



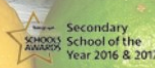
Pleckgate
HIGH SCHOOL

Catering department

Menu

**“Promoting healthy eating at
Pleckgate”**

www.pleckgate.com





Pleckgate
HIGH SCHOOL

Dear Parent/Carer

Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best.

This means eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

At Pleckgate we aim to encourage the development of a healthy lifestyle in all of our youngsters. This includes taking part in regular physical activity as well as eating healthy foods.

This booklet sets out the developments that the Catering department have made in this vital area. Please take a look at the options on offer and discuss them with your child.

There is a wide range of choices available to suit every taste. We also continually review our menus to give our pupils the highest standard of catering.

I trust you will support us in encouraging your child to make use of this facility. Please do not hesitate to contact school if you wish to raise any concerns or queries.

Ashling McGinty

Mrs Ashling McGinty



Pleckgate
HIGH SCHOOL

MENU

Break time

A selection of healthy snacks are available plus salad & pasta pots, sub rolls, tortilla wraps and sandwiches on white or wholemeal with a variety of fillings.

Sandwiches	£1.60
Sub Rolls	£1.90
Tortilla Wraps	£1.90
Salad Boxes	£2.25
Pasta Boxes	£2.25
Kellogg's Frosties Bar	70p
Kellogg's Coco Pop Bar	70p
Kellogg's Rice Krispi Square	70p
Proper Chips Sour Cream	75p
Proper Chips Sea Salt	75p
Proper Chips Chilli	75p
Proper Chips Barbeque	75p
Mixed Muffins	80p
Small Biscuits	35p

(Purchased with a Sandwich only)



Drinks

Fruit Juice Carton	50p
Water	50p
Ribena	60p
Milkshake	60p

(Chocolate, Strawberry, Banana)



Fruit

Fresh Fruit	30p
Fresh Fruit Pots	80p
<i>(Grapes, Melon, Pineapple)</i>	
Peach & Pear, Pineapple,	
Mandarin,	80p
Vimto Pots	85p
Apple & Grape Bag	60p



Lunch menu

Daily	Mon	Tues	Weds	Thurs	Fri
Meat option	Minced Lasagne Garlic Bread, Sweetcorn & Carrots	Spicy Chicken Sausage In Gravy Yorkshire Pudding, Roast Potato and Broccoli Mix	Battered Cod Fillet, Herb Diced Potato, Mushy Peas	Garlic Chicken Spinach Pasta Bake, Cheese Garlic & Parsley Slice, Mixed Veg	Minced Beef Burger, Barbeque Sauce, Herb Diced Potato, Sweetcorn
Served daily	Chicken Wrap Seasoned Twisters & Salad	Chicken Wrap Seasoned Crisscuts & Salad	Chicken Wrap Herb Diced Potato & Salad	Chicken Wrap Seasoned Twisters & Salad	Chicken Wrap Herb Diced Potatoes & Salad
Served daily	Joes Chicken Curry Pot Boiled Rice & Naan Bread	Joes Chicken Curry Pot Boiled Rice & Naan Bread	Joes Chicken Curry Pot Boiled Rice & Naan Bread	Joes Chicken Curry Pot Boiled Rice & Naan Bread	Joes Chicken Curry Pot Boiled Rice & Naan Bread
Vegetarian Option	Quorn Vegan Chicken Dippers Seasoned Twisters Sweetcorn & Carrots	Cheese & Onion Pasty Mash Potato Baked Beans	Tomato & Rocket Quiche Herb Diced Potato Romanesco Vegetable Mix	Tomato, Basil & Herb Pizza Slice Seasoned Twisters Mixed Vegetables	Southern Style Chicken Burger Barbeque Sauce Herb Diced Potato Sweetcorn
Served Daily Jacket Potato with a Choice of Two Fillings	Jacket Potato Fresh Salad & Butter with a choice of Beans, Cheese, Coleslaw				

All meals will be served for **£2.70** which includes a drink , biscuit or fruit.

