

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.



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

DAILY OPTIONS

Bwydlen Ysgolion Gynradd

Hydref 2022 | Ebrill 2023

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 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 Thalpiau 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 hufennog tomato a pesto heb gnau gyda phasta a thefell a fara garlleg

Ffrwythau ffres neu Logwrt

DYDD GWENER

Goujons Cyw Lâr
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 thalpiau tatws a phys gardd
neu

Calzone Chaws a Thomato
Gyda thalpiau 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 Llysieuol Hash Brown, Omlod Wyau Maes a Ffa Pob

Logwrt neu Ffrwythau ffres

DYDD GWENER

Byrgyr Cyw Iâr mewn Bysan
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 ddibynol argaeledd ledled y wlad