

# Fun Food

## Facts!



Pumpkins are fruits, not vegetables!



Apples float because they contain lots of air.



Carrots can be purple, yellow, red and white.



Potatoes were the first vegetable grown in space!

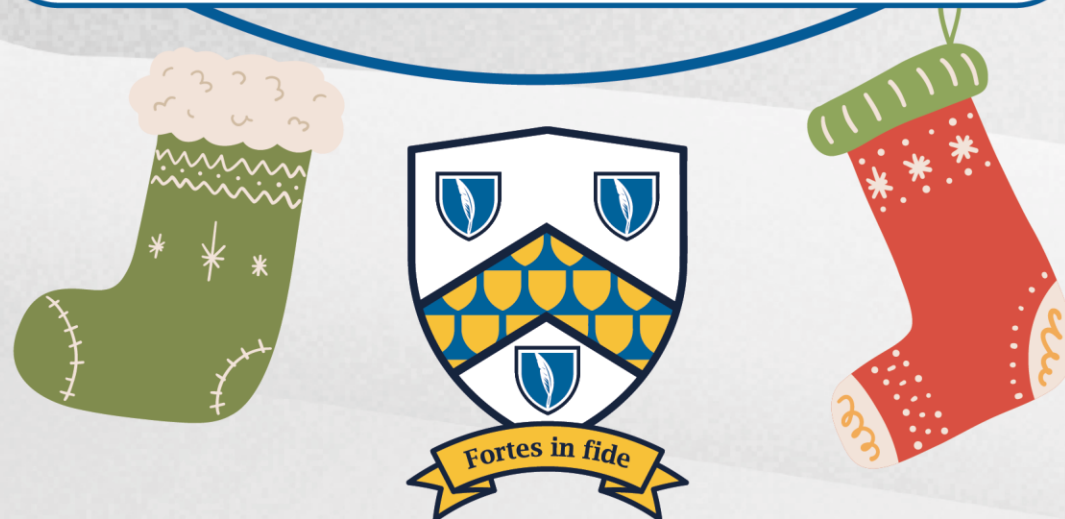
# Healthy Habits

## Can You Tick Them All?

- ☐ Drank water
- ☐ Ate a piece of fruit or veg
- ☐ Played or exercised for 30 minutes
- ☐ Been kind to someone today



AUTUMN WINTER 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!

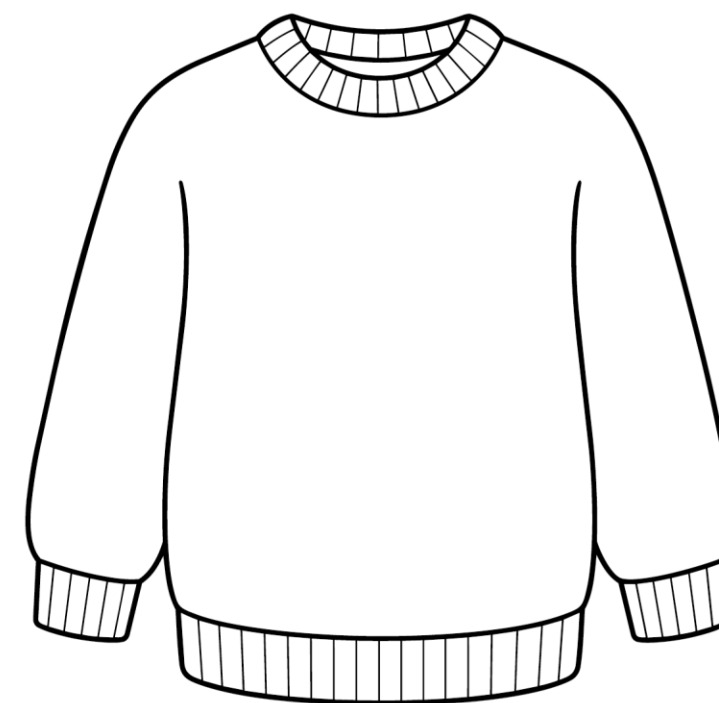
From primary school to secondary school and beyond, we keep prices **UNBEATABLE**, giving your child a taste of quality that won't break the bank.

**£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.**

# Design Your



## Own Winter Jumper!



What colours, patterns and designs will you choose? Create your own jumper design, make it as festive and fun as you can!

[www.bhcet.org.uk](http://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                         |
| Cheesy Pasta                                    | Tomato Pasta                                    | Tuna Pasta                                      | Tomato Pasta                                    | Cheesy Pasta                                    |
| 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                             |

Week Commencing: 31/08, 21/09, 12/10, 02/11, 23/11, 14/12

## 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 Fingers 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                                                 | Cheesy Pasta                                    | Tuna Pasta                                      | Tomato Pasta                                    | Cheesy Pasta                                    |
| 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 Tubes of Ice Cream and Wafer               |

Week Commencing: 07/09, 28/09, 19/10, 09/11, 30/11

## 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          |
| Cheesy Pasta                                      | Tomato Pasta                                               | Tuna Pasta                                                         | Tomato Pasta                                    | Cheesy Pasta                                    |
| 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                                  |

Week Commencing: 14/09, 05/10, 16/11, 07/12

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

