

# Primary School Menu

October 2022 – April 2023



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

Allergens & Intolerances  
Many of our dishes are available to accommodate special dietary requirements please contact our Cook to discuss these options



Arlwyo a Glanhau  
**NEWYDD**  
Catering & Cleaning



Suitable for Vegetarians



Suitable for Vegans

WEEK 1

## MONDAY


### Breaded Fish Stars

Served with oven baked diced potatoes & garden peas.

*\*Or\**

### Baked Veggie Nuggets

Served with oven baked diced potatoes & garden peas.

Orange Cookie or Fresh Fruit 

## TUESDAY

### Meatballs & Pasta

Beef meatballs in a tomato sauce & garlic bread.

*\*Or\**

### Veggie Meatballs & Pasta

Vegetarian meatballs in a tomato sauce & garlic bread.

Mixed Fruit Sponge & Custard  
or Fresh Fruit 

## WEDNESDAY

### Roast Chicken Dinner of the Day

Served with potatoes & two seasonal veg.

*\*Or\**

### Veggie Roast Dinner of the Day

Served with potatoes & two seasonal veg.

Lemon Oat Bar or Fresh Fruit  

## THURSDAY

### Chicken Curry & Naan Bread

Served with vegetable rice.

*\*Or\**

### Sweet Potato & Vegetable Curry

Served with vegetable rice & Naan Bread

Fresh Fruit and Yoghurt 

## FRIDAY

### Beef Burger in a Bun

Served with chips & veg sticks.

*\*Or\**

### Vegan Burger in a Bun

Vegan burger served with chips & veg sticks

Chocolate Muffin or Fresh Fruit 

WEEK 2

## MONDAY

### Baked Sausage

Served with Spinach, Leek Mash potato & Garden Peas

*\*Or\**

### Baked Vegan Sausage

Vegan Sausage, Spinach, Leek Mashed Potato & Garden Peas

Fruit Jelly or Fresh Fruit  

## TUESDAY

### Baked Fish Fillet

Potato Wedges & baked beans

*\*Or\**

### Chilli Non Carne

Vegetarian mince chilli served with veg rice

Chocolate Sponge & Chocolate Custard or  
Fresh Fruit 

## WEDNESDAY

### Roast Turkey Dinner of the Day

Served with potatoes & two seasonal veg.

*\*Or\**

### Veggie Roast Dinner of the Day

Served with potatoes & two seasonal veg.

Oat Flapjack or Fresh Fruit 

## THURSDAY

### Chicken & Tomato Pasta

Chicken strips served with pasta with a tomato and vegetable sauce & garlic bread.

*\*Or\**

### Tomato & Nut Free Pesto Pasta

Creamy tomato and nut free pesto sauce with pasta and garlic bread slice.

Fresh Fruit and Yoghurt 

## FRIDAY

### Chicken Nugget

Served with chips & veg sticks.

*\*Or\**

### Salmon Fillet

Crispy Baked Salmon Fillet served with chips & Veg Sticks

Baked Biscuit or Fresh Fruit 

WEEK 3



## MONDAY

### Welsh Beef Bolognese

Minced beef bolognese served with pasta & garlic bread.

*\*Or\**

### Veggie Pasta Bolognese

Vegetarian mince & pasta in tomato & vegetable sauce with garlic bread.  

Banana Muffin or Fresh Fruit 

## TUESDAY

### Ham & Cheese Calzone Pocket

Served with baked wedges & Garden Peas.

*\*Or\**

### Cheese & Tomato Calzone Pocket

Served with baked wedges & Garden Peas.

Lemon Sponge & Custard  
or Fresh Fruit 

## WEDNESDAY

### Roast Chicken Dinner of the Day

Served with potatoes & two seasonal veg.

*\*Or\**

### Veggie Roast Dinner of the Day

Served with potatoes & two seasonal veg.

Shortbread Biscuit or Fresh Fruit 

## THURSDAY

### Big Breakfast

Gluten Free Sausage, Hash Brown, Free Range Omelet & Baked Beans

*\*Or\**

### Veggie Big Breakfast

Vegetarian sausage, hash brown, Free Range Omelet & Baked Beans

Yoghurt or Fresh Fruit 

## FRIDAY

### Chicken Burger in a Bun

Served with chips & Veg Sticks.

*\*Or\**

### Jumbo Fish Fingers

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 & 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.



DAILY OPTIONS

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



# Bwydlen Ysgolion Gynradd

Hydref 2022 | Ebrill 2023



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.

