

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 menu retains 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 local 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 are 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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# THE KITCHENEERS

MY LUNCH  
MY WAY

# MENU

# SUMMER/AUTUMN 2024

EAT WELL  
LIVE NICE



WEEK 1 — 2ND SEPT, 23RD SEPT, 14TH OCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CLASSIC</b>				
Sweet Potato and Chickpea Slice with New Potatoes and Green Beans (v)	Sweet and Sour Chicken with Rice and Asian Coleslaw	Roast of the Day with Crispy Roast Potatoes, Carrots, Cabbage and Gravy	Classic Lasagne with Garlic Bread and Mixed Beetroot Salad	Oven Baked Battered Pollock with Chips, Peas and Carrots
<b>VEGETARIAN</b>				
No Chicken Tikka Wrap with New Potatoes and Green Beans (v)	Korean Style Noodles with Rice and Asian Slaw (v)	Dirty Butternut Mac and Cheese with Roasted Sweetcorn (v)	Vegetable Lasagne with Garlic Bread and Mixed Beetroot Salad (v)	Oven Baked Fish Fingers with Chips, Peas and Carrots
<b>HAND HELD</b>				
Stretch Loaded Pizza	Loaded Dog Meatball Sub	Cheese Burger Salad Bowl	Spicy Fajita Tostadas	Korean Crispy Wrap
<b>DESSERT</b>				
Dessert of the Day - Check out our Dessert Station				

WEEK 3 — 16TH SEPT, 7TH OCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CLASSIC</b>				
Penne, Spinach and Pesto with Broccoli and Peas (v)	Katsu Chicken with Rice, Kale and Salad	Roast of the Day with Crispy Roast Potatoes, Carrots, Red Cabbage and	Sausage Roll with Baby Parsley Potatoes, Peas, Corn and Broccoli	Oven Baked Battered Pollock with Chips and Garden Peas
<b>VEGETARIAN</b>				
Chickpea and Spinach Curry with Rice and Indian Chopped Salad (v)	BBQ Baked Beans and Cheese Pastry Pocket with New Potatoes (v)	Vegetable Shawarma with Sweet Potato Wedges and Salad (v)	Butterbean and Meatball Pasta with a Selection of Salad (v)	Oven Baked Fish Fingers with Chips and Garden Peas
<b>HAND HELD</b>				
Sweet Potato Vada Pav	Halloumi Burger	Roast Chicken Baguette	Carbonara Pizza	Southern Fried Slaw Bowl
<b>DESSERT</b>				
Dessert of the Day - Check out our Dessert Station				

WEEK 2 — 9TH SEPT, 30TH SEPT, 21ST OCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CLASSIC</b>				
Roasted Vegetable Pasta Bake with Mixed Salad (v)	Chicken or Pork Sausages with Creamy Mashed Potatoes, Kale and Red Onion Gravy	Roast of the Day with Crispy Roast Potatoes, Broccoli, Parsnips and Gravy	Southern Baked Chicken with Braised Rice and Roasted Sweetcorn	Oven Baked Battered Pollock with Chips, Peas and Carrots
<b>VEGETARIAN</b>				
Sweet Potato and Cauliflower Jalfrezi with Rice and Sag Aloo (v)	Veggie Sausages with Creamy Mashed Potatoes, Kale and Red Onion Gravy (v)	Chickpea Burger with Mixed Salad (v)	Korean Rice Bowl with Salad (v)	Oven Baked Fish Fingers with Chips, Peas and Carrots
<b>HAND HELD</b>				
Red Pepper and Bean Biryani	No Chicken Pitta Pocket	Roast Chicken Baguette	Chipotle Veggie Corn Fajita Wrap	K Dog
<b>DESSERT</b>				
Dessert of the Day - Check out our Dessert Station				

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Allergy information available on request from the kitchen