

## Week one

18/11, 09/12, 30/12,  
20/01, 10/02, 02/03,  
23/03

## Week two

04/11, 25/11, 16/12,  
06/01, 27/01, 17/02,  
09/03, 30/03

## Week three

11/11, 02/12, 23/12,  
13/01, 03/02, 24/02,  
16/03

Choose a main meal...

- Chicken & Vegetable Ratatouille with Rice
- Chunky Chickpea Ratatouille with Rice
- Jacket Potato with Cheese

Dessert...

Chocolate Brownie

Choose a main meal...

- Cheese & Tomato Pizza
- Veggie Cowboy Pie
- Jacket Potato with Baked Beans

Dessert...

Orange Ginger Cake

Choose a main meal...

- Roast Gammon, Halal Chicken or Lentil Roast with Roast Potatoes, Seasonal Veg & Gravy
- Jacket Potato with Tuna Mayo

Dessert...

Muller Yoghurt

Choose a main meal...

- Beef Pasta Bolognese
- Herby Tomato & Cheese Pasta
- Jacket Potato with Baked Beans

Dessert...

St Clements Cookie

Choose a main meal...

- Golden Fish Fingers & Chips
- Quorn & Tomato Taco with Chips
- Jacket Potato with Cheese

Dessert...

Chocolate & Pear Cake

Choose a main meal...

- Chicken Casserole with Rice
- Cheese & Tomato Quiche with Jacket Wedges
- Jacket Potato with Cheese

Dessert...

Chocolate Cookie

Choose a main meal...

- Italian Meatballs with Rice
- Veggie Meatballs with Rice
- Jacket Potato with Baked Beans

Dessert...

Apple Crumble with Custard

Choose a main meal...

- Roast Turkey, Halal Chicken or Butternut Squash & Tomato Gratin with Roast Potatoes, Seasonal Veg & Gravy
- Jacket Potato with Tuna Mayo

Dessert...

Apple & Raisin Flapjack

Choose a main meal...

- Cheese & Tomato Pizza
- Tomato & Veg Pasta Bake
- Jacket Potato with Baked Beans

Dessert...

Muller Yoghurt

Choose a main meal...

- Golden Fish Fingers & Chips
- Veggie Nuggets & Chips
- Jacket Potato with Cheese

Dessert...

Chocolate & Raspberry Swirl Cake

Choose a main meal...

- Creamy Chicken Curry with Rice
- Boston Bean Casserole with Rice
- Jacket Potato with Cheese

Dessert...

Chocolate Orange Cake with Custard

Choose a main meal...

- Chicken & Tomato Pasta
- Sweet Potato & Chickpea Curry with Rice
- Jacket Potato with Baked Beans

Dessert...

Apple & Raisin Flapjack

Choose a main meal...

- Roast Beef, Halal Chicken or Quorn Fillet with Roast Potatoes, Seasonal Veg & Gravy
- Jacket Potato with Tuna Mayo

Dessert...

Raspberry & Yoghurt Cake

Choose a main meal...

- Cheese & Tomato Pizza
- Herby Tomato & Vegetable Pasta
- Jacket Potato with Baked Beans

Dessert...

Muller Yoghurt

Choose a main meal...

- Golden Fish Fingers & Chips
- Quorn Burger & Chips
- Jacket Potato with Cheese

Dessert...

Strawberry Jelly

Monday

Tuesday

Wednesday

Thursday

Friday

If you have any Special Dietary requirements, please speak to your kitchen for further information.

Jacket Options- Beans, Cheese or Tuna Mayo.

Ask your school for specific choices.

\*Halal options available\*

Charwell's  
OF LONDON LTD

**YUMMI**

**FRESH**

**SWEET**

**TANGY**

All meals are served with a choice of Veg OR Salad

# Wythnos 1

18/11, 09/12, 30/12,  
20/01, 10/02, 02/03,  
23/03

## Dewiswch brif bryd...

- Ratatouille Cyw Iâr a Llysiau gyda Reis
- Ratatouille Gwygbys Trwchus gyda Reis
- Taten Bob gyda Chaws

Pwddin...

