

Primary School Menu

January - March 2021



Arlwyo a Glanhau

NEWYDD

Catering & Cleaning

MONDAY

Tuna Pasta Bake

Served with sweetcorn and coleslaw.

Or

Mac 'N' Cheese

Served with sweetcorn and coleslaw.

Or

Sandwich & choice of Ham, Tuna, Chicken or Cheese.

Or

Jacket Potato & choice of Tuna Mayo, Cheese or Beans.

pudding: Pears & Ice Cream.

TUESDAY

BBQ Chicken

Served with potato wedges, peas & sweetcorn.

Or

Fishcake

Served with potato wedges, peas & sweetcorn.

Or

Sandwich & choice of Ham, Tuna, Chicken or Cheese.

Or

Jacket Potato & choice of Tuna Mayo, Cheese or Beans.

pudding: Raspberry Sponge & Custard.

WEDNESDAY

Roast of the Day

Served with mash and seasonal vegetables.

Or

Veggie Roast of the Day

Served with mash and seasonal vegetables.

Or

Sandwich with choice of Ham, Tuna, Chicken or Cheese.

Or

Jacket Potato with a choice of Tuna Mayo, Cheese or Beans.

pudding: Fruit Jelly.

THURSDAY

Chicken Meatball Tomato Pasta

Served with broccoli.

Or

Cheese Topped Tomato Pasta

Served with broccoli.

Or

Sandwich with choice of Ham, Tuna, Chicken or Cheese.

Or

Jacket Potato with a choice of Tuna Mayo, Cheese or Beans.

pudding: Fresh fruit and yoghurt.

FRIDAY

Chicken Nuggets

Served with chipped potatoes and veg sticks.

Or

Quorn Bites

Served with chipped potatoes and veg sticks.

Or

Sandwich with choice of Ham, Tuna, Chicken or Cheese.

Or

Jacket Potato with a choice of Tuna Mayo, Cheese or Beans.

pudding: Cooks Fruit Cup Cake.

MONDAY

Beef Bolognese

Served with garlic bread slice.

Or

Veggie Bolognese

Served with garlic bread slice.

Or

Sandwich & choice of Ham, Tuna, Chicken or Cheese.

Or

Jacket Potato & choice of Tuna Mayo, Cheese or Beans.

pudding: Fruit Crumble.

TUESDAY

Hot Chicken Wrap

Served with hash brown and baked beans.

Or

Cheese and Vegetable Wrap

Served with hash brown and baked beans.

Or

Sandwich & choice of Ham, Tuna, Chicken or Cheese.

Or

Jacket Potato with a choice of Tuna Mayo, Cheese or Beans.

pudding: Fruit Sponge and Custard.

WEDNESDAY

Roast of the Day

Served with roast potatoes and seasonal veg.

Or

Veggie Roast of the Day

Served with roast potatoes and seasonal veg.

Or

Sandwich with choice of Ham, Tuna, Chicken or Cheese.

Or

Jacket Potato with a choice of Tuna Mayo, Cheese or Beans.

pudding: Fruit Flapjack.

THURSDAY

GF Fish Fillet

Served with mashed potato and baked beans.

Or

Veggie Ravioli & Tomato Sauce

Served with mashed potato and baked beans.

Or

Sandwich & choice of Ham, Tuna, Chicken or Cheese.

Or

Jacket Potato with a choice of Tuna Mayo, Cheese or Beans.

pudding: Fresh fruit and yoghurt.

FRIDAY

Beef Burger

Served with chips and vegetable sticks.

Or

Veggie Burger

Served with chips and vegetable sticks.

Or

Sandwich with choice of Ham, Tuna, Chicken or Cheese.

Or

Jacket Potato with a choice of Tuna Mayo, Cheese or Beans.

pudding: Baked Biscuit.

MONDAY

Fish Fingers

Served with herby diced potatoes and carrots.

Or

Ocean Sticks

Served with herby diced potatoes and carrots.

Or

Sandwich with choice of Ham, Tuna, Chicken or Cheese.

