



Week 1 : 5th Sept, 3rd Oct, 7th Nov, 5th Dec, 2nd Jan, 30th Jan

Monday	Tuesday	Wednesday	Thursday	Friday
Sausages and Mash <i>Red Tractor</i> pork sausages made with our own blend of herbs and spices and served with creamy mash and gravy	Chicken Koroma with Rice <i>Red Tractor</i> chicken and vegetables cooked in a mild Koroma sauce and served with rice	Cottage Pie <i>Organic</i> minced beef and vegetables cooked in a rich gravy and topped with creamy mashed potatoes	Roast Chicken with Roast Potatoes and Gravy Tender slices of <i>Red Tractor</i> chicken served with roast potatoes and gravy	Fish Fingers and Chips Sustainably sourced breaded fish fingers served with chips
Quorn Sausages and Mash Quorn sausages served with creamy mash and gravy	Vegetarian Paella Quorn and vegetables cooked with rice in Spanish spices	Vegetarian Lasagne with Crusty Bread Homemade tomato sauce layered with lasagne sheets, topped with cheese and served with crusty bread	Vegetable Wellington with Roast Potatoes and Gravy Mixed Beans and vegetables wrapped in a puff pastry and served with roast potatoes and gravy	Samosa with Chips and Curry Sauce Peas and potatoes wrapped in puff pastry and served with chips and a curry sauce
Jacket Potato with various fillings Packed Lunch Option Tuna/Cheese/Ham	Jacket Potato with various fillings Packed Lunch Option Tuna/Cheese/Ham	Jacket Potato with various fillings Packed Lunch Option Tuna/Cheese/Ham	Jacket Potato with various fillings Packed Lunch Option Tuna/Cheese/Ham	Jacket Potato with various fillings Packed Lunch Option Tuna/Cheese/Ham
Broccoli and Baked Beans Lemon Shortbread	Sweetcorn and Peas St. Clement Sponge	Mixed Vegetables Apple Crumble with Custard	Carrots and Green Beans Fruit Jelly	Peas and Baked Beans Chocolate and Pear Loaf

Week 3 : 19th Sept, 17th Oct, 21st Nov, 16th Jan,

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Burger with Potato Salad <i>Red Tractor</i> beef burger served in a flouried loaf with potato salad	Honey BBQ Chicken with Rice <i>Red Tractor</i> chicken and vegetables coated in a homemade BBQ sauce and served with rice	Minced Beef Pie with Mashed Potatoes <i>Organic</i> minced beef and vegetables cooked in a rich gravy, topped with homemade pastry, and served with mashed potatoes	Roast Chicken with Roast Potatoes and Gravy Tender slices of <i>Red Tractor</i> chicken served with roast potatoes and gravy	Breaded Fish with Chips Sustainably sourced breaded white fish, served with chips
Veggie Sausage Dog with Potato Salad Quorn sausages served in a flouried bun with potato salad	Veggie Enchilada with Rice Mixed beans and vegetables wrapped in a flour tortilla, topped with tomato sauce and cheese, served with rice	Cheese and Onion Pasty with Mashed Potatoes and Gravy Cheese and onions wrapped with a homemade pastry and served with mashed potatoes and gravy	Vegetable Hot Pot Vegetables and beans cooked in a rich gravy and topped with sliced potatoes	Chick Pea Curry with Chips Chick peas and vegetables, cooked in a homemade curry sauce and served with chips
Jacket Potato with various fillings Packed Lunch Option Tuna/Cheese/Ham	Jacket Potato with various fillings Packed Lunch Option Tuna/Cheese/Ham	Jacket Potato with various fillings Packed Lunch Option Tuna/Cheese/Ham	Jacket Potato with various fillings Packed Lunch Option Tuna/Cheese/Ham	Jacket Potato with various fillings Packed Lunch Option Tuna/Cheese/Ham
Sweetcorn and Carrots Fruit Flapjack	Green Beans and Cakeslaw Pear Loaf with Custard	Harvest Mixed Vegetables Gundry Ripple Cream	Carrots and Cauliflower Lemon Ditzle Cake	Peas and Baked Beans Chocolate Cake



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.



