

Pembrokeshire Primary School Summer Menu 2018

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 4/06/18 25/06/18 16/07/18 10/09/18	MAIN	Pasta bolognaise Garlic bread Sweetcorn	Golden chicken strips served in a wrap Thick cut chips Shredded carrot salad	Roast pork with apple sauce and gravy Creamed potatoes / Boiled potatoes Fresh carrots & peas	Home cooked ham Creamed potatoes / Boiled potatoes Baked beans	Bubble salmon Thick cut chips Coleslaw or Carrot sticks
	VEGETARIAN	Vegetable bolognaise Garlic bread Sweetcorn	Vegetable curry with rice Naan bread Shredded carrot salad	Vegetarian sausage with gravy Creamed potatoes / Boiled potatoes Fresh carrots & peas	Cheese and onion quiche Creamed potatoes / Boiled potatoes Baked beans	Margarita Pizza Thick cut chips Coleslaw or Carrot sticks
	DESSERT	Apple & oat biscuit with fruity water or Fresh fruit wedges	Summer fruit sponge with custard or Fresh fruit wedges	Crispy fruit bar or Fresh fruit wedges	Ice cream roll with fruit or Fresh fruit wedges	Yoghurt or Fresh fruit wedges

Bwydlen Ysgolion Cynradd Sir Benfro Haf 2018

		Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Wythnos 4/06/18 25/06/18 16/07/18 10/09/18	PRIF	Pasta bolognese Bara Garlleg India-corn	Darnau o gyw iâr euraid wedi eu gweini mewn wrap Sglodion wedi eu torri'n drwchus Salad moron wedi ei dorri'n fân	Porc wedi ei rostio a saws afal a grefi Tatws hufennog / Tatws wedi berwi Moron ffres a phys	Ham cartref wedi ei bobi Tatws hufennog / Tatws wedi berwi Ffa Pob	Eog â swigod Sglodion wedi eu torri'n drwchus Coleslaw neu ddarnau o foron
	LLYSIEUOL	Bolognese llysiau Bara Garlleg India-corn	Cyri llysieuol a reis Bara Naan Salad moron wedi ei dorri'n fân	Selsig llysieuol a grefi Tatws hufennog / Tatws wedi berwi Moron ffres a phys	Quiche caws a winwns Tatws hufennog / Tatws wedi berwi Ffa Pob	Pitsa Margarita Sglodion wedi eu torri'n drwchus Coleslaw neu ddarnau o foron
	PWDIN	Bisged afal a cheirch a dŵr ffrwythau neu Ddarnau o ffrwythau ffres	Sbwng ffrwythau'r haf a chwstard neu Ddarnau o ffrwythau ffres	Bar ffrwythau crensiog neu Ddarnau o ffrwythau ffres	Hufen iâ a ffrwythau neu Ddarnau o ffrwythau ffres	logwrt neu Ddarnau o ffrwythau ffres

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Week 2	11/06/18	MAIN	Cowboy Brunch Pork Sausage with scrambled egg Potato waffles Baked beans	Chicken Katsu curry (Breaded chicken goujons drizzled with mild curry sauce) Boiled rice mixed with peas and sweetcorn Carrot batons	Roast turkey breast with herb stuffing and gravy Creamed potatoes / Boiled potatoes Fresh carrots & broccoli	Beef lasagne Garlic bread Mixed salad	Cod fillet fish fingers Thick cut chips Baked beans or Garden peas
		VEGETARIAN	Cowboy Brunch Vegetarian sausage with scrambled egg Potato waffles Baked beans	Dinner jackets (Jacket potato with cheese, beans or cheese and beans) Fresh bread roll Carrot batons	Lentil and vegetable bake with gravy Creamed potatoes / Boiled potatoes Fresh carrots & broccoli	Creamy vegetable crumble Garlic bread Mixed salad	Margarita pizza Thick cut chips Baked beans or Garden peas
		DESSERT	Chocolate brownie with fruity water or Fresh fruit wedges	Peach melba with strawberry sauce or Fresh fruit wedges	Fruit jelly with cream or Fresh fruit wedges	Steamed jam sponge with custard or Fresh fruit wedges	Fruit flapjack or Fresh fruit wedges