AVAILABLE ONLY FROM THE MAIN SERVERY

Grab & Go Lunch menu

Daily	Mon	Tues	Weds	Thurs	Fri
Grab & Go Hot Choice will be served for £2.70 which includes a drink, biscuit or fruit					
All bars Hot choice	Chicken & Cheese Panini Meal Deal				£2.70
All bars Hot choice	Love Joes Flamin Fish Fillet Meal Deal				£2.70

Daily	Mon	Tues	Weds	Thurs	Fri
Served individually					
All bars Cold choices	Sandwich £1.60 Sub roll £1.90 Tortilla £1.90				
All bars Hot choices	Healthy stuffed Crust Cheese & Tomato Pizza £1	Big Al's Margherita Pizza Twist £1.85	Healthy stuffed Crust Cheese & Tomato Pizza £1	Big Al's Margherita Pizza Twist £1.85	Healthy stuffed Crust Cheese & Tomato Pizza £1
All bars Cold choices	Salad box Pasta Box £2.25				



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Winter Garden

All of our sandwiches, sub rolls and tortilla wraps are available either as white or wholemeal with a variety of fillings. A selection of hot snacks are also available.



Sandwiches	£1.60
Tortilla Wraps	£1.90
Sub Rolls	£1.90
Salad Box	£2.25
Pasta Box	£2.25
Cheese Toastie	£1.20
Mac & Cheese Bites	£1.60
Big Al's Pizza Twist	£1.85
Healthy stuffed crust Cheese & Tomato Pizza	£1.00
Potato of the Day	70p



Meal deals

Chicken & Cheese Panini	£2.00
Panini Meal Deal Includes drink & biscuit or fruit	£2.70
Jacket Potato, Cheese & Beans served with a butter portion & salad	£2.00
Jacket Potato Meal Deal Includes drink & biscuit or fruit	£2.70
Flamin Fish Fillet in a brioche bun with salad & sauce	£2.00
Flamin Fish Meal Deal Includes drink & biscuit or fruit	£2.70
Piri Piri Chicken Meal in a brioche bun with salad & sauce	£2.00
Piri Piri Chicken Meal Deal Includes drink & biscuit or fruit	£2.70
Joes Chicken Wrap with salad & sauce	£1.50
Wrap Meal Deal Includes potatoes, drink & biscuit	£2.70
Curry Pot, Rice & Nan	£2.00
Curry Pot Meal Deal Includes drink & biscuit or fruit	£2.70



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Drinks & Desserts



Drinks

Fruit Juice Carton 50p

- Apple & Raspberry
- Watermelon
- Orange
- Apple
- Forest Fruits
- Orange & Passionfruit

Ribena 60p

Water 50p

Milkshake 60p

(Chocolate, Strawberry, Banana)



Desserts

Fresh Fruit 30p

Fresh Fruit Pots 80p

(Grapes, Melon, Pineapple)

Mandarin, Pineapple,

Peach & Pear 80p

Vimto Pots 85p

Apple & Grape Bag 60p

Jelly Squeeze 80p

(Orange, Strawberry, Blackcurrant)

Small Biscuit 35p

Large Cookie 60p

Belgian Waffle 50p

Muffins 80p



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Meal deal special

All our main meals are served with potatoes, vegetables or salad
A full meal deal includes a drink, biscuit or fruit

£2.70

Important information

Halal

All meat has been sourced through an accredited HMC supplier and the school is being supported by (HMC) Halal Monitoring Company based in Blackburn.

The school will also be providing non halal meat dishes as well as a vegetarian option every day. All food will be clearly marked, prepared, cooked and sold separately so that children can make an informed choice.



Food allergy notice

Please be advised that food prepared and served here may contain:
Cereals containing gluten, Crustaceans, Eggs, Fish, Peanuts, Soy, Milk, Nuts, Celery & Celeriac, Mustard, Sesame seeds, Sulphur dioxide & sulphates, Lupin, Molluscs.

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