Week 2 : 12th Sept, 10th Oct, 14th Nov, 12th Dec, 9th Jan, 6th Feb

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese Pasta tubes cooked in a homemade cheddar cheese sauce	Beef and Vegetable Pie with New Potatoes <i>Red Tractor</i> beef and vegetables cooked in a rich gravy, topped with pastry and served with new potatoes	Beef Bolognese with Pasta <i>Organic</i> minced beef and vegetables cooked in a homemade tomato sauce and served with pasta	Roast Chicken with Roast Potatoes and Gravy <i>Red Tractor</i> roast chicken served with roast potatoes and gravy	Salmon Fishcake with Chips Sustainably sourced breaded salmon fishcake served with chips
Warm Veggie Wrap Mixed beans and vegetables cooked in a tomato sauce and wrapped in a flour tortilla	Cheese and Tomato Quiche with New Potatoes Cheese and tomatoes baked with <i>organic</i> eggs in a homemade pastry and served with new potatoes	Vegetable Risotto Seasonal vegetables slow cooked with risotto rice	Quorn Filler Roast with Roast Potatoes and Gravy Tender slices of Quorn filler served with roast potatoes and gravy	Cheese and Tomato Pizza with Chips Wholesome pizza base topped with tomatoes and cheese and served with chips
Jacket Potato with various fillings Packed Lunch Option Tuna/Cheese/Ham	Jacket Potato with various fillings Packed Lunch Option Tuna/Cheese/Ham	Jacket Potato with various fillings Packed Lunch Option Tuna/Cheese/Ham	Jacket Potato with various fillings Packed Lunch Option Tuna/Cheese/Ham	Jacket Potato with various fillings Packed Lunch Option Tuna/Cheese/Ham
Sweetcorn and Peas Carrot and Apple Oat Slice	Carrots and Green Beans Blueberry Cake	Broccoli and Sweetcorn Winter Cake with Custard	Cauliflower and Winter Cabbage Banana Loaf	Peas and Baked Beans Brownie

Week 4 : 26th Sept, 31st Oct, 28th Nov, 23rd Jan

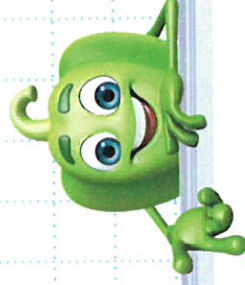
Monday	Tuesday	Wednesday	Thursday	Friday
Tomato Pasta Bake Lentils and vegetables cooked in a homemade tomato sauce, mixed with pasta and topped with cheese	Hunter's Chicken with Rice <i>Red Tractor</i> chicken and vegetables cooked in a homemade BBQ sauce, baked with cheese and served with rice	Lasagne with Crusty Bread <i>Organic</i> minced beef and vegetables cooked in a homemade tomato sauce, layered with lasagne sheets, baked with cheese and served with crusty bread	Roast Beef with Parsley Potatoes and Gravy <i>Red Tractor</i> roast beef slices served with parsley potatoes and gravy	Breaded Salmon with Chips Sustainably sourced breaded salmon served with chips
Veggie Nuggets with Herby Diced Potatoes Breaded vegetable nuggets served with herby diced potatoes	5 Bean Chilli with Rice Mixed beans and vegetables cooked in a mild chilli sauce and served with rice	Tex Mex Quorn with Rice Sliced Quorn, vegetables, and baked beans cooked in a homemade Texas BBQ sauce and served with rice	Shepherd's Pie Lentils and vegetables cooked in a rich gravy and topped with creamy, sweet potato mash	Veggie Sausage Roll with Chips Quorn sausages wrapped in puff pastry and with chips
Jacket Potato with various fillings Packed Lunch Option Tuna/Cheese/Ham	Jacket Potato with various fillings Packed Lunch Option Tuna/Cheese/Ham	Jacket Potato with various fillings Packed Lunch Option Tuna/Cheese/Ham	Jacket Potato with various fillings Packed Lunch Option Tuna/Cheese/Ham	Jacket Potato with various fillings Packed Lunch Option Tuna/Cheese/Ham
Sweetcorn and Peas Chocolate Mousse	Carrots and Parsnips Gingerbread Cake with Custard	Broccoli and Red Cabbage Carrot Cake	Green Beans and Cauliflower Honey Bake	Peas and Baked Beans Apple Crumble Cake





AiP

Alliance in Partnership
Specialists in Education Catering



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 Gold 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
- Organic British Beef Mince, Eggs, 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

AUTUMN / WINTER MENU 2016

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@aip.co.uk

All allergen information relating to this menu is available on request.

Free School Meals

All Reception, Year 1 and Year 2 pupils are entitled to a school meal free of charge every day. 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.