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		Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener	
Wythnos 2	11/06/18	PRIF	Brynsih Cowboi Selsig Porc ac wy wedi ei sgramblo Waffyls tatws Ffa Pob	Cyri Katsu Cyw lâr (Darnau o gyw iâr mewn briwsion bara a saws cyri mwyn wedi ei daenu trostynt) Reis wedi ei ferwi a phys ac india-corn Darnau o foron	Brest o dwrci wedi ei rostio a stwffin a grefi Tatws hufennog / Tatws wedi berwi Moron ffres a Brocoli	Lasagne cig eidion Bara Garlleg Salad cymysg	Bysedd pysgod penfras Sglodion wedi eu torri'n drwchus Ffa Pob neu Bys Gardd
		LLYSIEUOL	Brynsih Cowboi Selsig lysieuol ac wy wedi ei sgramblo Waffyls tatws Ffa Pob	Tatws trwy'u crwyn (Taten a chaws, ffa pob neu gaws a ffa pob) Rhôl fara ffres Darnau o foron	Ffacbys a llysiau pob a grefi Tatws hufennog / Tatws wedi berwi Moron ffres a Brocoli	Crymbl llysiau hufennog Bara Garlleg Salad cymysg	Pitsa Margarita Sglodion wedi eu torri'n drwchus Ffa Pob neu Bys Gardd
		PWDIN	Brownie siocled a dŵr ffrwythau neu Ddarnau o ffrwythau ffres	Melba eiryn gwlanog a saws mefus neu Ddarnau o ffrwythau ffres	Jeli ffrwythau a hufen neu Ddarnau o ffrwythau ffres	Sbwng jam wedi ei stemio a chwstard neu Ddarnau o ffrwythau ffres	Flapjack ffrwythau neu Ddarnau o ffrwythau ffres

Pembrokeshire Primary School Sumer Menu 2018

		Monday	Tuesday	Wednesday	Thursday	Friday		
Week 3 18/06/18	MAIN	Meatball pasta bake Garlic bread Garden peas	Mexican beef taco boats Thick cut chips Grated carrot salad or Coleslaw	Sausages with Yorkshire pudding and gravy Creamed potatoes / Boiled potatoes Fresh carrots & broccoli	Seasoned chicken goujons Creamed potatoes Baked beans or Garden peas	Bubble salmon Thick cut chips Crunchy coleslaw or Cucumber sticks		
		9/07/18	VEGETARIAN	Baked bean lasagne Garlic bread Garden peas	Dinner jackets (Jacket potato with cheese, beans or cheese and beans) Fresh bread roll Grated carrot salad or Coleslaw	Glamorgan sausage with Yorkshire pudding and gravy Creamed potatoes / Boiled potatoes Fresh carrots & broccoli	Plain omelette Creamed potatoes Baked beans or Garden peas	Margarita Pizza Thick cut chips Crunchy coleslaw or Cucumber sticks
				3/09/18	DESSERT	Ice cream with warm summer fruit compote or Fresh fruit wedges	Butterscotch tart with cream or Fresh fruit wedges	Cocoa and banana muffin with fruity water or Fresh fruit wedges
		24/09/18						

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		Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener		
Wythnos 3 18/06/18	PRIF	Pasta peli cig wedi ei bobi Bara Garleg Pys Gardd	Cwch tato cig eidion Mecsican Sglodion wedi eu torri'n drwchus Salad moron wedi ei gratio neu Goleslaw	Selsig a phwddin Efrog a greffi Tatws hufennog / Tatws wedi berwi Moron ffres a brocoli	Darnau o ffowlyn wedi eu sawru Tatws hufennog / Tatws wedi berwi Ffa Pob neu Bys Gardd	Eog â swigod Sglodion wedi eu torri'n drwchus Coleslaw crensiog neu ddarnau o giwcymbr		
		9/07/18	LLYSIEUOL	Lasagne ffa pob Bara Garleg Pys Gardd	Tatws trwy'u crwyn (Taten a chaws, ffa pob neu gaws a ffa pob) Rôl fara ffres Salad moron wedi eu gratio neu Goleslaw	Selsig Morgannwg a phwddin Efrog a greffi Tatws hufennog / Tatws wedi berwi Moron ffres a brocoli	Omlod plaen Tatws hufennog / Tatws wedi berwi Ffa Pob neu Bys Gardd	Pitsa Margarita Sglodion wedi eu torri'n drwchus Coleslaw crensiog neu ddarnau o giwcymbr
				3/09/18	PWDIN	Hufen iâ a chompot cynnes ffrwythau'r haf neu Ddarnau o ffrwythau ffres	Tarten Butterscotch a hufen neu Ddarnau o ffrwythau ffres	Myffin cocoa a banana a dŵr ffrwythau neu Ddarnau o ffrwythau ffres
		24/09/18						