



Primary School Meals Menu

Food Allergies and Intolerances

Please speak to our kitchen staff about your child's requirements.
Thank You

Please check on any updates to the menu

| Spring 19 / Summer 19 Menu | Menu Week 1 | Menu Week 2 | Menu Week 3 |
|----------------------------|----------------------------|----------------------------------|-----------------------------|
| Week Commencing - (Monday) | | | 29 th April 2019 |
| Week Commencing - (Monday) | 6 th May 2019 | 13 th May 2019 | 20 th May 2019 |
| Week Commencing - (Monday) | 3 rd June 2019 | 10 th June 2019 | 17 th June 2019 |
| Week Commencing - (Monday) | 24 th June 2019 | 1 st July 2019 | 8 th July 2019 |
| Week Commencing - (Monday) | 15 th July 2019 | 22 nd July 2019 (Mon) | 2 nd Sept 2019 |
| Week Commencing - (Monday) | 9 th Sept 2019 | 16 th Sept 2019 | 23 rd Sept 2019 |
| Week Commencing - (Monday) | 30 th Sept 2019 | 7 th Oct 2019 | 14 th Oct 2019 |
| Week Commencing - (Monday) | 21 st Oct 2019 | | |

Week 1

Week 2

Week 3

| Monday | Monday | Monday |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Cheese & Tomato Pizza Potato Smiles or Jacket Potato or Pasta Baked Beans or Coleslaw or Seasonal Salad Homemade Chocolate & Pear Sponge & Custard | Crispy Crumbed Breaded Chicken Breast Fillet Potato Waffles or Jacket Potato or Pasta Baked Beans or Grated Carrot and Beetroot or Seasonal Salad Chocolate Rice Krispie Cake | Cheese & Tomato Pizza Sauté Potatoes or Jacket Potato Baked Beans or Seasonal Salad or Coleslaw Homemade Peach Sponge & Custard |
| Tuesday | Tuesday | Tuesday |
| Oven Baked Sausage with Gravy Creamed Potatoes or Jacket Potato Broccoli, Carrots or Seasonal Salad Mini Donut | Oven Baked Pork & Leek Sausage with Yorkshire and Gravy Boiled Potatoes or Jacket Potato Broccoli or Peas or Seasonal Salad Homemade Pineapple Upside Down Sponge & Custard | Homemade Minced Beef Pie and Gravy Creamed Potatoes or Jacket Potato Carrots, Green Beans or Seasonal Salad Müller Yogurt Pots |
| Wednesday | Wednesday | Wednesday |
| Homemade Chicken Curry with Garlic or Curry Bread Boiled Rice or Jacket Potato Garden Peas & Sweetcorn or Seasonal Salad Vanilla Ice Cream Artichoke Roll | Homemade Beef Bolognese with Garlic Bread Pasta or Jacket Potato Peas or Sweetcorn or Seasonal Salad Homemade Giant Chocolate Cookie | Frikadellen (Juicy Pork Bites) Boiled Potatoes or Jacket Potato or Pasta Spaghetti Hoops or Grated Carrot and Beetroot Salad Homemade Chocolate Cake & Custard |
| Thursday | Thursday | Thursday |
| Roast Beef & Yorkshire Pudding with Gravy Creamed Potatoes or Jacket Potato Cauliflower or Carrots or Seasonal Salad Mandarin Fruit Jelly & Cream | Roast Chicken with Homemade Stuffing & Gravy Creamed Potatoes or Jacket Potato Cabbage or Carrots or Seasonal Salad Fresh Fruit Salad & Ice Cream Sundae | Roast Turkey with Homemade Stuffing and Gravy Creamed Potatoes or Jacket Potato Broccoli or Carrots or Seasonal Salad Strawberry Mousse with Mini Biscuit |
| Friday | Friday | Friday |
| Breaded Birds Eye Fish Fingers Chipped Potatoes or Jacket Potato or Pasta Baked Beans or Peas or Seasonal Salad Marble Sponge & Custard | Baked Breaded Fish Chipped Potatoes or Jacket Potato or Pasta Baked Beans or Carrot & Cucumber Salad Homemade Jam Sponge & Custard | Coddies (Breaded Cod Nuggets) Chipped Potatoes or Jacket Potato or Pasta Baked Beans or Garden Peas or Cucumber Salad Ice Cream Fruit Sundae |

Available daily:- ● Fresh Fruit Bowl Choice ● Pasta ● Seasonal Salads ● Wholemeal Bread

A daily choice of Chilled Fruit Juice, Milk or Water is available.

Baked Salmon is available as an alternative on a Friday

Occasionally, for reasons beyond our control, the menus may have to be changed at short notice.