Or

Jacket Potato with a choice of Tuna Mayo, Cheese or Beans.

pudding: Blueberry Muffin.

TUESDAY

Beef Meatballs in Yorkshire Pudding and Gravy

Served with potato wedges and carrots.

Or

Veggie Meatballs in Yorkshire Pudding and Gravy

Served with potato wedges and carrots.

Or

Sandwich with choice of Ham, Tuna, Chicken or Cheese.

Or

Jacket Potato with a choice of Tuna Mayo, Cheese or Beans.

pudding: Fruit Jelly & Ice Cream.

WEDNESDAY

Roast of the Day

Served with mash and seasonal vegetables.

Or

Veggie Roast of the Day

Served with mash and seasonal vegetables.

Or

Sandwich with choice of Ham, Tuna, Chicken or Cheese.

Or

Jacket Potato with a choice of Tuna Mayo, Cheese or Beans.

pudding: Chocolate Brownie.

THURSDAY

Ravioli in Tomato Sauce

Served with garlic bread slice.

Or

Salmon Tortelloni in Cheese Sauce

Served with garlic bread slice.

Or

Sandwich with choice of Ham, Tuna, Chicken or Cheese.

Or

Jacket Potato with a choice of Tuna Mayo, Cheese or Beans.

pudding: Reduced Fat Lemon Drizzle Cake.

FRIDAY

Chicken Pizza

Served with chips and veg sticks.

Or

Veggie Pizza

Served with chips and veg sticks.

Or

Sandwich with choice of Ham, Tuna, Chicken or Cheese.

Or

Jacket Potato with a choice of Tuna Mayo, Cheese or Beans.

pudding: NEWydd Cherry & Raisin Oat Biscuit.

WEEK 1

WEEK 2

WEEK 3

MENU YSGOL GYNRADD

Ionawr - Mawrth 2021



Arlwyo a Glanhau

NEWYDD

Catering & Cleaning

WYTHNOS 1

DYDD LLUN

Pasta tiwna yn y popty

Corn melys a colsllo.
neu

Caws macaroni

Corn melys a colsllo.
neu

Brechdan gyda dewis o ham, tiwna, cyw iâr neu caws.
neu

Tatws pob gyda dewis o tiwna, caws neu ffa pob

Pwdin: Gellyg a hufen iâ.

DYDD MAWRTH

Cyw iâr Bbq

Talpiau tatws, pys a corn melys
neu

Cacen pysgod

Talpiau tatws, pys a corn melys.
neu

Brechdan gyda dewis o ham, tiwna, cyw iâr neu caws.
neu

Tatws pob gyda dewis o tiwna, caws neu ffa pob

Pwdin: Sbwng mafon a cwstard

DYDD MERCHER

Cig rhost y dydd

Tatws stwnsh a rhost, Llysiau tymhorol.
neu

Rhost llysieuol y dydd

Tatws stwnsh a rhost, Llysiau tymhorol.
neu

Brechdan gyda dewis o ham, tiwna, cyw iâr neu caws.
neu

Tatws pob gyda dewis o tiwna, caws neu ffa pob

Pwdin: Jeli ffrwythau.

DYDD IAU

Peli cyw iâr a pasta tomato

Brocoli
neu

Pasta tomato a chaws

Brocoli.
neu

Brechdan gyda dewis o ham, tiwna, cyw iâr neu caws.
neu

Tatws pob gyda dewis o tiwna, caws neu ffa pob or Beans.

Pwdin: Ffrwythau ffres a iogwrt.

DYDD GWENER

Nygets cyw iâr

Sglodion a ffyn Llysiau.
neu

Brathiau quorn

Sglodion a Ffyn Llysiau.
neu

Brechdan gyda dewis o ham, tiwna, cyw iâr neu caws.
neu

Tatws pob gyda dewis o tiwna, caws neu ffa pob

Pwdin: Cacen fach ffrwythau.

