

Primary School Menu

June - July 2021



This menu has been nutritionally analysed in line with Welsh Government Guidance to meet pupils needs for protein, carbohydrates, fat, sugar and salt.



Denotes suitable for Vegetarians



Denotes suitable for Vegans



Arlwyo a Glanhau
NEWYDD
Catering & Cleaning

WEEK 1

MONDAY

Breaded Fish Stars

Served with oven baked diced potatoes & garden peas.
Or

Crispy Veggie Sticks

Served with oven baked diced potatoes & garden peas.

pudding: Lemon Muffin or Fresh Fruit 

TUESDAY

Ravioli in Tomato Sauce

Served with sliced green beans & garlic bread.
Or

Salmon Tortelloni in Cheese Sauce

Served with sliced green beans & garlic bread.

pudding: Raspberry Sponge & Custard or Fresh Fruit 

WEDNESDAY

Roast Dinner of the Day

Served with roast potatoes & two seasonal veg.
Or

Veggie Roast Dinner of the Day

Served with roast potatoes & two seasonal veg.

pudding: Cooks Fruit Cake or Fresh Fruit 

THURSDAY

Chicken Curry

Served with vegetable rice.
Or

Vegetable Curry

Served with vegetable rice.

pudding: Fresh Fruit and Yoghurt

FRIDAY

Beef Burger in a Bun

Served with chips & veg sticks.
Or

Vegan Burger in a Bun

Served with chips & veg sticks.

pudding: Chocolate Sponge with Chocolate Sauce or Fresh Fruit 

WEEK 2

MONDAY

Oven Baked Sausage

Served with mash potato, carrots, peas & gravy.
Or

Veggie Sausage

Served with mash potato, carrots, peas & gravy.

pudding: Cherry Crumble & Custard or Fresh Fruit 

TUESDAY

Hot BBQ Chicken Wrap

Served with a hash brown & sweetcorn.
Or

Cheese & Vegetable Wrap

Served with a hash brown & sweetcorn.

pudding: Chocolate Muffin or Fresh Fruit 

WEDNESDAY

Roast Dinner of the Day

Served with roast potatoes & two seasonal veg.
Or

Veggie Roast Dinner of the Day

Served with roast potatoes & two seasonal veg.

pudding: Fruit Flapjack or Fresh Fruit 

THURSDAY

Meatballs in Tomato Sauce

Served with wholemeal pasta & garlic bread.
Or

Vegan Meatballs in Tomato Sauce

Served with wholemeal pasta & garlic bread.

pudding: Fresh Fruit and Yoghurt

FRIDAY

Oven Baked Fish Fillet

Served with chips & veg sticks.
Or

Oven Baked Vegan Sticks

Served with chips & veg sticks.

pudding: Baked Biscuit or Fresh Fruit 

WEEK 3

MONDAY

Chicken Burger in a Bun

Served with skin on wedges & coleslaw.
Or

Vegan Burger in a Bun

Served with skin on wedges & coleslaw.

pudding: Blueberry Muffin or Fresh Fruit 

TUESDAY

Beef Bolognese

Served with wholemeal pasta & garlic bread.
Or

Vegan Cannelloni

Vegan pasta tubes filled with vegetables & served with garlic bread.

pudding: Fruit Jelly or Fresh Fruit

WEDNESDAY

Roast Dinner of the Day

Served with roast potatoes & two seasonal veg.
Or

Veggie Roast Dinner of the Day

Served with roast potatoes & two seasonal veg.

pudding: Shortbread Biscuit or Fresh Fruit 

THURSDAY

Cheesy Wholemeal Pasta Bake with Tuna

Served with garlic bread & veg sticks.
Or

Cheesy Wholemeal Pasta Bake

Served with garlic bread & veg sticks.

pudding: Lemon Sponge or Fresh Fruit 

FRIDAY

Chicken Pizza

Served with chips & veg sticks.
Or

Veggie Pizza

Served with chips & veg sticks.

pudding: Chocolate Brownie or Fresh Fruit 

Sandwiches

Choose from the following fillings:

Ham

Cheese 

Tuna Mayo

Served with daily pudding and drink with fresh fruit and salad options where available.

Freshly Cooked Jacket Potatoes

Choose from the following toppings:

Baked Beans  

Tuna Mayo

Cheese 

Cheese & Beans 

Served with daily pudding and drink with fresh fruit and salad options where available.

Daily Salad Selection

As your school returns to a normal service the salad bar will once again be available to provide a daily choice of fresh salad.

Necessary risk assessment will need to be conducted



DAILY OPTIONS

Bwydlen Ysgolion Gynradd

Mis Mehefin - Gorffennaf 2021

CYMERADWY



Mae'r fwydlen hon wedi'i ddadansoddi yn unol â arweiniad llywodraeth Cymru i gwrdd a anghenion brotein, carbohydradau, braster, siwgr a halen y disgyblion.