Bwydlen Prydau Ysgolion Cynradd

Alergeddau ac anoddefiadau bwyd

Siaradwch â staff ein cegin am ofynion eich plentyn.
 Diolch

Gwiriwch unrhyw newidiadau i'r fwydlen

| Bwydlen Gwanwyn 19/Haf 19 | Bwydlen Wythnos 1 | Bwydlen Wythnos 2 | Bwydlen Wythnos 3 |
|----------------------------------|--------------------|--------------------------------|-------------------|
| Wythnos yn dechrau - (dydd Llun) | | | 29 Ebrill 2019 |
| Wythnos yn dechrau - (dydd Llun) | 6 Mai 2019 | 13 Mai 2019 | 20 Mai 2019 |
| Wythnos yn dechrau - (dydd Llun) | 3 Mehefin 2019 | 10 Mehefin 2019 | 17 Mehefin 2019 |
| Wythnos yn dechrau - (dydd Llun) | 24 Mehefin 2019 | 1 Gorffennaf 2019 | 8 Gorffennaf 2019 |
| Wythnos yn dechrau - (dydd Llun) | 15 Gorffennaf 2019 | 22 Gorffennaf 2019 (dydd Llun) | 2 Medi 2019 |
| Wythnos yn dechrau - (dydd Llun) | 9 Medi 2019 | 16 Medi 2019 | 23 Medi 2019 |
| Wythnos yn dechrau - (dydd Llun) | 30 Medi 2019 | 7 Hydref 2019 | 14 Hydref 2019 |
| Wythnos yn dechrau - (dydd Llun) | 21 Hydref 2019 | | |

Wythnos 1

Wythnos 2

Wythnos 3

| Dydd Llun | Dydd Llun | Dydd Llun |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pizza Caws a Tomato Siapiau Tatws neu Daten drwy'i Chroen neu Basta Ffa Pob neu Golslo neu Salad Tymhorol Teisen Siocled a Gellyg gyda Chwstard | Brest Cyw Iâr mewn Briwsion Bara Wafflau Tatws neu Daten drwy'i Chroen neu Basta Ffa Pob neu Foron wedi'u Gratio a Betys neu Salad Tymhorol Cacen <i>Rice Krispie</i> Siocled | Pizza Caws a Tomato Tatws wedi'u Ffrïo neu Daten drwy'i Chroen Ffa Pob neu Salad Tymhorol neu Golslo Teisen Eirin Gwlanog a Chwstard |
| Dydd Mawrth | Dydd Mawrth | Dydd Mawrth |
| Selsig wedi'u Pobi gyda Grefi Tatws Hufenog neu Daten drwy'i Chroen Brocoli, Moron neu Salad Tymhorol Toesen Fach | Selsig Porc a Chennin wedi'u Pobi gyda Phwdin Swydd Efrog a Grefi Tatws wedi'u Berwi neu Daten drwy'i Chroen Brocoli neu Bys neu Salad Tymhorol Teisen Pîn-afal Wyneb i Waered a Chwstard | Pastai Briwggig Cig Eidion Cartref a Grefi Tatws Hufenog neu Daten drwy'i Chroen Moron, Ffa Gwyrdd neu Salad Tymhorol Potiau logwrt Müller |
| Dydd Mercher | Dydd Mercher | Dydd Mercher |
| Cyri Cyw Iâr Cartref gyda Bara Garlleg neu Fara Cyri Reis wedi'i Ferwi neu Daten drwy'i Chroen Pys Gardd a Chorn Melys neu Salad Tymhorol Rhôl Arctig â Hufen Iâ Fanila | Bolognaise Cig Eidion Cartref a Bara Garlleg Pasta neu Daten drwy'i Chroen Pys neu Gorn Melys neu Salad Tymhorol Cwci Siocled Cartref Enfawr | Frikadellen (Tameidiau Porc Blasus) Tatws wedi'u Berwi neu Daten drwy'i Chroen neu Basta Cylchoedd Spaghetti neu Salad Moron a Betys wedi'u Gratio Teisen Siocled a Chwstard |
| Dydd Iau | Dydd Iau | Dydd Iau |
| Cig Eidion Rhost, Pwdin Swydd Efrog a Grefi Tatws Hufenog neu Daten drwy'i Chroen Blodfresych neu Foron neu Salad Tymhorol Jeli Mandarin a Hufen | Cyw Iâr Rhost gyda Stwffin a Grefi Tatws Hufenog neu Daten drwy'i Chroen Bresych neu Foron neu Salad Tymhorol Salad Ffrwythau Ffres a Hufen Iâ | Twrci Rhost, Stwffin Cartref a Grefi Tatws Hufenog neu Daten drwy'i Chroen Brocoli neu Foron neu Salad Tymhorol Mousse Mefys gyda Bisgiën Fach |
| Dydd Gwener | Dydd Gwener | Dydd Gwener |
| Bysedd Pysgod Birds Eye mewn Briwsion Bara Sglodion neu Daten drwy'i Chroen neu Basta Ffa Pob neu Bys neu Salad Tymhorol Teisen Farmor a Chwstard | Pysgodyn mewn Briwsion Bara wedi'i Bobi Sglodion neu Daten drwy'i Chroen neu Basta Ffa Pob neu Salad Moron a Chiwcymbr Teisen Jam a Chwstard | Tameidiau o Benfras mewn Briwsion Bara Sglodion neu Daten drwy'i Chroen neu Basta Ffa Pob neu Bys neu Salad Ciwcymbr Ffrwythau a Hufen Iâ |

Ar gael yn ddyddiol:- ●Dewis o Ffrwythau Ffres ● Pasta ● Salad Tymhorol ● Bara Cyflawn
 Mae dewis dyddiol o sudd ffrwythau, llaeth neu dŵr oer.

Mae Eog wedi'i Bobi ar gael fel dewis arall ar ddydd Gwener

Weithiau, oherwydd rhesymau y tu hwnt i'n rheolaeth, rhaid newid y bwydlenni ar fyr rybudd.