

Primary School Menu

2017-2018

WEEK 1

WEEK 2

WEEK 3

WEEK 4

Monday

FISH FINGERS
CHEESE AND POTATO PIE (V)
BAKED BEANS
CREAMED POTATO
CHOCOLATE ORANGE SPONGE
& CHOCOLATE CUSTARD

PORK SAUSAGE AND ONION GRAVY
VEGETARIAN SAUSAGE (V)
GARDEN PEAS
CREAMED POTATOES
JAM AND CREAM MUFFIN
GLASS OF MILK

FISH FINGERS
CHEESE AND POTATO PIE (V)
BAKED BEANS
CREAMED POTATO
PINWHEEL BISCUIT
GLASS OF MILK

FISH BITES AND TOMATO KETCHUP
LEEK AND POTATO RISSOLE (V)
GARDEN PEAS AND SWEETCORN
CREAMED POTATO
DANISH ORANGE AND MANDARIN
SPONGE WITH CUSTARD

Tuesday

BEEF PASTA BAKE
MACARONI CHEESE (V)
GARDEN PEAS
GARLIC BREAD
JELLY
AND ICE CREAM

BEEF BOLOGNAISE
QUORN BOLOGNAISE (V)
SWEETCORN
PASTA
STICKY TOFFEE SPONGE
AND CUSTARD

CHICKEN KORMA
VEGETABLE KORMA (V)
GARDEN PEAS
RICE AND NAAN BREAD
JAM SPONGE
AND WHITE SAUCE

ITALIAN CHICKEN OR MEXICAN BEEF
TOMATO AND HERB PASTA (V)
GREEN BEANS
PASTA OR RICE
DATA FLAPJACK
GLASS OF MILK

Wednesday

ROAST PORK AND APPLE SAUCE
OR ROAST LAMB AND MINT SAUCE
BROCCOLI AND CHEESE BAKE (V)
CARROTS, BROCCOLI AND GRAVY
CREAMED OR ROAST POTATO
CHEESECAKE
AND FRUIT COULIS

ROAST BEEF AND GRAVY
WITH YORKSHIRE PUDDING
VEGETARIAN SAUSAGE (V)
CARROTS AND GREEN BEANS
CREAMED OR ROAST POTATO
RICE PUDDING
AND PEACHES

ROAST PORK AND STUFFING
CHEESE AND VEGETABLE BAKE (V)
CARROTS, SWEDE AND GRAVY
CREAMED OR ROAST POTATO
LIME JELLY
AND FRUIT PIECES

ROAST TURKEY AND STUFFING
MINCED QUORN AND GRAVY (V)
CARROTS, CABBAGE AND GRAVY
CREAMED OR ROAST POTATO
KRISPIE
SQUARES

Thursday

HOMEMADE TURKEY CURRY
HOMEMADE VEGETABLE CURRY (V)
SWEETCORN
RICE AND NAAN BREAD
JAM SHORTCAKE
GLASS OF MILK

MINTED LAMB PIE
VEGETABLE PIE (V)
CABBAGE
CREAMED POTATO AND GRAVY
SHORT BREAD
AND FRESH FRUIT PIECES

COTTAGE OR SHEPHERD'S PIE
QUORN PIE (V)
BROCCOLI
CREAMED POTATO
OATY
BISCUIT

PORK AND SAGE PIE
VEGETABLE PIE (V)
GARDEN PEAS
CREAMED POTATO AND GRAVY
APPLE CRUMBLE
MUFFIN

Friday

CHICKEN WRAP
BBQ BEAN WRAP (V)
SALAD AND BEETROOT
CHIPS / BAKED POTATO
YOGURT
FRESH FRUIT PIECES

SALMON FISHCAKE
LEEK AND POTATO RISSOLE (V)
BAKED BEANS
CHIPS / BAKED POTATO
CHOCOLATE DELIGHT
AND MANDARINS

SAUSAGE IN A BUN
VEGETARIAN SAUSAGE IN A BUN (V)
GARDEN PEAS AND TOMATO KETCHUP
CHIPS / BAKED POTATO
ICE CREAM, PEACHES
AND CHOCOLATE SAUCE

HOMEMADE
CHEESE AND TOMATO PIZZA (V)
BAKED BEANS
CHIPS / BAKED POTATO
FRUIT SALAD
AND DREAM TOPPING

A drink of fresh water is available to all at lunchtime. Fruit is available every day as an alternative to the pudding. Bread (without spread) is available throughout lunch. Oil free potatoes are offered as an alternative to chips and roast potato. We prepare food from the original ingredients and we do not knowingly use food that has been genetically modified.

We cater for special diets and food allergies with supporting medical advice. Vegetarian option available on request in advance. Please contact the school Cook in Charge.