Yn addas i Llysieuwyr



Yn addas i Feganiaid



Arlwyo a Glanhau

NEWYDD

Catering & Cleaning

WYTHNOS 1

DYDD LLUN

Sêren pysgod

Ciwbiau tatws perlysiâu a pys
neu

Ffyn Llysiau creisionllyd
Ciwbiau tatws perlysiâu a pys

Pwdin: Myffin lemwn
neu **Ffrwythau ffres**

DYDD MAWRTH

Ravioli mewn saws tomato

Bara garlleg a ffa gwyrdd wedi'i sleisio
neu

Tortelloni Eog mewn Saws Caws
Bara garlleg a ffa gwyrdd wedi'i sleisio

Pwdin: Sbwng mafon a cwstard
neu **Ffrwythau ffres**

DYDD MERCHER

Cig rhost y dydd

Tatws rhost a ddau lysiau tymhorol
neu

Rhost llysieuol y dydd
Tatws rhost a ddau lysiau tymhorol

Pwdin: Cacen Ffrwythau'r Cogydd
neu **Ffrwythau ffres**

DYDD IAU

Cyri Cyw iâr

a reis llysiau
neu

Cyri Llysiau
A reis llysiau

Pwdin: Ffrwythau ffres a iogwrt

DYDD GWENER

Byrgyr cig eidion mewn bynsen

Sglodion a ffyn llysiau
neu

Byrgyr fegan mewn bynsen
Sglodion a ffyn llysiau

Pwdin: Sbwng siocled a saws siocled
neu **Ffrwythau ffres**

WYTHNOS 2

DYDD LLUN

Selsig Pob

Tatws stwnsh, moron, pys a grefi.
neu

Selsig llysieuol
Tatws stwnsh, moron, pys a grefi..

Pwdin: Crymbl Ceiriosen a cwstard
neu **Ffrwythau ffres**

DYDD MAWRTH

Wrap cyw iâr bbq poeth

Hash Briwigig a corn melys
neu

Wrap llysiau a caws
Hash Briwigig a corn melys

Pwdin: Myffin siocled
neu **Ffrwythau ffres**

DYDD MERCHER

Cig rhost y dydd

Tatws rhost a ddau lysiau tymhorol.
neu

Rhost llysieuol y dydd
Tatws rhost a ddau lysiau tymhorol.

Pwdin: Flapjac ffrwythau
neu **Ffrwythau ffres**

DYDD IAU

Peli Cig mewn saws Tomato

Pasta gwenith trwyddo a bara garlleg
neu

Peli Cig fegan mewn saws Tomato
Pasta gwenith trwyddo a bara garlleg

Pwdin: Ffrwythau ffres and iogwrt

DYDD GWENER

Ffiled o pysgodyn wedi'i phobi

Sglodion a ffyn llysiau
neu

Ffyn fegan wedi'i phobi
Sglodion a ffyn llysiau

Pwdin: Bisged wedi'i phobi
neu **Ffrwythau ffres**

WYTHNOS 3

DYDD LLUN

Byrgyr Cyw iâr mewn bynsen

Talpiau tatws mewn croen a colsto
neu

Byrgyr fegan mewn bunsen
Talpiau tatws mewn croen a colsto

Pwdin: Myffin llus neu Ffrwythau ffres

DYDD MAWRTH

Bolognese cig

Pasta gwenith trwyddo a bara garlleg
neu

Cannelloni fegan
Tiwbiau pasta fegan wedi'i llenwi â llysiau
a bara garlleg

Pwdin: Jeli ffrwythau neu Ffrwythau ffres

DYDD MERCHER

Cig rhost y dydd

Tatws rhost a ddau lysiau tymhorol.
neu

Rhost llysieuol y dydd
Tatws rhost a ddau lysiau tymhorol.

Pwdin: Bisgedi bara byr
neu **Ffrwythau ffres**

DYDD IAU

Pasta gwentih trwyddo, Caws a tiwna wedi'i phobi

Bara garlleg a ffyn llysiau
neu

Pasta gwentih trwyddo, a caws
wedi'i phobi

Bara garlleg a ffyn llysiau
Pwdin: Sbwng lemwn neu Ffrwythau ffres

DYDD GWENER

Pitsa cyw iâr

Sglodion a ffyn llysiau
neu

Pizza llysiau
Sglodion a ffyn llysiau

Pwdin: Browni Siocled neu Ffrwythau ffres

DEWISIADAU
DYDDIOL

Brechdannau

Dewiswch o'r llenwadau canlynol:

Ham

Caws

Tiwna a mayo

Wedi'i weini gyda Pwdin, diod, ffrwythau ffres a salad opsiynau lle maent ar gael.

Tatws pob wedi'i goginio'n ffres

Dewiswch o'r topiau canlynol:

Ffa pob

Tiwna a mayo

Caws

Ffa pob a caws

Wedi'i weini gyda Pwdin, diod, ffrwythau ffres a salad opsiynau lle maent ar gael.

Dewis Salad Dyddiol

Pan fydd eich ysgol yn dychwelyd i wasanaeth arferoll bydd y bar salad ar gael unwaith eto i ddarparu dewis dyddiol o salad ffres.

Bydd angen cynnal asesiad risg angenrheidiol

