

FEELING

Overwhelmed?

Support is available 24/7:

- Text SHOUT to **85258** to talk to the Shout text line.
- Call HOPELINE247 on **0800 068 4141** for immediate help.



FOOD *Facts*

Hydration: You should drink 6–8 glasses of fluid a day. Water is best for staying sharp and hydrated.

Fibre boost: Teens need about 25g of fibre daily, but most get only 16g. Whole-grains, beans, and veg help fill the gap.

Healthy fats: Nuts, seeds, avocados, and oily fish give energy and support brain development.

Magnesium magic: Helps muscles and nerves work properly. Found in spinach, nuts, and whole grains.



BISHOP HOGARTH

Catholic Education Trust



Respect



Resilience



Responsibility



Honesty



Confidence



Compassion



Self Belief



Justice

www.bhcet.org.uk



JUNIOR GYM

Membership

One Gym offers a Junior membership for **11 – 15 years** for **£12.99** per month.

(Must be accompanied by an adult member)

OneGym

SMOOTHIE

Recipe

2 Minute Breakfast Smoothie

- 1 Banana
- 1 tbsp Porridge Oats
- 80g Strawberries
- 150ml Milk
- 1 tsp Honey
- Vanilla Extract



Put all ingredients into a blender and whizz for 1 minute until smooth.



BISHOP HOGARTH
Catholic Education Trust

BREAKFAST & Morning Break

Toast **V**

Bagels **V**

Crumpets **V**

Muffins **V**

Hash Brown **GF V**

Bacon Roll (available Tuesday only)

Sausage Bun (available Thursday only)

Fruit/Yogurt **V**

Waffles **V**

Porridge **V**

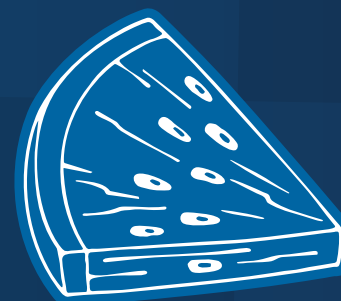


Why Breakfast Matters

Boosts Energy: After a night's sleep, your body needs fuel to start the day. A healthy breakfast gives you the energy to focus at school or in activities.

Improves Concentration: Eating in the morning helps your brain stay alert, making it easier to learn and remember things.

Balances Blood Sugar: Breakfast helps keep your energy levels steady and prevents tiredness or mood swings later in the day.



Some Items are only available at Morning Break



GF - Gluten Free V - Vegetarian

Allergen Information - Allergen information is available upon request. While we make every effort to keep foods containing nuts out of our schools, we cannot guarantee the complete absence of nut traces. We kindly ask that nut-containing products are not brought into our schools.

WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Toad in the Hole with Gravy, Mashed Potatoes, Carrots and Peas	Minced Beef & Dumplings with New Potatoes, Green Beans and Sweetcorn	Roast Chicken Stuffing with Gravy, Roast Potatoes, Broccoli and Carrots	Hunters Chicken with Potato Wedges and Sweetcorn GF	Battered Fish and Chips with Peas and Curry Sauce
Veggie Curry with Rice, Carrots & Peas GF V	Cheesy Bean Burritos with New Potatoes, Green Beans and Sweetcorn GF V	Vegetable Pasta Bake with Garlic Bread, Broccoli and Carrots GF V	Veggie Chilli with Rice and Sweetcorn GF V	Cheesy Chips and Garlic Mayo GF V
Halal Chicken Toad in the Hole with Mashed Potatoes, Carrots, Peas and Gravy	Halal Minced Beef & Dumplings with New Potatoes, Green Beans and Sweetcorn	Halal Roast Chicken Stuffing with Gravy, Roast Potatoes, Broccoli and Carrots	Halal Hunters Chicken with Potato Wedges and Sweetcorn GF	Battered Fish and Chips with Peas and Curry Sauce

WEEK ONE MENU DATES: 03/11/2025, 24/11/2025, 15/12/2025, 05/01/2026, 26/01/2026, 16/02/2026, 09/03/2026, 30/03/2026, 20/04/2026, 11/05/2026, 01/06/2026, 22/06/2026, 13/07/2026