Education – Catering : 01286 679195



Bwydlen Ysgolion Cynradd

2017-2018

WYTHNOS 1

WYTHNOS 2

WYTHNOS 3

WYTHNOS 4

Llun

BYSEDD PYSGOD
PASTAI CAWS A THATWS (v)
FFA POB
TATWS HUFEN

CACEN SIOCLED OREN
GYDA CHWSTARD SIOCLED

SELSIG PORC
SELSIG LLYSIEUOL (v)
PYS GARDD
TATWS HUFEN A GREFI NIONOD

MYFFIN JAM A HUFEN
GYDA LLEFRITH

BYSEDD PYSGOD
PASTAI CAWS A THATWS (v)
FFA POB
TATWS HUFEN

BISGEDI OLWYN PIN
GYDA LLEFRITH

DARNAU PYSGOD
RISOL CENNIN A THATWS (v)
PYS GARDD A INDIA CORN
TATWS HUFEN A SAWS TOMATO

SBWNG OREN A MANDARIN
DAENEG GYDA CHWSTARD

Mawrth

PASTA CIG EIDION
CAWS MACARONI (v)
PYS GARDD
BARA GARLLEG

JELI
A HUFEN IÂ

BOLOGNAISE CIG EIDION
BOLOGNAISE QUORN (v)
INDIA CORN
PASTA

SBWNG TAFFI GLUDIOG
GYDA CHWSTARD

KORMA CYW IÂR
KORMA LLYSIAU (v)
PYS GARDD
REIS A BARA NAAN

SBWNG JAM
GYDA SAWS GWYN

CYW IÂR EIDALEG
NEU CIG EIDION MECRICANAIDD
PASTA TOMATO A PHERLYSIAU (v)
FFA GWYRDD

PASTA NEU REIS
FFLAPJAC DATYS
GYDA LLEFRITH

Mercher

PORC RHOST A SAWS AFAL
NEU CIG OEN WEDI'I RHOSTIO A SAWS MINTYS
BROCOLI A CHAWS WEDI POBI (v)
MORON, BROCOLI A GREFI
TATWS RHOST NEU DATWS HUFEN

CACEN GAWS
GYDA COULIS FFRWYTH

CIG EIDION WEDI'I ROSTIO
GYDA PHWDIN EFROG
SELSIG LLYSIEUOL (v)
MORON, FFA GWYRDD A GREFI
TATWS RHOST NEU DATWS HUFEN

PWDIN REIS
GYDA EIRIN GWLANOG

PORC RHOST GYDA STWFFIN
CAWS A LLYSIAU WEDI'U POBI (v)
MORON, RWDAN A GREFI
TATWS RHOST NEU DATWS HUFEN

JELI LEIM
GYDA DARNAU FFRWYTH

TWRCI RHOST GYDA STWFFIN
BRIWGIG QUORN MEWN GREFI (v)
MORON, BRESYCH A GREFI
TATWS RHOST NEU DATWS HUFEN

SGWARIAU
KRISPIE

Iau

CYRRI TWRCI CARTREF
CYRRI LLYSIAU CARTREF (v)
INDIA CORN
REIS A BARA NAAN

BISGED JAM
GYDA LLEFRITH

PASTAI CIG OEN MINTYS
PASTAI LLYSIAU (v)
BRESYCH
TATWS HUFEN A GREFI

BISGED BERFFRO
GYDA DARNAU FFRWYTH FFRES

PASTAI'R BWTHYN NEU BUGAIL
PASTAI QUORN (v)
BROCOLI
TATWS HUFEN

BISGED
CEIRCH

PASTAI PORC A SAETS
PASTAI LLYSIAU (v)
PYS GARDD
TATWS HUFEN A GREFI

MYFFIN
CRYMBL AFAL

Gwener

WRAP CYW IÂR
WRAP FFA BBQ (v)
SALAD A BETYS COCH
SGLODION / TATEN BOB

IOGWRT
A DARNAU FFRWYTH

CACEN BYSGOD EOG
RISOL CENNIN A THATWS (v)
FFA POB
SGLODION / TATEN BOB

CHWIP CHWAP SIOCLED
GYDA MANDARIN

SELSIG MEWN RÔL BARA
SELSIG LLYSIEUOL MEWN RÔL BARA (v)
PYS GARDD A SAWS TOMATO
SGLODION / TATEN BOB

HUFEN IÂ GYDAG EIRIN GWLANOG
A SAWS SIOCLED

PIZZA CARTREF
CAWS A THOMATO (v)
FFA POB
SGLODION / TATEN BOB

SALAD FFRWYTHAU
GYDA THOPIN HUFEN

Mae diod o ddŵr ar gael i bawb amser cinio. Mae ffrwythau ffres ar gael bob dydd fel dewis yn lle pwdin. Dylai bara (heb fenyn na margarin) fod ar gael drwy gydol amser cinio. Bydd tatws heb olew yn cael eu cynnig fel dewis yn lle sglodion a thatws rhost. Rydym yn paratōi'r bwyd o'r cynhwysion craidd ac nid ydym yn defnyddio bwydydd y gwyddys eu bod yn cynnwys cynhwysion a addaswyd yn enetig. Gallwn ddarparu ar gyfer diet arbennig ac alergenau bwyd gyda gwybodaeth feddygol. Cysylltwch â Chogydd yr ysgol.

Addysg – Arlwyfaeth : 01286 679195

