

Primary School Menu

October 2021– April 2022



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



Suitable for Vegetarians



Suitable for Vegans



Arlwyo a Glanhau

NEWYDD

Catering & Cleaning

WEEK 1

MONDAY

Breaded Fish Stars

Served with oven baked diced potatoes & garden peas.

Oven Baked Nuggets

Vegetarian nuggets served with oven baked diced potatoes & garden peas.

Lemon Muffin or Fresh Fruit

MONDAY

Oven Baked Sausage

Served with mashed potatoes & baked beans.

Oven Baked Fish Fillet

Served with mashed potatoes & baked beans.

Raspberry Crumble & Cream or Fresh Fruit

MONDAY

Chicken Burger in a Bun

Served with skin on potato wedges & coleslaw.

Mac 'n' Cheese

Pasta baked in a cheesy sauce.

Blueberry Muffin or Fresh Fruit

TUESDAY

BBQ Meatball Sub

Vegan meatballs served with potato wedges, green beans & sweetcorn.

Seafood Burger

Salmon & cod fishcake served with green beans & sweetcorn.

Raspberry Sponge & Custard or Fresh Fruit

TUESDAY

BBQ Chicken Wrap

Strips of chicken, BBQ Sauce in a wrap with a hash brown & sweetcorn.

Sweet Potato & Vegetable Curry

Served rice and naan bread.

Chocolate Sponge & Custard or Fresh Fruit

TUESDAY

Meatballs & Pasta

Beef meatballs in a tomato sauce & garlic bread.

Ocean Stick Wrap

Served with ½ jacket potato & baked beans.

Lemon Sponge & Custard or Fresh Fruit

WEDNESDAY

Roast Dinner of the Day

Served with potatoes & two seasonal veg.

Veggie Roast Dinner of the Day

Served with potatoes & two seasonal veg.

Cooks Fruit Cake or Fresh Fruit

WEDNESDAY

Roast Dinner of the Day

Served with potatoes & two seasonal veg.

Veggie Roast Dinner of the Day

Served with potatoes & two seasonal veg.

Fruit Flapjack or Fresh Fruit

WEDNESDAY

Roast Dinner of the Day

Served with potatoes & two seasonal veg.

Veggie Roast Dinner of the Day

Served with potatoes & two seasonal veg.

Shortbread Biscuit or Fresh Fruit

THURSDAY

Chicken Curry & Naan Bread

Served with vegetable rice.

Pasta Bolognese

Vegetarian mince in tomato & vegetable sauce & garlic bread.

Fresh Fruit and Yoghurt

THURSDAY

Classic Cottage Pie

Served with seasonal vegetables.

Chilli Non Carne

Vegetarian mince chilli served with vegetable rice.

Fresh Fruit or Yoghurt

THURSDAY

Pasta, Peas and Ham

Served with garlic bread & veg sticks.

Breakfast Wrap

Vegetarian sausage, hash brown, free Range omelette & baked beans.

Yoghurt or Fresh Fruit

FRIDAY

Gluten Free Beef Burger in a Bun

Served with chips & veg sticks.

Mexican Burrito

Lightly Spiced veggie mince wrap with chips & veg sticks.

Chocolate Muffin or Fresh Fruit

FRIDAY

Oven Baked Chicken Nuggets

Served with chips & veg sticks.

Big Burger in a Bun

Vegan burger served with chips & veg sticks.

Baked Biscuit or Fresh Fruit

FRIDAY

Cheese & Tomato Pizza

Classic 'Margherita' served with chips & veg sticks.

Chicken Pizza

Served with chips & veg sticks.

Chocolate Brownie or Fresh Fruit

Sandwiches

Choose from the following fillings:

- Ham
- Cheese
- Tuna Mayo

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

Freshly Cooked Jacket Potatoes

Choose from the following toppings:

- Baked Beans
- Cheese
- Tuna Mayo
- Cheese & Beans

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

Pasta Pots

Choose from the following toppings:

- Ham
- Cheese
- Tuna Mayo

Served with daily pudding, drink, 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.



Please note that our menus could be subject to change due to nationwide supply issues.

