

# 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



## 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.



DAILY OPTIONS

\*\*\*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 ffâ 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