

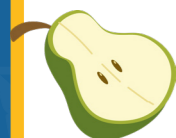
# Healthy Habits

## 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!

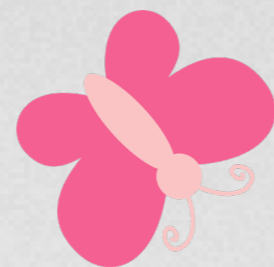


# Fun Fruit

## 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](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
Jollof Rice	Jollof Rice	Jollof Rice	Jollof Rice	Jollof Rice
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
Jollof Rice	Jollof Rice	Jollof Rice	Jollof Rice	Jollof Rice
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
Jollof Rice	Jollof Rice	Jollof Rice	Jollof Rice	Jollof Rice
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. 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

