



PRIMARY SCHOOL MENU

AUTUMN 2024 / SPRING TERM 2025

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WEEK 1

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|---|
| DISH OF THE DAY | Cheese and Tomato Pizza | Chicken Korma and Naan Bread | Bolognese and Garlic Bread | Roast Pork and Beef Sausage and Gravy | Fish Fingers Salmon Fish Fillet |
| VEGGIE-DISH OF DAY | No-Whey Cheese and Tomato Pizza | Vegetable Korma and Naan Bread | Veggie Bolognese and Garlic Slice | Plant Based Sausage and Gravy | Fishless Fingers |
| SNACK OF THE DAY | Tomato and Basil Pasta Pot with choice of cheese or vegan cheese | Filled Jacket Potato with choice of tuna mayo, cheese baked beans or vegan cheese | Filled Jacket Potato with choice of tuna mayo, cheese, baked beans, or vegan cheese | Tomato and Basil Pasta Pot with choice of cheese or vegan cheese | Tomato and Basil Pasta Pot with choice of cheese or vegan cheese |
| CARBOHYDRATE | Herby Diced Potatoes New Potatoes | Rice | Pasta | Mashed Potato | Chips New Potatoes |
| VEGETABLES | Sweetcorn Peas Salad | Mixed Vegetables Cauliflower Salad | Carrots Peas Salad | Carrots Broccoli Salad | Baked Beans Peas Salad |
| DESSERT | Cheese and Crackers | Jelly with Peach Slices | Flapjack | Chocolate Cookie | Apple Crumble and Custard |
| AVAILABLE DAILY: Fresh fruit, yoghurts, soya vanilla dessert | | | | | |

WEEK 2

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|---|
| DISH OF THE DAY | Pasta Neapolitan Bake and Garlic Bread | Chicken Tikka and Naan Bread | Meatballs in a Tomato Sauce with Garlic Bread | Roast Chicken and Gravy | Fish Fingers |
| VEGGIE-DISH OF DAY | Pasta Neapolitan Bake and Garlic Slice | Vegetable Tikka and Naan Bread | Plantballs in a Tomato Sauce with Garlic Slice | Roast Plant Based Cutlet and Gravy | Vegetable Nuggets |
| SNACK OF THE DAY | Filled Jacket Potato with choice of tuna mayo, cheese baked beans or vegan cheese | Tomato and Basil Pasta Pot with choice of cheese or vegan cheese | Filled Jacket Potato with choice of tuna mayo, cheese, baked beans or vegan cheese | Filled Jacket Potato with choice of tuna mayo, cheese, baked beans or vegan cheese | Tomato and Basil Pasta Pot with choice of cheese or vegan cheese |
| CARBOHYDRATE | Pasta | Rice | Pasta | Roast Potato New Potatoes | Chips New Potatoes |
| VEGETABLES | Sweetcorn Peas Salad | Mixed Vegetables Broccoli Salad | Sweetcorn Broccoli Salad | Carrots Cauliflower Salad | Baked Beans Peas Salad |
| DESSERT | Cheese and Crackers | Shortbread | Jelly with Mandarins | Cornflake Crisp | Raspberry Ripple Ice Cream Roll and Peach Slices |
| AVAILABLE DAILY: Fresh fruit, yoghurts, soya vanilla dessert | | | | | |

- Suitable for vegetarians
- Suitable for plant-based diets or can be made for a plant-based diet
- Offered as a choice with Jacket Potato



*This menu has been analysed by the Welsh Local Government Association and is compliant to all food and nutritional standards contained in the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.



