

# Primary School Meals Menu

## Food Allergies and Intolerances

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

Thank You

Autumn 18 / Spring 19 Menu	Menu Week 1	Menu Week 2	Menu Week 3
Week Commencing - (Monday)	5 <sup>th</sup> November 2018	12 <sup>th</sup> November 2018	19 <sup>th</sup> November 2018
Week Commencing - (Monday)	26 <sup>th</sup> November 2018	3 <sup>rd</sup> December 2018	10 <sup>th</sup> December 2018
Week Commencing - (Monday)	17 <sup>th</sup> December 2018	7 <sup>th</sup> January 2019	14 <sup>th</sup> January 2019
Week Commencing - (Monday)	21 <sup>st</sup> January 2019	28 <sup>th</sup> January 2019	4 <sup>th</sup> February 2019
Week Commencing - (Monday)	11 <sup>th</sup> February 2019	18 <sup>th</sup> February 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 Marble Sponge & Custard	Beef Burger (onions optional) in a Homemade Bun Potato Waffles or Jacket Potato or Pasta Baked Beans or Grated Carrot and Beetroot or Seasonal Salad Müller Yogurt Pots	Cheese & Tomato Pizza Sauté Potatoes or Jacket Potato Baked Beans or Seasonal Salad 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 Sausage with Yorkshire Pudding and Gravy Boiled Potatoes or Jacket Potato Broccoli or Peas or Seasonal Salad Homemade Jam 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 Sweetcorn or Mixed Veg or Seasonal Salad Homemade Giant Chocolate Cookie	Frikadellen (Juicy Pork Bites) Boiled Potatoes or Jacket Potato or Pasta Baked Beans or Grated Carrot and Beetroot Salad Homemade Chocolate Cake & Custard
Thursday	Thursday	Thursday
Roast Beef & Yorkshire Pudding with Gravy Creamed Potatoes or Jacket Potato Cabbage or Carrots or Seasonal Salad Homemade Biscuit & Fresh Fruit Wedges	Roast Chicken with Homemade Stuffing & Gravy Creamed Potatoes or Jacket Potato Broccoli or Carrots or Seasonal Salad Ice Cream and Fruit Sundae	Roast Turkey with Homemade Stuffing and Gravy Creamed Potatoes or Jacket Potato Broccoli or Carrots or Seasonal Salad Cheese Portion & Homemade Oaty Biscuit
Friday	Friday	Friday
Breaded Birds Eye Fish Fingers Chipped Potatoes or Jacket Potato or Pasta Baked Beans or Peas or Seasonal Salad Homemade Mandarin Sponge & Custard	Baked Breaded Fish Chipped Potatoes or Jacket Potato or Pasta Baked Beans or Carrot & Cucumber Salad Homemade Eves Pudding & Custard	Coddies (Breaded Cod Nuggets) Chipped Potatoes or Jacket Potato or Pasta Garden Peas or Cucumber Salad Mandarin Jelly & Ice Cream

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

Bwydlen Hydref 18 / Gwanwyn 19	Wythnos 1	Wythnos 2	Wythnos 3
Wythnos yn dechrau - (dydd Llun)	5 <sup>th</sup> Tachwedd 2018	12 <sup>th</sup> Tachwedd 2018	19 <sup>th</sup> Tachwedd 2018
Wythnos yn dechrau - (dydd Llun)	26 <sup>th</sup> Tachwedd 2018	3 <sup>rd</sup> Rhagfyr 2018	10 <sup>th</sup> Rhagfyr 2018
Wythnos yn dechrau - (dydd Llun)	17 <sup>th</sup> Rhagfyr 2018	7 <sup>th</sup> Ionawr 2019	14 <sup>th</sup> Ionawr 2019
Wythnos yn dechrau - (dydd Llun)	21 <sup>st</sup> Ionawr 2019	28 <sup>th</sup> Ionawr 2019	4 <sup>th</sup> Chwefror 2019
Wythnos yn dechrau - (dydd Llun)	11 <sup>th</sup> Chwefror 2019	18 <sup>th</sup> Chwefror 2019	