Browni Siocled

## Dewiswch brif bryd...

- Pitsa Caws a Tomato
- Pei Cowboi Llysieuol
- Taten Bob gyda Ffa Pob

Pwddin...

Cacem Oren a Sinsir

## Dewiswch brif bryd...

- Garnon Rhost, Cyw Iâr Halal neu Ffracchys Rhost gyda Thatws Rhost, Llysiau Tymhorol a Greffi
- Taten Bob gyda Tiwna mewn Mayonnaise

Pwddin...

logwrt Muller

## Dewiswch brif bryd...

- Pasta gyda Bolognaise Cig Eidion
- Pasta Tomatos, Caws a Pherlysiau
- Taten Bob gyda Ffa Pob

Pwddin...

Cwci St Clements

## Dewiswch brif bryd...

- Byseidd Pysgod a Sgloadion
- Taco Quorn a Tomato gyda Sgloadion
- Taten Bob gyda Chaws

Pwddin...

Cacem Siocled a Gellyg

# Wythnos 2

04/11, 25/11, 16/12,  
06/01, 27/01, 17/02,  
09/03, 30/03

## Dewiswch brif bryd...

- Caserol Cyw Iâr gyda Reis
- Quiche Caws a Tomato gyda Thalpiaciu Tatws Pob
- Taten Bob gyda Chaws

Pwddin...

Cwci Siocled

## Dewiswch brif bryd...

- Peli Cig Eiddalaidd gyda Reis
- Peli Llysieuol gyda Reis
- Taten Bob gyda Ffa Pob

Pwddin...

Crymbl Afal gyda Chwstard

## Dewiswch brif bryd...

- Twrci Rhost, Cyw Iâr Halal neu Graitin Sgwash Chou Mennn a Tomato gyda Thatws Rhost, Llysiau Tymhorol a Greffi
- Taten Bob gyda Tiwna mewn Mayonnaise

Pwddin...

Filapiac Afal a Resins

## Dewiswch brif bryd...

- Pitsa Caws a Tomato
- Pasta gyda Tomato a Llysiau wedi'u Pobi
- Taten Bob gyda Ffa Pob

Pwddin...

logwrt Muller

## Dewiswch brif bryd...

- Byseidd Pysgod a Sgloadion
- Talpiaciu Llysieuol a Sgloadion
- Taten Bob gyda Chaws

Pwddin...

Cacem Siocled a Mafon

# Wythnos 3

11/11, 02/12, 23/12,  
13/01, 03/02, 24/02,  
16/03

## Dewiswch brif bryd...

- Cynri Cyw Iâr Hufenng gyda Reis
- Caserol Ffa Boston gyda Reis
- Taten Bob gyda Chaws

Pwddin...

Cacem Siocled ac Oren gyda Chwstard

## Dewiswch brif bryd...

- Pasta gyda Chyw Iâr a Tomato
- Cynri Tatws Melys a Gwygbys gyda Reis
- Taten Bob gyda Ffa Pob

Pwddin...

Filapiac Afal a Resins

## Dewiswch brif bryd...

- Cig Eidion Rhost, Cyw Iâr Halal neu Ffilled o Quorn gyda Thatws Rhost, Llysiau Tymhorol a Greffi
- Taten Bob gyda Tiwna mewn Mayonnaise

Pwddin...

Cacem Mafon ac logwrt

## Dewiswch brif bryd...

- Pitsa Caws a Tomato
- Pasta Tomato, Llysiau a Pherlysiau
- Taten Bob gyda Ffa Pob

Pwddin...

logwrt Muller

## Dewiswch brif bryd...

- Byseidd Pysgod a Sgloadion
- Brygyr Quorn a Sgloadion
- Taten Bob gyda Chaws

Pwddin...

Jeff Melfus

### Gwener

### Iau

### Mercher

### Mawrth

### Llun

Os oes gennych unrhyw ddiagnosis Dealegal Albemlg, sicardwch e'ch cegin am ragor o wybodaeth.  
**Dewis o Datus Pob** - Ffa Pob, Caws neu Tiwna mewn mayonnaise.  
 Gofynnwch 'I'ch vsgol am ddeustadlau pencodol.  
 \*Dewistadlau Halal ar goe!

