



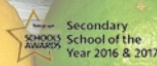
Pleckgate
HIGH SCHOOL

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.

A handwritten signature in black ink, reading '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	£1.80
Salad Boxes	£2.20
Pasta Boxes	£2.20
Kellogg's Frosties Bar	70p
Kellogg's Coco Pop Bar	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
Milkshake	60p

(Chocolate, Strawberry, Banana)



Fruit

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



Lunch menu

Daily	Mon	Tues	Weds	Thurs	Fri
Bar 1 Option 1	Tandoori Chicken Breast Seasoned Crisscuts Sweetcorn & Carrots	Breaded Cod Fishcake Herb diced Potatoes & Beans	Garlic Chicken & Spinach Pasta Bake Carrots & Peas	Minced Lasagne Garlic Bread & Mixed Veg	Minced Beef Burger Herb Diced Potato Sweetcorn
Bar 1 Option 2	Chicken Wrap Seasoned Crisscuts Salad	Chicken Wrap Herb Diced Potatoes Salad	Chicken Wrap Seasoned Crisscuts Salad	Chicken Wrap Seasoned Twisters Salad	Chicken Wrap Herb Diced Potatoes Salad
Bar 2	Joes Chicken Curry Pot Boiled Rice & Naan	Joes Chicken Curry Pot Boiled Rice & Naan	Joes Chicken Curry Pot Boiled Rice & Naan	Joes Chicken Curry Pot Boiled Rice & Naan	Joes Chicken Curry Pot Boiled Rice & Naan
Bar 3 Option 1	Quorn Vegan Southern Style Nuggets Seasoned Crisscuts Sweetcorn & Carrots	Cheese & Onion Pasty Mash Potato & Beans	Tomato & Rocket Quiche Seasoned Crisscuts Carrots & Peas	Tomato, Basil & Herb Pizza Slice Seasoned Twisters Mixed Vegetables	Southern Style Burger Herb Diced Potato Sweetcorn
Bar 3 Option 2	Jacket Potato Beans & Cheese Butter & Fresh Salad	Jacket Potato Beans & Cheese Butter & Fresh Salad	Jacket Potato Beans & Cheese Butter & Fresh	Jacket Potato Beans & Cheese Butter & Fresh Salad	Jacket Potato Beans & Cheese Butter & Fresh Salad
All meals will be served for £2.70 which includes a drink, biscuit or fruit. AVAILABLE ONLY FROM THE MAIN SERVERY					



Pleckgate
HIGH SCHOOL

Grab & Go Lunch menu

Daily: Monday to Friday

Café Bar Hot Choice will be served for **£2.70** which includes a drink, biscuit or fruit.

Café Bar 1 Hot choice	Chicken & Cheese Panini Meal Deal	£2.70
Café Bar 2 Hot choice	Love Joes Flamin Fish Fillet Meal Deal	£2.70

Daily	Mon	Tues	Weds	Thurs	Fri
Pizza Bar 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

Daily: Monday to Friday

Served individually

Café Bar 1 & 2 Choices	Sandwich £1.60	Sub roll £1.90	Tortilla £1.80	Salad/Pasta Box £2.20
Pizza Bar Cold choices	Sandwich £1.60	Sub roll £1.90	Tortilla £1.80	Salad/Pasta Box £2.20



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MENU

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	£1.80
Sub Rolls	£1.90
Salad Box	£2.20
Pasta Box	£2.20
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 Fillet in a brioche bun with salad & sauce	£2.00
Piri Piri 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



Pleckgate
HIGH SCHOOL

MENU

Drinks & Desserts



Drinks

Fruit Juice Carton 50p

Apple & Raspberry
Watermelon
Orange
Apple
Forest Fruits
Orange & Passionfruit

Water 50p

Capri Sun 90p (Orange, Apple & Blackcurrant)

Milkshake 60p (Chocolate, Strawberry, Banana)



Desserts

Fresh Fruit 30p

Fresh Fruit Pots 80p (Grapes, Melon, Pineapple)

Mandarin, Pineapple, Vimto Pots 80p

Apple & Grape Bag 60p

Jelly Squeeze 80p (Orange, Strawberry, Blackcurrant)

Small Biscuit 35p

Large Cookie 50p

Cakes 80p

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.