WYTHNOS 2

DYDD LLUN

Bolognese cig

Bara Garleg.
neu

Bolognese llysiau

Bara Garleg.
neu

Brechdan gyda dewis o ham, tiwna, cyw iâr neu caws.
neu

Tatws pob gyda dewis o tiwna, caws neu ffa pob

Pwdin: Crymbl ffrwythau.

DYDD MAWRTH

Wrap cyw iâr poeth

Hash Briwigig a ffa.
neu

Cheese and vegetable wrap

Hash Briwigig a ffa.
neu

Brechdan gyda dewis o ham, tiwna, cyw iâr neu caws.
neu

Tatws pob gyda dewis o tiwna, caws neu ffa pob

Pwdin: Sbwng ffrwythau a cwstard.

DYDD MERCHER

Cig rhost y dydd

Tatws stwnsh a rhost, Llysiau tymhorol.
neu

Rhost llysieuol y dydd

Tatws stwnsh a rhost, Llysiau tymhorol.
neu

Brechdan gyda dewis o ham, tiwna, cyw iâr neu caws.
neu

Tatws pob gyda dewis o tiwna, caws neu ffa pob

Pwdin: Flapjac ffrwythau.

DYDD IAU

Ffiled pysgodyn (HG)

Tatws stwnsh a ffa pob.
neu

Ravioli llysiau a saws tomato

Tatws stwnsh a ffa pob.
neu

Brechdan gyda dewis o ham, tiwna, cyw iâr neu caws.
neu

Tatws pob gyda dewis o tiwna, caws neu ffa pob

Pwdin: Ffrwythau ffres a iogwrt.

DYDD GWENER

Byrgyr cig eidion

Sglodion a Ffyn Llysiau.
neu

Veggie burger

Sglodion a Ffyn Llysiau.
neu

Brechdan gyda dewis o ham, tiwna, cyw iâr neu caws.
neu

Tatws pob gyda dewis o tiwna, caws neu ffa pob

Pwdin: Bisged y gogyddes.

WYTHNOS 3

DYDD LLUN

Bysedd pysgod

Ciwbiau Tatws perlyisiau a ffa pob.
neu

Ffyn cefnfor

Ciwbiau Tatws perlyisiau a ffa pob.
neu

Brechdan gyda dewis o ham, tiwna, cyw iâr neu caws.
neu

Tatws pob gyda dewis o tiwna, caws neu ffa pob

Pwdin: Myffin llus.

DYDD MAWRTH

Peli Cig eidion mewn pwdin efrog a grefi

Talpiau tatws a moron.
neu

Peli llysieuol mewn pwdin efrog a grefi

Talpiau tatws a moron.
neu

Brechdan gyda dewis o ham, tiwna, cyw iâr neu caws.
neu

Tatws pob gyda dewis o tiwna, caws neu ffa pob

Pwdin: Jeli ffrwythau a hufen iâ.

DYDD MERCHER

Cig rhost y dydd

Tatws stwnsh a rhost, Llysiau tymhorol.
neu

Rhost llysieuol y dydd

Tatws stwnsh a rhost, Llysiau tymhorol.
neu

Brechdan gyda dewis o ham, tiwna, cyw iâr neu caws.
neu

Tatws pob gyda dewis o tiwna, caws neu ffa pob

Pwdin: Browni siocled.

DYDD IAU

Ravioli mewn saws tomato

Bara Garleg.
neu

Tortelloni eog mewn saws caws

Bara Garleg.
neu

Brechdan gyda dewis o ham, tiwna, cyw iâr neu caws.
neu

Tatws pob gyda dewis o tiwna, caws neu ffa pob

Pwdin: Cacen lemwn

DYDD GWENER

Pitsa cyw iâr

Sglodion a Ffyn Llysiau.
neu

Pizza llysiau

Sglodion a Ffyn Llysiau.
neu

Brechdan gyda dewis o ham, tiwna, cyw iâr neu caws.
neu

Tatws pob gyda dewis o tiwna, caws neu ffa pob

Pwdin: Bisgedi ceirios, ceirch a rhesin NEWydd.