

PRIMARY SCHOOL MENU ★ 05 September - 23 December 2022

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HALF TERM: 31 OCT - 04 NOV

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Beef Burger/ Cheese Burger	Bolognese** and Garlic Bread	Chicken Korma** with Naan Bread or Salmon Fish Fingers	Roast Sausage with Yorkshire Pudding	Fish Fingers
OPTION 2	Falafel Burger and Yoghurt and Mint Dressing	Veggie Bolognese** and Garlic Bread V+	Vegetable Korma** with Naan Bread V+	Quorn Sausages V+ with Yorkshire Pudding	Glamorgan Sausage in a Roll V
AVAILABLE DAILY	Filled Jacket Potato (V/V+) - Fillings include tuna mayo, cheese, baked beans or cheese and baked beans.				
CARBOHYDRATE	Herby Diced Potato New Potatoes	Pasta	Rice	Mashed Potato New Potatoes	Chips New Potatoes
VEGETABLES	Sweetcorn Peas Salad	Sweetcorn Salad	Sweetcorn Broccoli Salad	Sweetcorn Carrots Peas Salad	Sweetcorn Peas Salad
DESSERT	Fruit/Yoghurt/Cheese and Biscuits	Jelly and Ice Cream with Peach Slices	Fruit/Yoghurt/Cheese and Biscuits	Raspberry Ripple Ice Cream Roll with Mandarin Oranges	Fruit/Yoghurt/Cheese and Biscuits
	Fresh fruit and low-fat yoghurts available every day				

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Cheese and Tomato Pizza V	Pork Meatballs in a Tomato Sauce** and Garlic Bread	Chicken Tikka Masala Curry** and Naan Bread	Chicken Fillet and Stuffing with Gravy	Fish Bites
OPTION 2	Spicy Bean Casserole** V+	Vegeballs in a Tomato Sauce** and Garlic Bread V+	Four Cheese Tortellini in Tomato and Basil Sauce and Garlic Bread V	Quorn Fillet and Stuffing with Gravy V+	Vegetable Nuggets V+
AVAILABLE DAILY	Filled Jacket Potato (V/ V+) - Fillings include tuna mayo, cheese, baked beans or cheese and baked beans.				
CARBOHYDRATE	Rice Potato Wedges	Pasta	Rice	Roast Potatoes Mashed Potatoes	Chips New Potatoes
VEGETABLES	Sweetcorn Carrots Salad	Sweetcorn Salad	Sweetcorn Peas Salad	Sweetcorn Carrots Broccoli Salad	Sweetcorn Peas Salad
DESSERT	Fruit/Yoghurt/Cheese and Biscuits	Jelly and Ice Cream with Peach Slices	Fruit/Yoghurt/Cheese and Biscuits	Raspberry Ripple Ice Cream Roll with Mandarin Oranges	Fruit/Yoghurt/Cheese and Biscuits
	Fresh fruit and low-fat yoghurts available every day				

V = Suitable for vegetarians

V+ = Suitable for plant-based diets or can be made for a plant-based diet

**Can be offered as a choice with Jacket Potato



FOODSERVICE
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**CERTIFIED
SUSTAINABLE
SEAFOOD**
MSC MML-C-1009
www.msc.org



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery



HANNER TYMOR: 31 HYDREF - 04 TACHWEDD

WYTHNOS 1	DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
OPSIWN 1	Byrgyr Cig Eidion/ Byrgyr Caws	Bolognese** a Bara Garlleg	Korma Cyw Iâr** gyda Bara Naan neu Fysedd Pysgod Samwn	Selsig Rhost gyda Phwdin Swydd Efrog	Bysedd Pysgod
OPSIWN 2	Byrgyr Ffalaffel a Dresin Iogwrt a Mint	Bolognese Llysiau** a Bara Garlleg Ll+	Korma Llysiau** gyda Bara Naan Ll+	Selsig Cworn Ll+ gyda Pwdin Swydd Efrog	Selsig Morgannwg mewn Rhôl Ll
AR GAEL BOB DYDD	Taten Bôb (Ll/Ll+) - Llenwadau'n cynnwys mayo tiwna, caws, ffa pôb neu gaws a ffa pôb.				
CARBOHYDRAD	Ciwbiau Tatws â Pherlysiau Tato Newydd	Pasta	Reis	Tato Stwnsh Tato Newydd	Sglodion Tato Newydd
LLYSIAU	India Corn Pys Salad	India Corn Salad	India Corn Brocoli Salad	India Corn Moron Pys Salad	India Corn Pys Salad
PWDIN	Ffrwyth/Iogwrt/Caws a Bisgedi	Jeli a Hufen Iâ gyda Sleisys Eirin Gwlanog	Ffrwyth/Iogwrt/Caws a Bisgedi	Hufen Iâ Mafon gydag Orenau Mandarin	Ffrwyth/Iogwrt/Caws a Bisgedi
	Ffrwyth ffres ac iogwrt braster isel ar gael bob dydd				

WYTHNOS 2	DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
OPSIWN 1	Pizza Caws a Thomato Ll	Peli Cig Porc mewn Saws Tomato** a Bara Garlleg	Cyri Tikka Masala Cyw Iâr** a Bara Naan	Ffiled Cyw Iâr a Stwffin gyda Grefi	Peli Pysgod
OPSIWN 2	Caserol Ffa Sbeislyd** Ll+	Peli Llysiau mewn Saws Tomato** a Bara Garlleg Ll+	Tortellini Pedwar Caws mewn Saws Tomato a Basil a Bara Garlleg Ll	Ffiled Cworn a Stwffin gyda Grefi Ll+	Nýgets Llysiau Ll+
AR GAEL BOB DYDD	Taten Bôb (Ll/Ll+) - Llenwadau'n cynnwys mayo tiwna, caws, ffa pôb neu gaws a ffa pôb.				
CARBOHYDRAD	Reis Trionglau Tatws	Pasta	Reis	Tatws Rhost Tato Stwnsh	Sglodion Tato Newydd
LLYSIAU	India Corn Moron Salad	India Corn Salad	India Corn Pys Salad	India Corn Moron Brocoli Salad	India Corn Pys Salad
PWDIN	Ffrwyth/Iogwrt/Caws a Bisgedi	Jeli a Hufen Iâ gyda Sleisys Eirin Gwlanog	Ffrwyth/Iogwrt/Caws a Bisgedi	Hufen Iâ Mafon gydag Orenau Mandarin	Ffrwyth/Iogwrt/Caws a Bisgedi
	Ffrwyth ffres ac iogwrt braster isel ar gael bob dydd				

Ll = Addas ar gyfer llysieuwyr

Ll+ = Addas ar gyfer deietau planhigion neu'n gallu cael ei wneud ar gyfer deiet planhigion

**Gellir ei gynnig fel dewis gyda Thaten Bôb



FOODSERVICE
SOLUTIONS



Mae bwyd môr gyda'r marc hwn wedi dod o bysgodfa sydd wedi'i hardystio'n annibynnol i safon MSC sy'n dangos ei bod yn bysgodfa gynaliadwy wedi'i rheoli'n dda

