




Fun Food

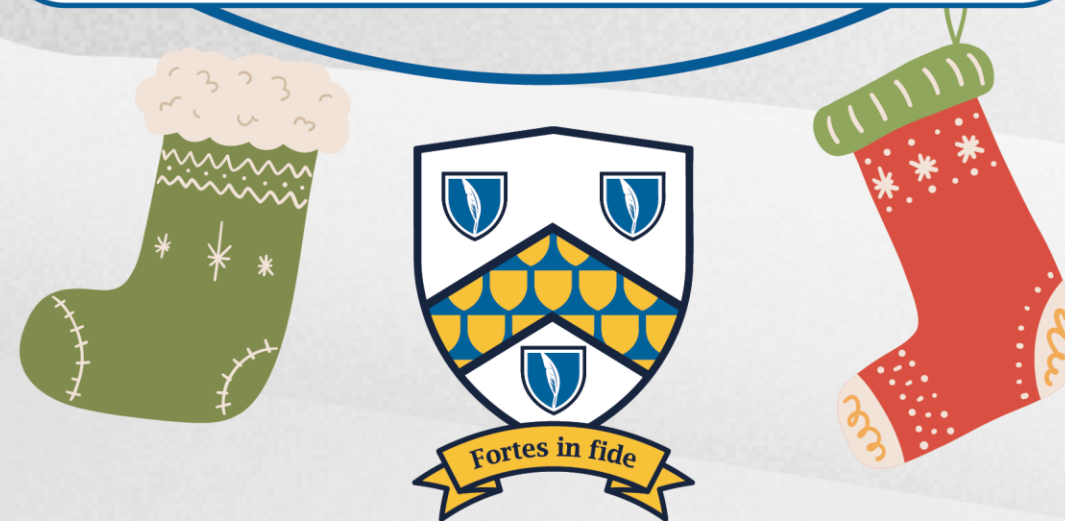
Facts!

-  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



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?

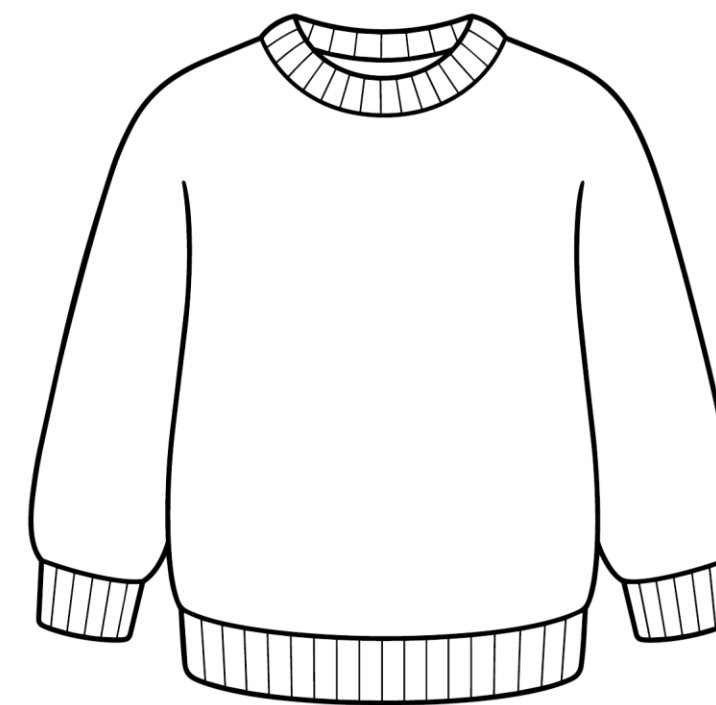
Unmatched Value!

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

OUR WEEKLY MENUS

WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Tikka and 50/50 Rice	Ham Pizza and Wedges	Roast Gammon, Yorkshire Pudding, Mash and Gravy	Pork Sausage, Yorkshire Pudding, Mashed Potatoes and Gravy	Fish Fingers and Chips
Macaroni Cheee	Cheese Pizza and Wedges	Tomato Pasta & Garlic Bread	Veggie Sausage, Yorkshire Pudding, Mashed Potatoes and Gravy	Quorn Nuggets and Chips
Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Macaroni Cheese
Sandwich with Various Fillings served with Wedges	Sandwich with Various Fillings served with Wedges	Sandwich with Various Fillings served with Wedges	Sandwich with Various Fillings served with Wedges	Jacket Potato or Sandwich with Various Fillings
Sweetcorn	Peas	Carrots and Broccoli	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
Tomato Pasta & Garlic Bread	Macaroni Cheese	Macaroni Cheese	Cheese Pizza and Wedges	Quorn Nuggets and Waffle Fries
Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Macaroni Cheese
Sandwich with Various Fillings served with Wedges	Sandwich with Various Fillings served with Wedges	Sandwich with Various Fillings served with Wedges	Sandwich with Various Fillings served with Wedges	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

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 Mashed Potato	Minced Beef and Dumplings with Mashed Potatoes	Fish Fingers and Curly Fries
Macaroni Cheese	Quorn Burger in a Bun with Salad, Mayo and Potato Wedges	Tomato Pasta & Garlic Bread	Macaroni Cheese	Quorn Nuggets and Curly Fries
Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Macaroni Cheese
Sandwich with Various Fillings served with Wedges	Sandwich with Various Fillings served with Wedges	Sandwich with Various Fillings served with Wedges	Sandwich with Various Fillings served with Wedges	Jacket Potato or Sandwich with Various Fillings
Peas	Sweetcorn	Carrots and Cabbage	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, vegetables/salad 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

