

☀️ **Smile On Weekly Menu (06/10-10/10/25)**

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	<i>A Fresh Start!</i>	<i>Tasty Twists!</i>	<i>Midweek Marvels!</i>	<i>A Taste of Italy!</i>	<i>A Fun & Flavourful Finale!</i>
<i>Breakfast</i>	Creamy Porridge with mango	French toast with berries and mint tea	Scramble eggs, sourdough toast and avocado	Oat breakfast cookies with camomile tea	Fluffy Pancakes with maple syrup & orange slices
<i>Lunch</i>	Mushroom & cauliflower soup with artesian bread	Courgettes creamy soup	Mediterranean lemon chicken soup	Minestrone soup & artesian bread	Spinach & rice soup artesian bread
	Roasted tomatoes, white beans and spinach stew	Roasted Chicken thighs & potatoes tray bake	Vegetarian rice tray bake	Spaghetti Bolognese & steamed broccoli	Roasted salmon, peas & parsnip [p] mush
<i>Veg/Optional</i>	Same as above – plant-powered goodness!	Courgettes creamy soup Roasted vegetarian tray bake & humus	Vegetarian rice tray bake	Minestrone soup & artesian bread Spaghetti Arrabiata	Spinach & rice soup artesian bread Roasted cauliflower and parsnip cheese & peas
<i>Pudding</i>	Juicy melon fruit salad – sweet, refreshing, and full of vitamins!	Fruit salad	Fruit salad	Fruit salad	Fruit salad– nature’s candy!
<i>Tea</i>	Cheesy & vegan pesto panini sandwich	Pastry with egg and cottage cheese	Creamy gnocchi with courgettes & parmesan	Finger sandwiches with cream cheese and cucumber, blueberry muffins	Chicken and avocado rolls & cherry tomatoes
<i>Snack am/pm</i>	A selection of seasonal fruit & milk for a natural energy boost.	A mix of seasonal fruit & milk to keep little tummies happy.	A selection of seasonal fruit & milk	Seasonal fruit & milk for a natural energy boost.	Seasonal fruit & milk to keep little ones energized.
<i>Allergens:</i>	Gluten, Dairy	Gluten, Dairy, Egg	Gluten, Dairy, Egg	Gluten, Dairy	Gluten, Dairy, Fish

☀️ This menu is thoughtfully crafted to provide a balance of nutrition, variety, and fun, ensuring every child enjoys wholesome, flavourful meals throughout the week. ☀️

☀️ **Proudly Sourced from:**

The Dorset Meat Company
<https://www.thedorsetmeatcompany.co.uk>

Natoora <https://natoora.com/en-GB/>

Fen Farm Dairy <https://www.fenfarmdairy.co.uk>

Full allergen information is available upon request. Please speak to a member of staff for details.

☀️ At Smile ON, we believe that a healthy diet lays the foundation for growth, learning, and lifelong wellbeing. Our meals are thoughtfully planned to include a wide range of fresh fruits and vegetables, whole grains, and essential proteins—offering children the fuel they need to thrive. ☀️

