

Primary School Menu

September – October 2021



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



Arlwyo a Glanhau
NEWYDD
Catering & Cleaning



Denotes suitable for Vegetarians



Denotes suitable for Vegans

MONDAY

Breaded Fish Stars

Served with oven baked diced potatoes & garden peas.
Or

Quorn Bites

Served with oven baked diced potatoes & garden peas.

pudding: Lemon Muffin or Fresh Fruit

TUESDAY

Ravioli in Tomato Sauce

Served with sliced green beans & garlic bread.
Or

Salmon Tortelloni in Cheese Sauce

Served with sliced green beans & garlic bread.

pudding: Raspberry Sponge & Custard or Fresh Fruit

WEDNESDAY

Roast Dinner of the Day

Served with roast potatoes & two seasonal veg.
Or

Veggie Roast Dinner of the Day

Served with roast potatoes & two seasonal veg.

pudding: Cooks Fruit Cake or Fresh Fruit

THURSDAY

Chicken Curry & Naan Bread

Served with vegetable rice.
Or

Vegetable Curry & Naan Bread

Served with vegetable rice.

pudding: Fresh Fruit and Yoghurt

FRIDAY

Beef Burger in a Bun

Served with chips & veg sticks.
Or

Vegan Burger in a Bun

Served with chips & veg sticks.

pudding: Chocolate Sponge with Chocolate Sauce or Fresh Fruit

MONDAY

Oven Baked Sausage

Served with mash potato, carrots, peas & gravy.
Or

Veggie Sausage

Served with mash potato, carrots, peas & gravy.

pudding: Raspberry Crumble & Custard or Fresh Fruit

TUESDAY

Hot BBQ Chicken Wrap

Served with a hash brown & sweetcorn.
Or

Cheese & Vegetable Wrap

Served with a hash brown & sweetcorn.

pudding: Chocolate Muffin or Fresh Fruit

WEDNESDAY

Roast Dinner of the Day

Served with roast potatoes & two seasonal veg.
Or

Veggie Roast Dinner of the Day

Served with roast potatoes & two seasonal veg.

pudding: Fruit Flapjack or Fresh Fruit

THURSDAY

Meatballs in Tomato Sauce

Served with wholemeal pasta & garlic bread.
Or

Vegan Meatballs in Tomato Sauce

Served with wholemeal pasta & garlic bread.

pudding: Fresh Fruit and Yoghurt

FRIDAY

Oven Baked Fish Fillet

Served with chips & veg sticks.
Or

Oven Baked Vegan Sticks

Served with chips & veg sticks.

pudding: Baked Biscuit or Fresh Fruit

MONDAY

Chicken Burger in a Bun

Served with skin on wedges & coleslaw.
Or

Vegan Burger in a Bun

Served with skin on wedges & coleslaw.

pudding: Blueberry Muffin or Fresh Fruit

TUESDAY

Beef Bolognese

Served with wholemeal pasta & garlic bread.
Or

Vegan Cannelloni

Vegan pasta tubes filled with vegetables & served with garlic bread.

pudding: Fruit Jelly or Fresh Fruit

WEDNESDAY

Roast Dinner of the Day

Served with roast potatoes & two seasonal veg.
Or

Veggie Roast Dinner of the Day

Served with roast potatoes & two seasonal veg.

pudding: Shortbread Biscuit or Fresh Fruit

THURSDAY

Cheesy Wholemeal Pasta Bake with Tuna

Served with garlic bread & veg sticks.
Or

Cheesy Wholemeal Pasta Bake

Served with garlic bread & veg sticks.

pudding: Lemon Sponge or Fresh Fruit

FRIDAY

Chicken Pizza

Served with chips & veg sticks.
Or

Veggie Pizza

Served with chips & veg sticks.

pudding: Chocolate Brownie or Fresh Fruit

Sandwiches

Choose from the following fillings:

Ham

Cheese

Tuna Mayo

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

Freshly Cooked Jacket Potatoes

Choose from the following toppings:

Baked Beans

Tuna Mayo

Cheese

Cheese & Beans

Served with daily pudding and drink with 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.

