

# 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

WEEK 1

## 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

WEEK 2

## 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

WEEK 3

## 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

Caws

Ffa pob a caws

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

*\*Bydd angen cynnal asesiad risg angenrheidiol\**

