta	Halal Beef Sausage in a Bun with Baked Beans	Halal Roast Chicken with Roast Potatoes and Gravy	Fish and Chips
Sweet Potato Samosa with Crispy Potatoes (v)	Vegetable Pasta Bake (v)	Veggie Sausage in a Bun with Baked Beans (v)	Vegetable Roulade with Roast Potatoes and Gravy (v)	Veggie Goujons and Chips (v)
Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Bolognese, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo
Sweetcorn Green Beans	Broccoli Carrots	Sweetcorn Peas	Carrots Cabbage	Peas Baked Beans
Fruit Fool	Mixed Summer Fruit Jelly	Victoria Sponge	Fruit Biscuit Basket	Summer Fruit Sundae

**WEEK 3** 11th Mar, 1st Apr, 22nd Apr, 13th May, 3rd Jun, 24th Jun, 15th Jul,  
16th Sept, 7th Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Nacho Italian Chicken with Rice	Cottage Pie	Beef Stir Fry	Roast Chicken with Roast Potatoes and Gravy	Fish and Chips
Halal Nacho Italian Chicken with Rice	Halal Cottage Pie	Halal Beef Stir Fry	Halal Roast Chicken with Roast Potatoes and Gravy	Fish and Chips
Summer Vegetable Savoury Rice (v)	Vegetable Lasagne (v)	Vegetable Stir Fry (v)	Mixed Pepper Quiche with Roast Potatoes and Gravy (v)	Cheese and Tomato Pizza with Chips (v)
Jacket Potato with Baked Beans, Italian Chicken, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Salmon Mayo
Broccoli Cauliflower	Carrots Peas	Sweetcorn Green Beans	Carrots Curly Kale	Peas and Sweetcorn Baked Beans
Fruit Flapjack	Blueberry and Lemon Sponge	Jelly and Ice Cream	Raspberry Shortbread	Chocolate Crispy Cake

**WEEK 2** 4th Mar, 25th Mar, 6th May, 17th Jun, 8th Jul,  
9th Sept, 30th Sept, 21st Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Spanish Frittata	Beef Burger with Crispy Potatoes	Beef Lasagne	Roast Chicken with Roast Potatoes and Gravy	Fish and Chips
Spanish Frittata	Halal Beef Burger with Crispy Potatoes	Halal Beef Lasagne	Halal Roast Chicken with Roast Potatoes and Gravy	Fish and Chips
French Bread Cheese and Tomato Pizza with Coleslaw (v)	Veggie Burger with Crispy Potatoes (v)	Macaroni Cheese (v)	Vegan Sausages with Roast Potatoes and Gravy (v)	Veggie Nuggets and Chips (v)
Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Mexican Beef, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo
Carrots Broccoli	Green Beans Sweetcorn	Diced Peppers Peas	Carrots Parsnips	Sweetcorn Baked Beans
Strawberry and Cream Mousse	Fruit Jelly	Fruit Layer Slice	Black Forest Cake	Fruit Cheesecake

**(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.

**Allergens**

A gluten free and dairy free menu is available on request, please email [allergens@ainp.co.uk](mailto:allergens@ainp.co.uk) please detail on the email, the name of the school your child will be attending. You will then be sent the Gluten or Dairy free menu for that school, you have to complete the menu choice and return to [allergens@ainp.co.uk](mailto:allergens@ainp.co.uk) - should no menu be returned your child will not receive an allergy free menu. If your child has multiple allergies, please email [allergens@ainp.co.uk](mailto:allergens@ainp.co.uk) and we will talk directly to you.

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.