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Katsu Chicken with Rice, Sweetcorn and Peas	Minced Beef Pie with Roast Potatoes, Carrots and Peas	Roast Turkey with Stuffing, Gravy, New Potatoes, Broccoli and Carrots	Pasta Bolognese with Garlic Bread, Sweetcorn and Green Beans	Battered Fish and Chips with Peas and Curry Sauce
Baked Bean Lasagne with Garlic Bread, Sweetcorn and Peas V	Macaroni Cheese with Garlic Bread, Carrots and Peas V	Veggie Mince Cottage Pie with New Potatoes, Broccoli and Carrots GF V	Cheese Pie with Potato Wedges, Sweetcorn and Green Beans GF V	Chips with Gravy GF V
Halal Katsu Chicken with Rice, Sweetcorn and Peas	Halal Minced Beef Pie with Roast Potatoes, Carrots and Peas	Halal Roast Turkey with Stuffing, Gravy, New Potatoes, Broccoli and Carrots	Halal Beef Pasta Bolognese with Garlic Bread, Sweetcorn and Green Beans	Battered Fish and Chips with Peas and Curry Sauce

WEEK TWO MENU DATES: 10/11/2025, 01/12/2025, 22/12/2025, 12/01/2026, 02/02/2026, 23/02/2026, 16/03/2026, 06/04/2026, 27/04/2026, 18/05/2026, 08/06/2026, 29/06/2026

WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork Sausage with Gravy, Mashed Potatoes and Peas GF	Minced Beef Lasagne with Garlic Bread and Sweetcorn	Roast Gammon with Gravy, Roast Potatoes, Carrots and Broccoli GF	Chicken Tikka Masala with Rice, Naan Bread and Green Beans	Battered Fish and Chips with Peas and Curry Sauce
Tomato Pasta Bake with Garlic Bread and Peas V	Quorn Fajitas Wraps with Rice V	Veggie Mince Pie and Gravy with Roast Potatoes, Carrots and Broccoli GF V	Cheese Pasty with Potato Wedges and Green Beans V	Cheesy Chips with Garlic Mayo GF V
Halal Chicken Sausage with Gravy, Mashed Potatoes and Peas	Halal Minced Beef Lasagne with Garlic Bread and Sweetcorn	Halal Roast Chicken and Gravy with Roast Potatoes, Carrots and Broccoli	Halal Chicken Tikka Masala with Rice, Naan Bread and Green Beans	Battered Fish and Chips with Peas and Curry Sauce

WEEK THREE MENU DATES: 17/11/2025, 08/12/2025, 29/12/2025, 19/01/2026, 09/02/2026, 02/03/2026, 23/03/2026, 13/04/2026, 04/05/2026, 25/05/2026, 15/06/2026, 06/07/2026

ALWAYS AVAILABLE

- ✓ Salad & Pasta Boxes
- ✓ Jacket Potato with Various Fillings
- ✓ Salad Bar
- ✓ Bottled Water, Milk and Fruit Juice
- ✓ Selection of Cookies, Cakes, Fruit and Jelly
- ✓ Sandwiches



Please note that our menu is subject to change based on ingredient availability



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W/C 3 NOVEMBER (Menus will continue rolling from previous after holidays)



WEEK ONE

MONDAY
Chicken & Sweetcorn Pizza **GF**

TUESDAY
Crispy Chicken Wrap

WEDNESDAY
Spicy Sausage Pizza **GF**

THURSDAY
Beef Burger in a Roll

FRIDAY
Margherita Pizza **GF V**

WEEK TWO

MONDAY
Ham & Mushroom Pizza **GF**

TUESDAY
Southern Fried Chicken Burger in a Roll

WEDNESDAY
Roasted Veggie Pizza **GF V**

THURSDAY
Chicken Fajita Wraps

FRIDAY
Margherita Pizza **GF V**

WEEK THREE

MONDAY
Margherita Pizza **GF V**

TUESDAY
Hot Dog in a Roll

WEDNESDAY
Bolognaise Pizza **GF**

THURSDAY
BBQ Pulled Pork in a Wrap **GF**

FRIDAY
Roasted Veggie Pizza **GF V**

W/C 3 NOVEMBER (Menus will continue rolling from previous after holidays)

WEEK ONE

MONDAY
Mac & Cheese Pasta Pots **GF V**

TUESDAY
Tomato & Cheese Pasta Pots **GF V**

WEDNESDAY
Chilli Beef Nachos

THURSDAY
Meatball Pasta Pot

FRIDAY
Fish Finger Roll **GF**

WEEK TWO

MONDAY
Tomato & Mascarpone Pasta Pot **GF V**

TUESDAY
Chinese Chicken Rice Pot

WEDNESDAY
Pomodoro Pasta Pot **GF V**

THURSDAY
Sweet Chilli Veggie Noodle Pots **V**

FRIDAY
Fish Finger Roll **GF**

WEEK THREE

MONDAY
Butter Chicken Curry Rice Pot **GF**

TUESDAY
Hand-cut Potato Skins with Bacon & Cheese **GF**

WEDNESDAY
Tomato & Cheese Pasta Pot **GF V**

THURSDAY
Chow Mein Style Veggie Noodles **V**

FRIDAY
Fish Finger Roll **GF**



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