

# Primary School Menu

October 2021– April 2022



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



Suitable for Vegetarians



Suitable for Vegans



Arlwyo a Glanhau  
**NEWYDD**  
Catering & Cleaning

WEEK 1

## MONDAY

### Breaded Fish Stars

Served with oven baked diced potatoes & garden peas.

### Oven Baked Nuggets

Vegetarian nuggets served with oven baked diced potatoes & garden peas.

### Lemon Muffin or Fresh Fruit

## 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

## MONDAY

### Chicken Burger in a Bun

Served with skin on potato wedges & coleslaw.

### Mac 'n' Cheese

Pasta baked in a cheesy sauce.

### Blueberry Muffin or Fresh Fruit

## TUESDAY

### BBQ Meatball Sub

Vegan meatballs served with potato wedges, green beans & sweetcorn.

### Seafood Burger

Salmon & cod fishcake served with green beans & sweetcorn.

### Raspberry Sponge & Custard or Fresh Fruit

## TUESDAY

### BBQ Chicken Wrap

Strips of chicken, BBQ Sauce in a wrap with a hash brown & sweetcorn.

### Sweet Potato & Vegetable Curry

Served rice and naan bread.

### Chocolate Sponge & Custard or Fresh Fruit

## TUESDAY

### Meatballs & Pasta

Beef meatballs in a tomato sauce & garlic bread.

### Ocean Stick Wrap

Served with ½ jacket potato & baked beans.

### Lemon Sponge & Custard or Fresh Fruit

## WEDNESDAY

### Roast 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

## WEDNESDAY

### Roast 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

## WEDNESDAY

### Roast 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 Curry & Naan Bread

Served with vegetable rice.

### Pasta Bolognaise

Vegetarian mince in tomato & vegetable sauce & garlic bread.

### Fresh Fruit and Yoghurt

## THURSDAY

### Classic Cottage Pie

Served with seasonal vegetables.

### Chilli Non Carne

Vegetarian mince chilli served with vegetable rice.

### Fresh Fruit or Yoghurt

## THURSDAY

### Pasta, Peas and Ham

Served with garlic bread & veg sticks.

### Breakfast Wrap

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

### Yoghurt or Fresh Fruit

## FRIDAY

### Gluten Free Beef Burger in a Bun

Served with chips & veg sticks.

### Mexican Burrito

Lightly Spiced veggie mince wrap with chips & veg sticks.

### Chocolate Muffin or Fresh Fruit

## 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

## FRIDAY

### Cheese & Tomato Pizza

Classic 'Margherita' served with chips & veg sticks.

### Chicken Pizza

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.



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

DAILY OPTIONS



# Bwydlen Ysgolion Gynradd

Hydref 2021 – Ebrill 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.



Yn addas i Llysieuwyr



Yn addas i Feganiaid



Arlwyo a Glanhau  
**NEWYDD**  
Catering & Cleaning

WYTHNOS 1

## DYDD LLUN

**Sêren Pysgod**  
Ciwbiau tatws perlysiâu a pys

**Nygets wedi'i pobi**   
Nygets llysiâu, ciwbiau tatws perlysiâu a pys

**Pwddin: Myffin lemwn neu ffrwythau ffres**

## DYDD MAWRTH

**Swb Peli Cig Bbq**   
Peli cig bbq fegan, talpiau tatws, ffa gwyrdd a corn melys

**Byrgyr bwyd y môr**  
Cacen Pysgod eog a penfras, ffa gwyrdd a corn melys

**Pwddin: Sbwng mafon a cwstard neu ffrwythau ffres**

## DYDD MERCHER

**Cig rhost y dydd**  
Tatws a ddau llysiuyn tymhorol

**Rhost Llysieuwyr y dydd**   
Tatws a ddau llysiuyn tymhorol

**Pwddin: Cacen ffrwythau'r cogydd neu ffrwythau ffres**

## DYDD IAU

**Cyri Cyw iâr a Bara Naan**  
a reis llysiâu

**Bolognese a Pasta**   
Briwrig llysiâu, saws llysiâu, a bara garlleg

**Pwddin: Ffrwythau ffres a iogwrt**

## DYDD GWENER

**Byrgyr cig eidion mewn bynsen heb glwten**  
Sglodion a ffyn llysiâu

**Burrito Mecsicanaidd**   
Briwrig llysiâu sbeislyd mewn wrap, Sglodion a ffyn llysiâu

**Pwddin: Myffin siocled neu ffrwythau ffres**

WYTHNOS 2

## DYDD LLUN

**Selsig Pob**  
Tatws stwnsh, a ffa pob

**Filed o Pysgod**  
Tatws stwnsh, a ffa pob

**Pwddin: Crymbl ceiriosen a hufen neu ffrwythau ffres**

## DYDD MAWRTH

**Wrap cyw iâr bbq poeth**  
Hash briwrig a corn melys

**Cyri Tatws Melys a llysiâu**   
Reis a Bara Naan

**Pwddin: Sbwng siocled a cwstard neu ffrwythau ffres**

## DYDD MERCHER

**Cig rhost y dydd**  
Tatws a ddau llysiuyn tymhorol.

**Rhost Llysieuwyr y dydd**   
Tatws a ddau llysiuyn tymhorol.

**Pwddin: Flapjac ffrwythau neu ffrwythau ffres**

## DYDD IAU

**Pei Bwthín**  
Llysiâu Tymhorol

**Chili Dim Carne**   
Briwrig llysiâu a reis

**Pwddin: Ffrwythau ffres and iogwrt**

## DYDD GWENER

**Nygets Cyw iâr wedi'i pobi**  
Sglodion a ffyn llysiâu

**Byrgyr mawr mewn bynsen**   
Byrgyr fegan, Sglodion a ffyn llysiâu

**Pwddin: Bisged wedi'i phobi neu ffrwythau ffres**

WYTHNOS 3

## DYDD LLUN

**Byrgyr cyw iâr mewn bynsen**  
Talpiau tatws mewn croen a colslô

**Caws Macaroni**   
Pasta a saws caws

**Pwddin: Myffin llus neu ffrwythau ffres**

## DYDD MAWRTH

**Peli cig a pasta**  
Peli cig eidion, saws tomato a bara garlleg

**Wrap Ffyn cefnfor**   
½ Tatws pob a ffa pob

**Pwddin: Sbwng lemwn a cwstard neu ffrwythau ffres**

## DYDD MERCHER

**Cig rhost y dydd**  
Tatws a ddau llysiuyn tymhorol.

**Rhost Llysieuwyr y dydd**   
Tatws a ddau llysiuyn tymhorol.

**Pwddin: Bisgedi bara byr neu ffrwythau ffres**

## DYDD IAU

**Pasta, pys a ham**  
Bara garlleg a ffyn llysiâu

**Wrap brecwast**   
Selsig llysiâu, hash briwrig, omelette a ffa pob

**Pwddin: Iogwrt neu ffrwythau ffres**

## DYDD GWENER

**Pitsa caws a tomato**   
Sglodion a ffyn llysiâu

**Pizza cyw iâr**  
Sglodion a ffyn llysiâu

**Pwddin: Browni Siocled neu ffrwythau ffres**

DEWISIADAU  
DYDDIOL

### Brechdannau

Dewiswch o'r llenwadau canlynol:

Ham  
Caws

Tiwna a mayo

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

Caws

Ffa pob a caws

### Potiau Pasta

Dewiswch o'r topiau canlynol:

Ham

Tiwna a mayo

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

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.