DAILY OPTIONS

Bwydlen Ysgolion Gynradd

Hydref 2021 – Ebrill 2022

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
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WYTHNOS 1

DYDD LLUN

Sêren Pysgod
Ciwbiau tatws perlysiâu a pys

Nygets wedi'i pobi
Nygets llysiâu, ciwbiau tatws perlysiâu a pys

Pwddin: Myffin lemwn neu ffrwythau ffres

DYDD MAWRTH

Swb Peli Cig Bbq
Peli cig bbq fegan, talpiau tatws, ffa gwyrdd a corn melys

Byrgyr bwyd y môr
Cacen Pysgod eog a penfras, ffa gwyrdd a corn melys

Pwddin: Sbwng mafon a cwstard neu ffrwythau ffres

DYDD MERCHER

Cig rhost y dydd
Tatws a ddau llysieuyn tymhorol

Rhost Llysieuwyr y dydd

Tatws a ddau llysieuyn tymhorol

Pwddin: Cacen ffrwythau'r cogydd neu ffrwythau ffres

DYDD IAU

Cyri Cyw iâr a Bara Naan
a reis llysiâu

Bolognese a Pasta
Briwrig llysiâu, saws llysiâu, a bara garlleg

Pwddin: Ffrwythau ffres a iogwrt

DYDD GWENER

Byrgyr cig eidion mewn bynsen heb glwten
Sglodion a ffyn llysiâu

Burrito Mecsicanaidd
Briwrig llysiâu sbeislyd mewn wrap, Sglodion a ffyn llysiâu

Pwddin: Myffin siocled neu ffrwythau ffres

WYTHNOS 2

DYDD LLUN

Selsig Pob
Tatws stwnsh, a ffa pob

Filed o Pysgod
Tatws stwnsh, a ffa pob

Pwddin: Crymbl ceiriosen a hufen neu ffrwythau ffres

DYDD MAWRTH

Wrap cyw iâr bbq poeth
Hash briwrig a corn melys

Cyri Tatws Melys a llysiâu
Reis a Bara Naan

Pwddin: Sbwng siocled a cwstard neu ffrwythau ffres

DYDD MERCHER

Cig rhost y dydd
Tatws a ddau llysieuyn tymhorol.

Rhost Llysieuwyr y dydd
Tatws a ddau llysieuyn tymhorol.

Pwddin: Flapjac ffrwythau neu ffrwythau ffres

DYDD IAU

Pei Bwthín
Llysiâu Tymhorol

Chili Dim Carne
Briwrig llysiâu a reis

Pwddin: Ffrwythau ffres and iogwrt

DYDD GWENER

Nygets Cyw iâr wedi'i pobi
Sglodion a ffyn llysiâu

Byrgyr mawr mewn bynsen
Byrgyr fegan, Sglodion a ffyn llysiâu

Pwddin: Bisged wedi'i phobi neu ffrwythau ffres

WYTHNOS 3

DYDD LLUN

Byrgyr cyw iâr mewn bynsen
Talpiau tatws mewn croen a colslô

Caws Macaroni
Pasta a saws caws

Pwddin: Myffin llus neu ffrwythau ffres

DYDD MAWRTH

Peli cig a pasta
Peli cig eidion, saws tomato a bara garlleg

Wrap Ffyn cefnfor
½ Tatws pob a ffa pob

Pwddin: Sbwng lemwn a cwstard neu ffrwythau ffres

DYDD MERCHER

Cig rhost y dydd
Tatws a ddau llysieuyn tymhorol.

Rhost Llysieuwyr y dydd
Tatws a ddau llysieuyn tymhorol.

Pwddin: Bisgedi bara byr neu ffrwythau ffres

DYDD IAU

Pasta, pys a ham
Bara garlleg a ffyn llysiâu

Wrap brechwast
Selsig llysiâu, hash briwrig, omelette a ffa pob

Pwddin: Iogwrt neu ffrwythau ffres

DYDD GWENER

Pitsa caws a tomato
Sglodion a ffyn llysiâu

Pizza cyw iâr
Sglodion a ffyn llysiâu

Pwddin: Browni Siocled neu ffrwythau ffres

DEWISIADAU
DYDDIOL

Brechdannau

Dewiswch o'r llenwadau canlynol:

Ham
Caws

Tiwna a mayo

Wedi'i weini gyda Pwddin, 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

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

Caws

Ffa pob a caws

Potiau Pasta

Dewiswch o'r topiau canlynol:

Ham

Caws

Tiwna a mayo

Wedi'i weini gyda Pwddin, 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.

