



**Pleckgate**  
HIGH SCHOOL

**Catering department**

# Menu

**"Promoting healthy eating at  
Pleckgate"**

**[www.pleckgate.com](http://www.pleckgate.com)**





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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.

**Mrs Ashling McGinty**





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# 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

**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 Sea Salt**—80p

**Proper Chips Sriracha & Chilli**—80p

**Proper Chips Barbeque**—80p

**Proper Chips Salt & Vinegar**—80p

**Proper Chips Sour Cream & Chive**—80p

**Sultana & Raisin Bag**—70p

**Muller Light Strawberry Yoghurt**—50p

**Muller Light Toffee Yoghurt**—50p

**Muller Light Mango & Passionfruit**—50p

**Small Biscuits** (Purchased with a Sandwich only)—35p



## Drinks

**Fruit Juice Carton** - 50p

**Water** - 50p

**Ribena**- 60p

**Milkshake**- 60p

*(Chocolate, Strawberry, Banana)*



## Fruit

**Fresh Fruit** -35p

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

**Vimto Pots** -90p

**Mandarin, Peach & Pear, Pineapple Pots**—80p

**Apple & Grape Bags**—65p

**Jelly Squeeze**—80p



# Lunch menu

## Week 1

Daily	Mon	Tues	Weds	Thurs	Fri
<b>Meat Option</b>	Hot n Spicy Chicken Goujons Roasted Chilli & Garlic New Potatoes Sweetcorn & Carrots	Spicy Chicken Sausage Mash Potato Gravy Garden Peas	Minced Lasagne Garlic Bread Romano Beans & Broccoli Mix	Salmon & Fish Pie Mixed Vegetables	Beef Burger Barbeque Sauce Herb Diced Potato Sweetcorn
<b>Served Daily</b>	Chicken Wrap Salad Roasted Chilli & Garlic New Potatoes	Chicken Wrap Salad Spicy Veg Rice	Chicken Wrap Salad Baby New Potatoes with Butter & Fresh Herbs	Chicken Wrap Salad Seasoned Twisters	Chicken Wrap Salad Herb Diced Potato
<b>Served Daily</b> Nov – April	Soup of the Day Bread Roll	Soup of the Day Bread Roll	Soup of the Day Bread Roll	Soup of the Day Bread Roll	Soup of the Day Bread Roll
<b>Served Daily</b>	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
<b>Vegetaria n Option</b>	Macaroni Cheese Garlic Slice Sweetcorn & Carrots	Cheese & Onion Pasty Mash Potato Baked Beans	Spinach Frittata Baby New Potatoes with Butter & Fresh Herbs Romano Beans & Broccoli Mix	Tomato, Basil & Oregano Pizza Slice Seasoned Twisters Mixed Vegetables	VG Southern Style Chicken Burger Barbeque Sauce Herb Diced Potato Sweetcorn
<b>Served Daily</b> <b>Jacket Potato with a Choice of Two Fillings</b>	Jacket Potato Fresh Salad & Butter with a choice of Beans or Cheese	Jacket Potato Fresh Salad & Butter with a choice of Beans or Cheese	Jacket Potato Fresh Salad & Butter with a choice of Beans or Cheese	Jacket Potato Fresh Salad & Butter with a choice of Beans or Cheese	Jacket Potato Fresh Salad & Butter with a choice of Beans or Cheese

All meals will be served for **£3.00** which includes a drink , biscuit or fruit.

**AVAILABLE ONLY FROM THE MAIN SERVERY**



Daily	Mon	Tues	Weds	Thurs	Fri
<b>Meat Option</b>	Peri Peri Chicken Thigh Roasted Chilli & Garlic New Potatoes Cut Beans & Carrots	Spaghetti Bolognese	Breaded Fishcakes Baby New Potatoes with Garlic Butter & Herbs Sweetcorn & Carrots	Garlic Chicken Spinach Pasta Bake Garlic & Parsley Slice Mixed Vegetables	Beef Burger Barbeque Sauce Herb Diced Potato Sweetcorn
<b>Served Daily</b>	Chicken Wrap Salad Roasted Chilli & Garlic New Potatoes	Chicken Wrap Salad Spicy Vegetable Rice	Chicken Wrap Salad Baby New Potatoes with Garlic Butter & Herb	Chicken Wrap Salad Seasoned Twisters	Chicken Wrap Herb Diced Potatoes & Salad
<b>Served Daily</b> Nov – April	Soup of the Day Bread Roll	Soup of the Day Bread Roll	Soup of the Day Bread Roll	Soup of the Day Bread Roll	Soup of the Day Bread Roll
<b>Served Daily</b>	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
<b>Vegetarian Option</b>	Vegi Shepherds Pie with Sweet Potato Mash, Cut Beans & Carrots	Caribbean Style Veg Patties Spicy Vegetable Rice and Sweetcorn Cobettes	Onion Bhaji Burger Baby New Potatoes with Garlic Butter & Herbs Sweetcorn & Carrots	Tomato, Basil & Oregano Pizza Slice Seasoned Twisters Mixed Veg	VG Southern Style Chicken Burger Barbeque Sauce Herb Diced Potato Sweetcorn
<b>Served Daily Jacket Potato with a Choice of Two Fillings</b>	Jacket Potato Fresh Salad & Butter with a choice of Beans or Cheese	Jacket Potato Fresh Salad & Butter with a choice of Beans or Cheese	Jacket Potato Fresh Salad & Butter with a choice of Beans or Cheese	Jacket Potato Fresh Salad & Butter with a choice of Beans or Cheese	Jacket Potato Fresh Salad & Butter with a choice of Beans or Cheese