BWYDLENNI YSGOLION CYNRADD

TYMOR YR HYDREF 2024/GWANWYN 2025

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WYTHNOS 1

| | DYDD LLUN | DYDD MAWRTH | DYDD MERCHER | DYDD IAU | DYDD GWENER |
|-----------------------|---|--|--|---|---|
| PRYD Y DYDD | Pizza Caws a Tomato | Corma Cyw Iâr a Bara Naan | Bolognese a Bara Garlleg | Selsig Porc a Chig Eidion Rhost a Grefi | Bysedd Pysgod Ffiled Pysgod Eog |
| PRYD LLYSIEUOL Y DYDD | Pizza Caws a Tomato Heb Faidd | Corma Figan a Bara Naan | Bolognese Llysiau a Bara Garlleg | Selsig Planhigion a Grefi | Bysedd Di-bysgod |
| BYRBRYD Y DYDD | Pot Pasta Tomato a Basil gyda chaws neu gaws figan | Taten Bob wedi'i llenwi â naill ai tiwna mayo, caws, ffa pob neu gaws figan | Taten Bob wedi'i llenwi â naill ai tiwna mayo, caws, ffa pob neu gaws figan | Pot Pasta Tomato a Basil gyda chaws neu gaws figan | Pot Pasta Tomato a Basil gyda chaws neu gaws figan |
| CARBOHYDRAD | Ciwbiau Tatws Perlysiog Tatws Newydd | Reis | Pasta | Tatws Stwnsh | Sglodion Tatws Newydd |
| LLYSIAU | India Corn | Llysiau Cymysg | Moron | Moron | Ffa Pob |
| | Pys | Blodfresych | Pys | Brocoli | Pys |
| | Salad | Salad | Salad | Salad | Salad |
| PWDIN | Caws a Chracers | Jeli gyda Thafelli Eirin Gwlanog | Fflapjac | Cwci Siocled | Crymbl Afal a Chwstard |

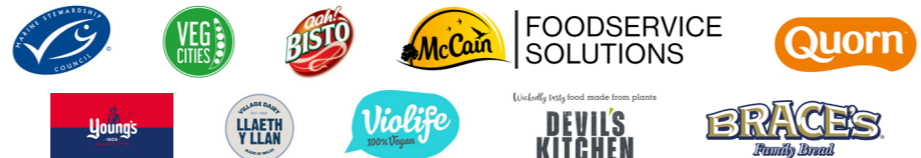
AR GAEL BOB DYDD: Ffrwythau ffres, iogyrtiau, pwdin fanila soia

WYTHNOS 2

| | DYDD LLUN | DYDD MAWRTH | DYDD MERCHER | DYDD IAU | DYDD GWENER |
|-----------------------|--|---|--|--|---|
| PRYD Y DYDD | Pasta Pob Neapolitan a Bara Garlleg | Cyw Iâr Tikka a Bara Naan | Peli Cig mewn Saws Tomato a Bara Garlleg | Cyw Iâr Rhost a Grefi | Bysedd Pysgod |
| PRYD LLYSIEUOL Y DYDD | Pasta Pob Neapolitan a Bara Garlleg | Tikka Llysiau a Bara Naan | Peli Planhigion mewn Saws Tomato a Bara Garlleg | Cytled Planhigion Rhost a Grefi | Nýgets Llysiau |
| BYRBRYD Y DYDD | Taten Bob wedi'i llenwi â naill ai tiwna mayo, caws, ffa pob neu gaws figan | Pot Pasta Tomato a Basil gyda chaws neu gaws figan | Taten Bob wedi'i llenwi â naill ai tiwna mayo, caws, ffa pob neu gaws figan | Taten Bob wedi'i llenwi â naill ai tiwna mayo, caws, ffa pob neu gaws figan | Pot Pasta Tomato a Basil gyda chaws neu gaws figan |
| CARBOHYDRAD | Pasta | Reis | Pasta | Tatws Rhost Tatws Newydd | Sglodion Tatws Newydd |
| LLYSIAU | India Corn | Llysiau Cymysg | India Corn | Moron | Ffa Pob |
| | Pys | Brocoli | Brocoli | Blodfresych | Pys |
| | Salad | Salad | Salad | Salad | Salad |
| PWDIN | Caws a Chracers | Teisen Frau | Jeli gyda Mandariniaid | Cacen Creision Yd | Hufen Iâ Rhesog Mafon a Darnau o Eirin Gwlanog |

AR GAEL BOB DYDD: Ffrwythau ffres, iogyrtiau, pwdin fanila soia

- Addas ar gyfer llysieuwyr
- Addas ar gyfer deiet planhigion neu'n gallu cael ei wneud ar gyfer deiet planhigion
- Wedi'i gynnig fel dewis gyda Thaten Bob



Daw bwyd môr sy'n cynnwys y marc hwn o bysgodfa sydd wedi'i hardystio'n annibynnol i safon y Cyngor Stiwardiaeth Forol ar gyfer pysgodfa gynaliadwy a realir yn dda.

*Mae'r fwydlen hon wedi'i dadansoddi gan Gymdeithas Llywodraeth Leol Cymru ac mae'n cydymffurfio â'r holl safonau bwyd a maeth sydd wedi'u cynnwys yn Rheoliadau Bwyta'n Iach mewn Ysgolion (Gofynion a Safonau Maeth) (Cymru) 2013.