

☀️ Smile On Weekly Menu (29/09-03/10/25)

	<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 Middle East!</i>	<i>A Fun & Flavourful Finale!</i>
<i>Breakfast</i>	A wholesome bowl of Weetabix topped with milk, banana, and apple – packed with goodness!	Freshly baked croissants with orange slices, apricot jam & camomile tea	Overnight chia pudding, bio live yougurt & mango super breakfast	Creamy pear porridge swirled with golden dried apricots – a warm hug in a bowl!	Banana bread & super smoothy
<i>Lunch</i>	Carrots & cumin cream soup with artesian bread	Creamy potato & leek soup with home-made crotons.	Broccoli & ricotta creamy soup & artesian bread	Red lentil creamy soup & artesian bread	Asparagus soup with home-made sourdough croutons
	Pasta Arrabiata with roasted aubergine & parmesan cheese	Beef meat loaf with asparagus & carrots	Tender chicken breast stroganoff Steam Jasmin rice	Shakshuka with bulgur salad	Roasted cod & rainbow vegetables tray bake
<i>Veg/Optional</i>	Same as above – plant-powered goodness!	Creamy potato & leek soup with home-made crotons. Roasted Vegetables & cauliflower steak	Broccoli & ricotta creamy soup & artesian bread Steamed rice and creamy mushroom & spinach sauce	Red lentil creamy soup & artesian bread Shakshuka with bulgur salad	Asparagus soup with home-made sourdough croutons Tofu & rainbow vegetables tray bake
<i>Pudding</i>	Juicy melon fruit salad – sweet, refreshing, and full of vitamins!	Fruit salad	Fruit salad	Mahalabia – milk pudding	Fruit salad– nature’s candy!
<i>Tea</i>	Pizza margarita rolls	Ravioli whit spinach and ricotta	Omelette with cherry tomatoes	Falafels, baba ganoush carrots & cucumber sticks	Creamy pea and parmesan risotto
<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	Gluten, Dairy, Egg	Gluten, Dairy, Egg	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. ☀️

