

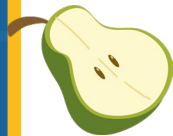
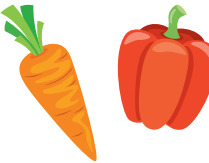
Healthy Habits

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!



BISHOP HOGARTH
Catholic Education Trust

OUR AIM



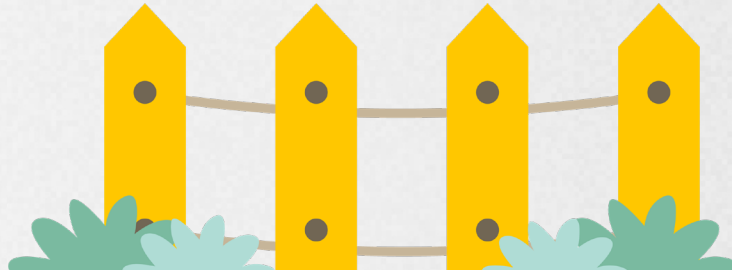
Our sole purpose is to provide a positive food experience for children which gives you value for money and peace of mind that our meals are healthy and focused on your child and your child's planet.

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	Cloud	Sun
Flower	Tree	Bee
Picnic	Warm	Fruit
Grass	Bird	Leaf

Can you find all 12 words?
Circle each word that you can find!

www.bhcet.org.uk



OUR WEEKLY MENUS

WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Tikka and 50/50 Rice	Ham Pizza and Wedges	Roast Pork, New Potatoes and Gravy	Pork Sausage, Mashed Potatoes and Gravy	Fish Fingers and Chips
Veggie Curry and 50/50 Rice	Cheese Pizza and Wedges	Quorn Roast, Gravy, Stuffing and New Potatoes	Veggie Sausage, Mashed Potatoes and Gravy	Quorn Nuggets and Chips
Tomato Pasta and Garlic Bread	Tomato Pasta and Garlic Bread	Tomato Pasta and Garlic Bread	Tomato Pasta and Garlic Bread	Tomato Pasta 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	Peas	Carrot and Green Beans	Carrots and Peas	Baked Beans and Peas
Chocolate Muffins	Vanilla Cake and Custard	Strawberry Mousse	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	Mince Beef Pie, Mash Potatoes and Gravy	Pasta Bolognaise and Garlic Bread	Fish Finger and Waffle Fries
Halal Crispy Chicken Wrap with Salad, Mayo and Potato Wedges	Halal Katsu Chicken with 50/50 Rice	Veggie Mince Pie, New Potatoes and Gravy	Cheese Pizza and Wedges	Quorn Nuggets and Waffle Fries
Tomato Pasta and Garlic Bread	Tomato Pasta and Garlic Bread	Tomato Pasta and Garlic Bread	Tomato Pasta and Garlic Bread	Tomato Pasta 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	Peas	Broccoli	Sweetcorn	Baked Beans and Garden Peas
Shortbread Biscuit	Chocolate Fudge Cake and Sauce	Sticky Iced Finger Bun	Jelly with Fresh Fruit	Mini Tubs of Ice Cream and Wafer

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	Minced Beef and Dumplings with Mashed Potatoes	Fish Cake and Curly Fries
Vegan Meatballs in a Tomato Sauce and Penne Pasta	Quorn Burger in a Bun with Salad, Mayo and Potato Wedges	Quorn Roast, Stuffing, Yorkshire Pudding and New Potatoes	Veggie Mince and Dumplings with New Potatoes	Quorn Nuggets, Curly Fries and Ketchup
Tomato Pasta and Garlic Bread	Tomato Pasta and Garlic Bread	Tomato Pasta and Garlic Bread	Tomato Pasta and Garlic Bread	Tomato Pasta 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
Peas	Sweetcorn	Carrots and Cabbage	Baked Beans and Sweetcorn	Garden Peas and Baked Beans
Lemon Drizzle Cake	Chocolate Crunch and Custard	Sprinkle Cake and Custard	Crunchie Biscuit and Apple Slices	Caramel Mousse

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. We are a nut-aware school.

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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