

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 of the Day with Roast Potatoes and Gravy	Build your own Chicken Wrap with Mexican Rice	Fish and Chips
Teriyaki Noodles with Edamame (v)	Bean and Spinach Enchilada (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	Pasta with Lentil Tomato Sauce	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Pasta with Lentil Tomato Sauce	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw
Deli Option with Tuna Mayo, Egg Mayo or Cheese	Deli Option with Tuna Mayo, Egg Mayo or Cheese	Deli Option with Tuna Mayo, Egg Mayo or Cheese	Deli Option with Tuna Mayo, Egg Mayo or Cheese	Deli Option with Tuna Mayo, Egg Mayo or Cheese
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
Roasted Tomato and Pesto Pasta (v)	Meat Feast Pizza	Roast of the Day with Roast Potatoes and Gravy	Bolognese with Pasta	Fish and Chips
Vegetarian Sausage and Bean Hotpot (v)	Veggie Pizza (v)	Mediterranean Gnocchi Bake (v)	Barley and Vegetable Risotto (v)	Cheese and Tomato Pinwheel with Chips (v)
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Pasta with Lentil Tomato Sauce	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Pasta with Lentil Tomato Sauce	Jacket Potato with Baked Beans, Cheese, Salmon Mayo or Coleslaw
Deli Option with Tuna Mayo, Egg Mayo or Cheese	Deli Option with Tuna Mayo, Egg Mayo or Cheese	Deli Option with Tuna Mayo, Egg Mayo or Cheese	Deli Option with Tuna Mayo, Egg Mayo or Cheese	Deli Option with Tuna Mayo, Egg Mayo or Cheese
Hot Seasonal Vegetables				
Sticky Orange Cake	Gainsborough Tart	Baked Rice Pudding with Fruit Compote	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)	Chicken Sausage and Mashed Potatoes	Roast of the Day with Roast Potatoes and Gravy	Chicken Curry with Rice	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)	Veggie Curry with Rice (v)	Cheese Toastie and Chips (v)
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Pasta with Lentil Tomato Sauce	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Pasta with Lentil Tomato Sauce	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw
Deli Option with Tuna Mayo, Egg Mayo or Cheese	Deli Option with Tuna Mayo, Egg Mayo or Cheese	Deli Option with Tuna Mayo, Egg Mayo or Cheese	Deli Option with Tuna Mayo, Egg Mayo or Cheese	Deli Option with Tuna Mayo, Egg Mayo or Cheese
Hot Seasonal Vegetables				
Vegan Sweet Potato and Ginger Cake	Fruit Shortbread	Cinnamon Toast Bake	Vegan Chocolate Brownie	Fruit Jelly
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.**