Necessary risk assessment will need to be conducted



DAILY
OPTIONS

Bwydlen Ysgolion Gynradd

Medi – Hydref 2021

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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WEEK 1

MONDAY

Sêren pysgod

Ciwbiau tatws perlysiâu a pys
neu

Brathiadau Quorn

Ciwbiau tatws perlysiâu a pys

Pwdin: Myffin lemwn
neu Ffrwythau ffres

TUESDAY

Ravioli mewn saws tomato

Bara garlleg a ffa gwyrdd wedi'i sleisio
neu

Tortelloni Eog mewn Saws Caws

Bara garlleg a ffa gwyrdd wedi'i sleisio

Pwdin: Sbwng mafon a cwstard
neu Ffrwythau ffres

WEDNESDAY

Cig rhost y dydd

Tatws rhost a ddau lysiau tymhorol
neu

Rhost llysieuol y dydd

Tatws rhost a ddau lysiau tymhorol

Pwdin: Cacen Ffrwythau'r Cogydd
neu Ffrwythau ffres

THURSDAY

Cyri Cyw iâr a Bara Naan

a reis llysiau
neu

Cyri Llysiau a Bara Naan

A reis llysiau

Pwdin: Ffrwythau ffres a iogwrt

FRIDAY

Byrgyr cig eidion mewn bynsen

Sglodion a ffyn llysiau
neu

Byrgyr fegan mewn bynsen

Sglodion a ffyn llysiau

Pwdin: Sbwng siocled a saws siocled
neu Ffrwythau ffres

WEEK 2

MONDAY

Selsig Pob

Tatws stwnsh, moron, pys a grefi.
neu

Selsig llysieuol

Tatws stwnsh, moron, pys a grefi..

Pwdin: Crymbl Ceiriosen a cwstard
neu Ffrwythau ffres

TUESDAY

Wrap cyw iâr bbq poeth

Hash Briwigig a corn melys
neu

Wrap llysiau a caws

Hash Briwigig a corn melys

Pwdin: Myffin siocled
neu Ffrwythau ffres

WEDNESDAY

Cig rhost y dydd

Tatws rhost a ddau lysiau tymhorol.
neu

Rhost llysieuol y dydd

Tatws rhost a ddau lysiau tymhorol.

Pwdin: Flapjac ffrwythau
neu Ffrwythau ffres

THURSDAY

Peli Cig mewn saws Tomato

Pasta gwenith trwyddo a bara garlleg
neu

Peli Cig fegan mewn saws Tomato

Pasta gwenith trwyddo a bara garlleg

Pwdin: Ffrwythau ffres and iogwrt

FRIDAY

Ffiled o pysgodyn wedi'i phobi

Sglodion a ffyn llysiau
neu

Ffyn fegan wedi'i phobi

Sglodion a ffyn llysiau

Pwdin: Bisged wedi'i phobi
neu Ffrwythau ffres

WEEK 3

MONDAY

Byrgyr Cyw iâr mewn bynsen

Talpiau tatws mewn croen a colsto
neu

Byrgyr fegan mewn bunsen

Talpiau tatws mewn croen a colsto

Pwdin: Myffin llus neu Ffrwythau ffres

TUESDAY

Bolognese cig

Pasta gwenith trwyddo a bara garlleg
neu

Cannelloni fegan

Tiwbiau pasta fegan wedi'i llenwi â llysiau
a bara garlleg

Pwdin: Jeli ffrwythau neu Ffrwythau ffres

WEDNESDAY

Cig rhost y dydd

Tatws rhost a ddau lysiau tymhorol.
neu

Rhost llysieuol y dydd

Tatws rhost a ddau lysiau tymhorol.

Pwdin: Bisgedi bara byr
neu Ffrwythau ffres

THURSDAY

Pasta gwentih trwyddo, Caws a tiwna wedi'i phobi

Bara garlleg a ffyn llysiau
neu

Pasta gwentih trwyddo, a caws wedi'i phobi

Bara garlleg a ffyn llysiau

Pwdin: Sbwng lemwn neu Ffrwythau ffres

FRIDAY

Pitsa cyw iâr

Sglodion a ffyn llysiau
neu

Pizza llysiau

Sglodion a ffyn llysiau

Pwdin: Browni Siocled neu Ffrwythau ffres

DAILY
OPTIONS

Brechdannau

Dewiswch o'r llenwadau canlynol:

Ham

Caws

Tiwna a mayo

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

Caws

Ffa pob a caws

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.

Bydd angen cynnal asesiad risg angenrheidiol

