

# Healthy Habits

## for Warmer Weather



Drink plenty of water during sunny playtimes.

Try eating a rainbow of fruit and veg — each colour helps your body in a different way.



Choose fresh fruit for a snack to stay energised for outdoor activities.

Try one new fruit or vegetable each week. You might discover a new favourite!



## Fun Fruit

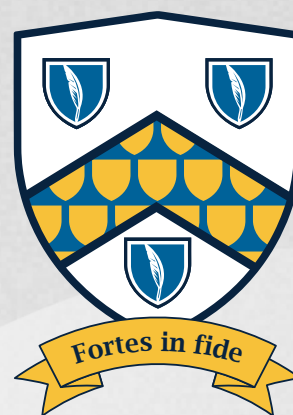
### Fact!

**Strawberries aren't actually berries... but bananas are!**

Strawberries carry their seeds on the outside, so they don't count as true berries. But bananas do — which means bananas are berries and strawberries aren't!



SPRING SUMMER 2026



**BISHOP HOGARTH**

Catholic Education Trust

## OUR AIM



Our sole purpose is to provide a positive food experience for children which gives you value for money and peace of mind that our meals are healthy and focused on your child and your child's planet.

### OUR COMMITMENT?

## Unmatched Value!

From primary school to secondary school and beyond, we keep prices **UNBEATABLE**, giving your child a taste of quality that won't break the bank.

**£2.75 will get your child; 2 courses and 2 sides, a trip to the salad bar and bread, with a drink of chilled water or milk.**



# Spring and Summer



## Word Search

B X Z Z N W Z M K B E E Z X A B Y Z  
I M E F O J C T S N J F Q X O C F R  
R W A V M E B B C L X U I B C B R W  
D P T W O H C U L C A C W I L F U E  
J E I L Y F X T O L Z D A G Q N I P  
A H C C N F D T U X M U G W R A T G  
L V X P N M K E D F L O W E R A S G  
V L Z E W I X R H F Y C C R E I S L  
V A Z S A P C F O K W W B J E D E S  
M U H J R H P L M A P X B J V R R P  
Z Y V G M F I Y Z R A Z T R E E A G  
F M T R S V S U N X T I S L E A F S

Butterfly  
Flower  
Picnic  
Grass

Cloud  
Tree  
Warm  
Bird

Sun  
Bee  
Fruit  
Leaf

**Can you find all 12 words?**

**Circle each word that you can find!**

[www.bhcet.org.uk](http://www.bhcet.org.uk)



# OUR WEEKLY MENUS

## WEEK ONE

| MONDAY                                          | TUESDAY                                         | WEDNESDAY                                                                   | THURSDAY                                         | FRIDAY                                          |
|-------------------------------------------------|-------------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| Chicken Parmo and Potato Wedges                 | Ham Pizza and Herby Diced Potatoes              | Roast Turkey and Gravy, Stuffing, Yorkshire Puddings and New Potatoes       | Pork Sausage, Mashed Potatoes and Gravy          | Battered Fish and Chipped Potatoes              |
| Halal Chicken Parmo and Potato Wedges           | Cheese Pizza and Herby Diced Potatoes           | Halal Roast Turkey and Gravy, Stuffing, Yorkshire Puddings and New Potatoes | Halal Chicken Sausage, Mashed Potatoes and Gravy | Quorn Nuggets and Chipped Potatoes              |
| Quorn Fajita Wraps and Potato Wedges            | Veggie Curry and 50/50 Rice                     | Vegan Sausage Roll and New Potatoes                                         | Tomato Pasta and Garlic Bread                    | Macaroni Cheese and Garlic Bread                |
| Jacket Potato or Sandwich with Various Fillings | Jacket Potato or Sandwich with Various Fillings | Jacket Potato or Sandwich with Various Fillings                             | Jacket Potato or Sandwich with Various Fillings  | Jacket Potato or Sandwich with Various Fillings |
| Sweetcorn Rainbow Coleslaw                      | Broccoli Onion Rings                            | Carrot Green Beans                                                          | Diced Swede Broccoli                             | Baked Beans Peas                                |
| Chocolate Muffins                               | Apple Flapjack and Custard                      | Waffle Fingers with Raspberry Sauce                                         | Ginger Biscuit                                   | Chewy Cherry Cookie                             |

Dates: 20/4/2026, 11/05/2026, 01/06/2026, 22/6/2026, 13/7/2026, 14/09/2026, 05/10/2026