### Week 1

Dydd Llun
Pizza Caws a Thomato Siapiau Tatws neu Daten drwy'i Chroen neu Basta Ffa Pob neu Golslo neu Salad Tymhorol Teisen Felen Farmor a Chwstard
Dydd Mawrth
Selsigen Bob gyda Grefi Tatws Hufenog neu Daten drwy'i Chroen Brocoli, Moron neu Salad Tymhorol Toesen Fach
Dydd Mercher
Cyri Cyw Iâr Cartref gyda Bara Garlleg neu Fara Cyri Reis wedi'i Ferwi neu Daten drwy'i Chroen Pys Gardd ac India Corn neu Salad Tymhorol Rhôl Arctig Hufen Iâ Fanila
Dydd Iau
Cig Eidion Rhost, Pwdin Swydd Efrog a Grefi Tatws Hufenog neu Daten drwy'i Chroen Bresych neu Foron neu Salad Tymhorol Bisgïen Gartref a Ffrwythau Ffres
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 Felen Mandarin a Chwstard

### Week 2

Dydd Llun
Byrger Cig Eidion (winwns yn ddewisol) mewn Rhodyn Cartref Wafflau Tatws neu Daten drwy'i Chroen neu Basta Ffa Pob neu Moron wedi'u Gratio a Betys neu Salad Tymhorol Potiau logwrt Müller
Dydd Mawrth
Selsig wedi'u Pobi, Pwdin Swydd Efrog a Grefi Tatws wedi'u Berwi neu Daten drwy'i Chroen Brocoli neu Bys neu Salad Tymhorol Teisen Felen Jam a Chwstard
Dydd Mercher
Bolognaise Cig Eidion Cartref a Bara Garlleg Pasta neu Daten drwy'i Chroen Corn Melys neu Lysiau Cymysg neu Salad Tymhorol Cwci Siocled Mawr Cartref
Dydd Iau
Cyw Iâr Rhost gyda Stwffin Cartref a Grefi Tatws Hufenog neu Daten drwy'i Chroen Brocoli neu Foron neu Salad Tymhorol Hufen Iâ a Ffrwythau
Dydd Gwener
Pysgodyn mewn Briwsion Bara wedi'i Bobi Sglodion neu Daten drwy'i Chroen neu Basta Ffa Pob neu Foron a Salad Ciwcymbr Pwdin Efa a Chwstard

### Week 3

Dydd Llun
Pizza Caws a Thomato Tatws wedi'u Ffrïo neu Daten drwy'i Chroen Ffa Pob neu Salad Tymhorol Teisen Felen Eirin Gwlanog a Chwstard
Dydd Mawrth
Pastai Briwigig Cartref a Grefi Tatws Hufenog neu Daten drwy'i Chroen Moron, Ffa Gwyrdd neu Salad Tymhorol Potiau logwrt Müller
Dydd Mercher
Frikadellen (Tameidiau Porc Blasus) Tatws Hufenog neu Daten drwy'i Chroen neu Basta Ffa Pob neu Salad Moron a Betys wedi'u Gratio Teisen Siocled a Chwstard
Dydd Iau
Twrci Rhost, Stwffin Cartref a Grefi Tatws Hufenog neu Daten drwy'i Chroen Brocoli neu Foron neu Salad Tymhorol Darn o Gaws a Bisged Geirch Cartref
Dydd Gwener
Cnapiau Penfras mewn Briwsion Bara Sglodion neu Daten drwy'i Chroen neu Basta Pys Gardd neu Salad Ciwcymbr Jeli Mandarin a Hufen Iâ

Ar gael yn ddyddiol:- ● Powlen o Ffrwythau Ffres ● Pasta ● Saladau Tymhorol ● Bara Cyflawn  
Mae dewis dyddiol o Sudd Ffrwythau, Llaeth neu Ddŵr Oer.

### Mae eog pob ar gael ar ddydd Gwener

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