All meals will be served for **£3.00** which includes a drink , biscuit or fruit.  
**AVAILABLE ONLY FROM THE MAIN SERVERY**



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# Grab & Go Lunch menu

Daily	Mon	Tues	Weds	Thurs	Fri
Grab & Go Hot Choice will be served for £3.00 which includes a drink, biscuit or fruit					
Week 1 Hot choice	Chicken & Cheese Panini Meal Deal £3.00				
Week 1 Hot choice	<b>Monday &amp; Friday</b> Love Joes Flamin Fish Fillet Meal Deal £3.00  <b>Tuesday, Wednesday &amp; Thursday</b> Piri Piri Chicken Burger Meal Deal £3.00				

Daily	Mon	Tues	Weds	Thurs	Fri
Served individually					
All bars Cold choices	<b>Sandwich £1.60</b> <b>Premium Sandwich £2.10</b> <b>Tortilla £2.10</b>				
All bars Hot choices	Healthy Stuffed Crust Cheese & Tomato Pizza <b>£1</b>	Big Al's Margherita Pizza Twist <b>£1.90</b>	Healthy Stuffed Crust Cheese & Tomato Pizza <b>£1</b>	Big Al's Margherita Pizza Twist <b>£1.90</b>	Healthy Stuffed Crust Cheese & Tomato Pizza <b>£1</b>
All bars Cold choices	<b>Salad Box £2.40</b> <b>Pasta Box £2.50</b>				



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# Grab & Go Lunch menu

Daily	Mon	Tues	Weds	Thurs	Fri
Grab & Go Hot Choice will be served for £3.00 which includes a drink, biscuit or fruit					
Week 2 Hot choice	Chicken & Cheese Panini Meal Deal £3.00				
Week 2 Hot choice	<b>Monday, Tuesday and Thursday</b> Piri Piri Chicken Burger Meal Deal £3.00  <b>Wednesday &amp; Friday</b> Love Joes Flamin Fish Fillet Meal Deal £3.00				

Daily	Mon	Tues	Weds	Thurs	Fri
Served individually					
All bars Cold choices	<b>Sandwich £1.60</b> <b>Premium Sandwich £2.10</b> <b>Tortilla £2.10</b>				
All bars Hot choices	Healthy Stuffed Crust Cheese & Tomato Pizza <b>£1</b>	Big Al's Margherita Pizza Twist <b>£1.90</b>	Healthy Stuffed Crust Cheese & Tomato Pizza <b>£1</b>	Big Al's Margherita Pizza Twist <b>£1.90</b>	Healthy Stuffed Crust Cheese & Tomato Pizza <b>£1</b>
All bars Cold choices	<b>Salad Box £2.40</b> <b>Pasta Box £2.50</b>				



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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** - £2.10

**Salad Box**—£2.40

**Pasta Box**—£2.50

**Cheese Toastie**—£1.20

**Mac & Cheese Bites**—£1.60

**Big Al's Pizza Twist** - £1.90

**Healthy stuffed crust Cheese & Tomato Pizza** - £1.00

**Potato of the Day**—£0.90

### Friday's Only

**Beef Burger in a Bun** (with salad & sauce) - £2.30

**Burger Meal Deal** (Includes potatoes, drink & biscuit or fruit)  
- £3.00



## Meal deals

**Chicken & Cheese Panini** - £2.30

**Panini Meal Deal** (Includes drink & biscuit or fruit) -  
£3.00

**Jacket Potato**, (served with a butter portion & salad) with  
a choice of two fillings - Cheese, Beans, Bolognese Sauce,  
Chilli con Carni) - £2.30

**Jacket Potato Meal Deal** (Includes drink & biscuit or  
fruit) - £3.00

**Flamin Fish Fillet** (in a brioche bun with salad & sauce) -  
£2.30

**Flamin Fish Meal Deal** (Includes drink & biscuit or fruit) -  
£3.00

**Piri Piri Chicken Fillet** (in a brioche bun with salad &  
sauce) - £2.30

**Piri Piri Meal Deal** (Includes drink & biscuit or fruit) -  
£3.00

**Joes Chicken Wrap** (with salad & sauce) - £1.80

**Wrap Meal Deal** (Includes potatoes, drink & biscuit or  
fruit) - £3.00

**Curry Pot, Rice & Naan** - £2.30

**Curry Pot Meal Deal** (Includes drink & biscuit or fruit) -  
£3.00

**Chicken Goujons** (in a pitta bread with salad & sauce) -  
£2.30

**Chicken Goujons Meal Deal** (Includes drink & bis-  
cuit or fruit) - £3.00

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# Meal deal special

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

**£3.00**

## 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.