

Primary School Menu

April 2022 – October 2022



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 & baked beans

Oven Baked Nuggets



Vegetarian nuggets served with oven baked diced potatoes & baked beans

Lemon Muffin or Fresh Fruit



TUESDAY

Meatballs & Pasta

Beef meatballs in a tomato sauce & garlic bread

Veggie Meatballs & Pasta



Vegetarian meatballs in a tomato sauce & garlic bread.

Raspberry Sponge & Custard or Fresh Fruit



WEDNESDAY

Roast Chicken 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



THURSDAY

Chicken Curry & Naan Bread

Served with vegetable rice.

Sweet Potato & Vegetable Curry



Served rice and naan bread.

Fresh Fruit or Yoghurt



FRIDAY

Gluten Free Beef Burger in a Bun

Served with chips & veg sticks.

Salmon Tortellini

Pasta stuffed with salmon served in a tomato sauce & Garlic Bread Slice

Chocolate Muffin or Fresh Fruit



WEEK 2

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



TUESDAY

Sweet & Sour Chicken

Chicken strips served in a sweet and tangy sauce served with rice.

Chilli Non Carne

Vegetarian mince Chilli served with Vegetable Rice



Chocolate Sponge & Chocolate Custard or Fresh Fruit

WEDNESDAY

Roast Turkey 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



THURSDAY

Chicken and Tomato Pasta

Strips of chicken served with pasta in a tomato and vegetable sauce and Garlic Bread Slice

Mexican Burrito



Lightly Spiced veggie mince wrap with Salad

Fresh Fruit or Yoghurt



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



WEEK 3

MONDAY

Chicken Burger in a Bun

Served with skin on potato wedges & garden peas

Jumbo Fish Finger

Jumbo Fish Finger served with potato wedges & garden peas.

Blueberry Muffin or Fresh Fruit



TUESDAY

Beef Bolognaise

Minced beef bolognaise served with pasta and garlic bread slice.

Pasta Bolognaise



Vegetarian mince in tomato & vegetable sauce & garlic bread.

Lemon Sponge & Custard or Fresh Fruit

WEDNESDAY

Roast Chicken 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 Hot Dog

Jumbo Chicken Hot Dog served with potato wedges, peas and sweetcorn

Breakfast Wrap



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

Yoghurt or Fresh Fruit



FRIDAY

Ham & Cheese Calzone Pocket



served with chips & veg sticks.

Cheese & Tomato Calzone Pocket

Served with chips & veg sticks.

Chocolate Brownie or Fresh Fruit



DAILY OPTIONS

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.

Bwydlen Ysgolion Cynradd

Ebrill 2022 – Hydref 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.

Alergen ac Anoddefiad
Mae nifer o'n pryddau 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

Ciwbiau tatws wedi' u pobi a ffa pôb

Nygets wedi'i pobi

Nygets llysieuol, ciwbiau tatws wedi' u pobi a ffa pôb

Myffin lemwn neu ffrwythau ffres

DYDD MAWRTH

Peli Cig a Phasta

Peli cig mewn saws tomato a bara garlleg

Peli Cig Llysieuol a Phasta

Peli cig llysieuol mewn saws tomato a bara garlleg

Sbwng mafon a chwstard neu ffrwythau ffres

DYDD MERCHER

Cyw iar rhost y dydd

Gyda thatws a dau lysieuyn tymhorol

Rhost Llysieuwyr y dydd

Gyda thatws a dau lysieuyn tymhorol

Cacen ffrwythau'r cogydd neu ffrwythau ffres

DYDD IAU

Cyri Cyw iâr a Bara Naan

Gyda reis llysiau

Cyri Llysiau a Thatws Melys

Gyda reis llysiau a baranaan

Ffrwythau ffres neu iogwrt

DYDD GWENER

Byrgyr cig eidion mewn bynsen heb glwten

Gyda sglodion a darnau llysiau

Tortelini Eog

Pasta wedi stwffio gydag eog mewn saws tomato a thafell o fara garlleg

Myffin siocled neu ffrwythau ffres

WYTHNOS 2

DYDD LLUN

Selsig wedi'u pobi

Gyda tatws stwnsh a ffa pôb

Ffiled Pysgodyn wedi'i bobi

Tatws stwnsh, a ffa pob

Crymbl mafon a hufen neu ffrwythau ffres

DYDD MAWRTH

Cyw iar melys a sur

Darnau cyw iar mewn saws melys a chryf gyda reis

Chili Dim Carne

Chili mins llysieuol gyda reis llysiau

Sbynj Siocled a chwstard siocled neu ffrwythau ffres

DYDD MERCHER

Cyw iâr rhost y dydd

Gyda thatws a dau lysieuyn tymhorol

Cinio rhost llysieuol

Gyda thatws a dau lysieuyn tymhorol

Fflapjac ffrwythau neu ffrwythau ffres

DYDD IAU

Pasta cyw iâr a thomato

Darnau o gyw iâr gyda phasta mewn saws tomato a llysiau a darn o fara garlleg

Byrito Mecsicanaidd

Wrap briw mins llysiau gydag ychydig o sbeis gyda salad

Ffrwythau ffres neu iogwrt

DYDD GWENER

Nygets cyw iâr wedi'u pobi

Gyda sglodion a darnau llysiau

Byrgyr mawr mewn byn

Byrgyr Figan gyda sglodion a darnau llysiau

Bisged wedi'i bobi neu ffrwythau ffres

WYTHNOS 3

DYDD LLUN

Byrgyr cyw iâr mewn byn

Gyda thalpiau tatws gyda chroen a phys gardd

Bysedd cŵn mawr

Bysedd cŵn mawr gyda thalpiau tatws a phys gardd

Myffin llus neu ffrwythau ffres

DYDD MAWRTH

Bolones cig eidion

Bolones cig eidion mins gyda phasta a darn o fara garlleg

Bolones pasta

Mins llysieuol mewn saws tomato a llysiau a bara garlleg

Sbynj lemwn a chwstard neu ffrwythau ffres

DYDD MERCHER

Cinio Cyw iâr

Gyda thatws a dau lysieuyn tymhorol

Cinio rhost llysiau

Gyda thatws a dau lysieuyn tymhorol

Bisged brau neu ffrwythau ffres

DYDD IAU

Cŵn poeth cyw iâr

Cŵn poeth cyw iar mawr gyda thalpiau tatws, pys a chorn melys

Wrap brechwast

Selsig llysieuol, hash brown, omlet wyau maes a ffa pôb

Iogwrt neu ffrwythau ffres

DYDD GWENER

Poced Calzone Ham a chaws

Gyda sglodion a darnau llysiau

Poced Calzone Caws a Tomato

Gyda sglodion a darnau llysiau

Browni siocled neu ffrwythau ffres

Brechdannau

Dewiswch o'r llenwadau canlynol:

Ham

Caws

Tiwna a mayo

Wedi'i weini gyda Pwdin, diod, ffrwythau ffres a salad – os ydynt ar gael.

Tatws pôb wedi'i goginio'n ffres

Dewiswch o'r topiau canlynol:

Ffa pôb

Caws

Tiwna a mayo

Ffa pob a caws

Wedi'i weini gyda Pwdin, diod, ffrwythau ffres a salad – os ydynt ar gael.

Potiau Pasta

Dewiswch o'r topiau canlynol:

Ham

Caws

Tiwna a mayo

Wedi'i weini gyda Pwdin, diod, ffrwythau ffres a salad – os ydynt ar gael.

Dewis Salad Dyddiol

Pan fydd eich ysgol yn dychwelyd i wasanaeth arferol 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

DEWISIADAU
DYDDIOL