## WEEK TWO

| MONDAY                                                       | TUESDAY                                         | WEDNESDAY                                                                | THURSDAY                                        | FRIDAY                                          |
|--------------------------------------------------------------|-------------------------------------------------|--------------------------------------------------------------------------|-------------------------------------------------|-------------------------------------------------|
| Crispy Chicken Wrap with Salad, Mayo and Potato Wedges       | Katsu Chicken with 50/50 Rice                   | Roast Chicken, Stuffing, Gravy, Yorkshire Pudding and New Potatoes       | Pasta Bolognese and Garlic Bread                | Fish Fingers and Waffle Fries                   |
| Halal Crispy Chicken Wrap with Salad, Mayo and Potato Wedges | Halal Katsu Chicken with 50/50 Rice             | Halal Roast Chicken, Stuffing, Gravy, Yorkshire Pudding and New Potatoes | Halal Beef Pasta Bolognese and Garlic Bread     | Quorn Nuggets and Waffle Fries                  |
| Tuna Pasta Bake and Garlic Bread                             | Tomato Pasta and Garlic Bread                   | Veggie Mince Pie and Mashed Potato                                       | Quorn Burger in a Bun and Potato Wedges         | Macaroni Cheese and Garlic Bread                |
| Jacket Potato or Sandwich with Various Fillings              | Jacket Potato or Sandwich with Various Fillings | Jacket Potato or Sandwich with Various Fillings                          | Jacket Potato or Sandwich with Various Fillings | Jacket Potato or Sandwich with Various Fillings |
| Sweetcorn Rainbow Coleslaw                                   | Carrots Peas                                    | Broccoli Carrots                                                         | Sweetcorn Green Beans                           | Baked Beans Garden Peas                         |
| Pancakes with Fresh Fruit Salad                              | Chocolate Brownie and Chocolate Sauce           | Sticky Iced Finger Bun                                                   | Jelly with Fresh Fruit                          | Mini Tubs of Ice Cream and Wafers               |

Dates: 27/4/2026, 18/5/2026, 08/06/2026, 29/6/2026, 31/08/2026, 21/09/2026, 12/10/2026

## WEEK THREE

| MONDAY                                            | TUESDAY                                                          | WEDNESDAY                                                                | THURSDAY                                        | FRIDAY                                          |
|---------------------------------------------------|------------------------------------------------------------------|--------------------------------------------------------------------------|-------------------------------------------------|-------------------------------------------------|
| Pork Meatballs in a Tomato Sauce and Penne Pasta  | Chicken Burger in a Bun with Salad, Mayo and Potato Wedges       | Roast Chicken, Stuffing, Gravy, Yorkshire Pudding and New Potatoes       | Big Breakfast with a Hash Brown                 | Fish Cake, Curly Fries and Ketchup              |
| Vegan Meatballs in a Tomato Sauce and Penne Pasta | Halal Chicken Burger in a Bun with Salad, Mayo and Potato Wedges | Halal Roast Chicken, Stuffing, Gravy, Yorkshire Pudding and New Potatoes | Veggie Big Breakfast with a Hash Brown          | Quorn Nuggets, Curly Fries and Ketchup          |
| BBQ Quorn Chicken Wrap and 50/50 Rice             | Macaroni Cheese and Garlic Bread                                 | Onion Bhaji Burger in a Bun and New Potatoes                             | Veggie Pasta Bake and Garlic Bread              | Tomato Pasta with Garlic Bread                  |
| Jacket Potato or Sandwich with Various Fillings   | Jacket Potato or Sandwich with Various Fillings                  | Jacket Potato or Sandwich with Various Fillings                          | Jacket Potato or Sandwich with Various Fillings | Jacket Potato or Sandwich with Various Fillings |
| Peas Sweetcorn                                    | Sweetcorn Rainbow Coleslaw                                       | Carrots Broccoli                                                         | Baked Beans Sweetcorn                           | Garden Peas Baked Beans                         |
| Lemon Drizzle Cake                                | Chocolate Crunch and Custard                                     | Sprinkle Cake and Custard                                                | Crunchie Biscuit and Apple Slices               | Carrot Cake and Vanilla Frosting                |

Dates: 04/05/2026, 15/6/2026, 06/07/2026, 07/09/2026, 28/09/2026, 19/10/2026

Children get 2 courses and 2 sides, a trip to the salad bar and bread, with a drink of milk or chilled water for the price of a school meal. We offer three main course choices every day, one of which is always vegetarian, and there are always three choices of desserts (main dessert, fruit and yoghurt) all of which are suitable for vegetarians. Your child can also choose up to 5 portions of fruit and vegetables per day. Where else can you get that value? We also provide menus for diabetics, a gluten free, dairy free and vegan menu, other special diets, and halal meat where required. Our service is also totally nut free.

**Allergen information correct at time of print - please see staff for up to date information.**

**Always Available:**  
Unlimited Salad Bar, Seasonal Fruit and Yoghurt



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