



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
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	Salmon Fish Fillet
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	Fishless Fingers
CARBOHYDRATE	Herby Diced Potatoes	Rice	Pasta	Mashed Potato	Chips
	New Potatoes				New Potatoes
	Sweetcorn				Baked Beans
VEGETABLES	Peas	Cauliflower	Carrots	Carrots	Peas
	Salad	Salad	Salad	Salad	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	Chips
				New Potatoes	New Potatoes
VEGETABLES	Sweetcorn	Mixed Vegetables	Sweetcorn	Carrots	Baked Beans
	Peas	Broccoli	Broccoli	Cauliflower	Peas
DESSERT	Salad	Salad	Salad	Salad	Salad
	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



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.

*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
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	Reis	Pasta	Tatws Stwnsh	Sglodion
	Tatws Newydd				Tatws Newydd
	India Corn				Ffa Pob
LLYSIAU	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, pwddin 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	Sglodion
				Tatws Newydd	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, pwddin 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 bywyd 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 reolir yn dda.

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