Alergen ac Anoddefiad Mae nifer o'n prydau ar gael i addasu ar gyfer diet arbennig, cysylltwch â'r Cogydd i drafod yr opsiynau hyn



Arlwyo a Glanhau  
**NEWYDD**  
Catering & Cleaning

Yn addas i Llysieuwyr Yn addas i Feganiaid

WYTHNOS 1

## DYDD LLUN

Sêr Pysgod mewn Briwsion Bara  
*\*neu\**

Talpia Llysiau wedi'u Podi  
Gyda sgwariau tatws wedi'u coginio yn y papy a phys gardd

Cwci Oren neu Ffrwythau ffres

## DYDD MAWRTH

Peli Cig a Phasta  
*\*neu\**

Peli Llysieuol a Phasta  
Peli cig neu Peli Llysieuol eidion mewn saws tomato gyda bara garlleg

Pwddin Sbwnj Ffrwythau Cymysg gyda cwstard neu Ffrwythau ffres

## DYDD MERCHER

Cino Cyw Iar Rhost y dydd  
*\*neu\**

Cinio Llysieuol Rhost y dydd  
Gyda thatws a dau fath a lysiau tymharal

Fflapjac Lemwn neu Ffrwythau ffres

## DYDD IAU

Cyri Cyw iar a Bara Naan  
a reis llysiau  
*\*neu\**

Cyri Tatws Melys a Llysiau a Bara Naan  
A reis llysiau

Ffrwythau ffres neu logwrt

## DYDD GWENER

Byrgyr Cig eidion mewn bynsen  
Gyda sglodion a ffyn llysiau  
*\*neu\**

Byrgyr Figan mewn bynsen  
Gyda sglodion a ffyn llysiau

Myffin Siocled neu Ffrwythau ffres

WYTHNOS 2

## DYDD LLUN

Selsigen wedi'i Phobi  
*\*neu\**

Selsigen Figan wedi'i Phobi  
Gyda stwnsh tatws, cennin a sbigoglys a phys gardd

Jeli Ffrwythau neu Ffrwythau ffres

## DYDD MAWRTH

Ffiled o Bysgodyn wedi'i Bobi  
Gyda Thalpiauw Tatws a ffa pob  
*\*neu\**

Chilli Non Carne  
Chilli min llysieuol gyda reis llysiau

Pwddin Sbwnj Siocled gyda Chwstard Siocled neu Ffrwythau ffres

## DYDD MERCHER

Cinio Twrci Rhost y Dydd  
*\*neu\**

Cinio Llysieuol Rhost y Dydd  
Gyda thatws a dau fath a lysiau tymharal

Flapjac Ceirch neu Ffrwythau ffres

## DYDD IAU

Pasta Cyw iar a Thomata  
Stribedi cyw iar gyda phasta mewn saws tomato a llysiau, gyda bara garlleg  
*\*neu\**

Pasta Tomato a Pesto heb Gnau  
Saws hufenog tomato a pesto heb gnau gyda phasta a thefell a fara garlleg

Ffrwythau ffres neu Logwrt

## DYDD GWENER

Goujons Cyw Iâr  
Gyda sglodion a ffyn llysiau  
*\*neu\**

Ffiled Eog  
Ffiled Eog wedi'i choginia'n grimp yn y popy gyda sglodion a ffyn llysiau

Cwci neu Ffrwythau ffres

WYTHNOS 3

## DYDD LLUN

Bolognese Cig Eidion Cymreig  
Bologneseb cig eidion gyda phasts a bara garlleg  
*\*neu\**

Bolognese Llysieuol a Phasta  
Mins llysieuol a phasta mewn saws tomato a llysiau, gyda bara garlleg

Myffin Banana neu Ffrwythau ffres

## DYDD MAWRTH

Calzone Ham a Chaws  
Gyda thalpiauw tatws a phys gardd  
*\*neu\**

Calzone Chaws a Thomato  
Gyda thalpiauw tatws a phys gardd

Pwddin Sbwnj Lemwn gyda Chwstard neu Ffrwythau ffres

## DYDD MERCHER

Cinio Cyw Iâr Rhost y dydd  
Gyda thatws a dau fath a lysiau tymhorol  
*\*neu\**

Rhost llysieuol y dydd  
Gyda thatws a dau fath a lysiau tymhorol

Teisen Berffro neu Ffrwythau ffres

## DYDD IAU

Brecwast Mawr  
Selsig heb glwten, Hash Brown, Omlod Wyau Maes a Ffa Pob  
*\*neu\**

Brecwast Llysieuol Mawr  
Selsig Lysieuol Hash Brown, Omlod Wyau Maes a Ffa Pob

Logwrt neu Ffrwythau ffres

## DYDD GWENER

Byrgyr Cyw Iâr mewn Bynsan  
Gyda sglodion a ffyn llysiau  
*\*neu\**

Bysedd Pysgod Mawr  
Gyda sglodion a ffyn llysiau

Browni Siocled neu Ffrwythau ffres

DEWISIADAU  
DYDDIOL

### Brechdannau

Dewiswch o'r canlynol:

Ham

Caws

Tiwna a mayo

Gyda phwddin y dydd a diod dewisidau ffrwythau ffres a salad pan fyddant ar geal

### Tatws pob syth o'r Popy

Dewiswch o'r topiau canlynol

Gyda phwddin y dydd a diod, a dewisiadau ffrwythau ffres a salad pan fyddant ar gael

Ffa pôb

Tiwna a mayo

Caws

Ffa pob a caws

### Potiau Pasta

Dewiswch o'r canlynol

Ham, Caws, Tiwna a Mayo

Gyda phwddin y dydd a diod, a dewisiadau ffrwythau ffres a salad pan fyddant 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.



\*\*\* Sylwch gall ein bwydlenni newid a bydd yn ddibynnol argaeledd ledled y wlad