



SPRING/SUMMER 2019 MENU

2 COURSES FOR JUST £2.25



| DAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----|--------|---------|-----------|----------|--------|
|-----|--------|---------|-----------|----------|--------|

WEEK 1 FOR WEEKS COMMENCING: 29/04/19; 20/05/19; 03/06/19; 24/06/19; 15/07/19; 02/09/19; 23/09/19; 14/10/19

| MAIN MEAL | Mini Grill (Sausage /Veggie Sausage & Bacon) & Chips & Baked beans OR Cheese or Sausage Sandwich Salad Items and Drink | Quorn Dippers with Mashed Potatoes & Baked Beans OR Ham or Tuna Wrap Salad Items and a Drink | Chicken Fillet, Sage & Onion Stuffing, Mashed Potatoes with Broccoli & Carrots & Gravy OR Chicken Or Tuna Sandwich Salad Items and a Drink | Beefy Bolognese & Pasta/Spaghetti with Herby Garlic Bread & Side Salad OR Cheese or Turkey Wrap Salad Items and a Drink | Fish Fillet with Chips & Side Salad & ketchup/BBQ Sauce OR Tuna or Cheese Sandwich Salad Items and a Drink |
|-----------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| | FOR PUDDING | Chef Choice Shortbread / Fresh Fruit / Yoghurt | Jammy Flapjack Sandwich / Fresh Fruit / Yoghurt | Ice Cream Sundae Fresh Fruit / Yoghurt | Fruity Strawberry Crunch/Fresh Fruit / Yoghurt |

WEEK 2 FOR WEEKS COMMENCING: 06/05/18; 10/06/19; 01/07/19; 22/07/19; 09/09/18; 30/09/19; 21/10/19

| MAIN MEAL | Chip Shop Style Chicken Curry, Rice & Chips with Garlic Bread & Side Salad OR Cheese or Turkey Wrap Salad Items and a Drink | Fish Fingers or Salmon Fishcake with Cheese & Potato Pie & Baked Beans OR Fishfingers or Ham Sandwiches Salad Items and a Drink | Sausage (Or Veggie Sausage), Yorkshire Pudding, Mashed Potatoes, Peas, Carrots & Gravy OR Cheese or Sausage Wrap Salad Items and a Drink | Beef Lasagne with Garlic Bread Roll & Side Salad OR Ham or Tuna Sandwich Salad Items and a Drink | Cheese Burger in a Bun, Chips & Side Salad OR Cheese or Turkey Wrap Salad Items and a Drink |
|-----------|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| | FOR PUDDING | Chocolate Marble Sponge & Custard/ Fresh Fruit / Yoghurt | Chefs Choice Shortbread/Fresh Fruit / Yoghurt | Rice Krispie Cakes / Fresh Fruit / Yoghurt | Tutti Fruity Ice Cream Sundae/ Fresh Fruit / Yoghurt |

WEEK 3 FOR WEEKS COMMENCING: 13/05/19; 17/06/19; 08/07/19; 16/09/19; 07/10/19

| MAIN MEAL | Fish Fingers or Salmon Fishcake with Chips & Baked Beans OR Fishfingers or Ham Sandwiches Salad Items and a Drink | Turkey Meatballs in Tomato Sauce with Pasta & Bread Roll & Side Salad OR Cheese or Meatball Wrap Salad Items and a Drink | Roast Beef & Yorkshire Pudding, Mashed Potatoes, Carrots & Broccoli & Gravy OR Tuna or Beef Sandwich Salad Items and a Drink | Sausages (Veggie Sausage), with Mashed Potatoes & Seasonal Vegetables & Gravy OR Cheese or Sausage Wrap Salad Items and a Drink | Pizza & Chips with Baked Beans OR Ham Or Tuna Sandwich Salad Items and a Drink |
|-----------|-------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| | FOR PUDDING | Jammy Sponge & Custard/Fresh Fruit / Yoghurt | Chocolate Ice Cream Sundae | Decorated Fairy Cakes / Fresh Fruit / Yoghurt | Fruity jelly/Fresh Fruit / Yoghurt |

Available daily: Extra bread upon request, jacket potato as an alternative carbohydrate, plus a choice of fresh fruit or yoghurt as an alternative dessert. It may be necessary to change items without prior notice. **We cater for children with special dietary / religious requirements. Please contact the Catering Department on Tel: 01495 355314 / 355315 for more information.**



Y GWANWYN/YR HAF 2019

DAU GWRS AM DDIM OND £2.25



| DIWRNOD | DYDD LLUN | DYDD MAWRTH | DYDD MERCHER | DYDD IAU | DYDD GWENER |
|---------|-----------|-------------|--------------|----------|-------------|
|---------|-----------|-------------|--------------|----------|-------------|

WYTHNOS 1 FOR WEEKS COMMENCING: 29/04/19; 20/05/19; 03/06/19; 24/06/19; 15/07/19; 02/09/19; 23/09/19; 14/10/19

| PRIF BRYDAU | Mini Grill (Selsig / Selsig Llysieuol a Chig Moch) a Sglodion a Ffa Pob NEU Brechdan Gaws neu Selsig Eitemau Salad a Diod | Dipyrs Quorn gyda Sgwariâu Tatws Potsh a Ffa Pob NEU Rap Ham neu Diwna Eitemau Salad a Diod | Ffiled Cyw Iâr, Stwffin Saets a Nionyn. Tatws Potsh gyda Brocoli a Moron a Grefi NEU Brechdan Cyw Iâr neu Tiwna Eitemau Salad a Diod | Bolognaise Eidion a Pasta/Spaghetti gyda Bara Garleg Perlysiog a Salad Ochr NEU Rap Caws neu Dwrci Eitemau Salad a Diod | Ffiled Pysgod gyda Sglodion a Salad Ochr a Saws Coch/ Barbeciwi NEU Brechdan Tiwna neu Gaws Eitemau Salad a Diod |
|-------------|---------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| | AC I BWDIN | Dewis y Cogydd: Bara Byr / Ffrwyth Ffres / logwrt | Brechdan Fflapjac Jam / Ffrwyth Ffres / logwrt | Sundae Hufen Iâ / Ffrwyth Ffres / logwrt | Crynsrh Mefus Ffrwythog / Ffrwyth Ffres / logwrt |

WYTHNOS 2 FOR WEEKS COMMENCING: 06/05/18; 10/06/19; 01/07/19; 22/07/19; 09/09/18; 30/09/19; 21/10/19

| PRIF BRYDAU | Cyri Cyw Iâr, Reis a Sglodion gyda Bara Garleg NEU Rap Caws neu Dwrci Eitemau Salad a Diod | Bysedd Pysgod neu Deisen Pysgod Eog gyda Phastai Caws a Tomato a Ffa Pob NEU Brechdannau Bysedd Pysgod neu Ham Eitemau Salad a Diod | Selsig (neu Selsig Llysieuol), Pwddin Swydd Efrog, Tatws Potsh, Pys, Moron a Grefi NEU Rap Caws neu Selsig Eitemau Salad a Diod | Lasagne Cig Eidion gyda Bara Garleg a Salad Ochr NEU Brechdan Ham neu Tiwna Eitemau Salad a Diod | Byrgyr Caws mewn Bynsen, Sglodion a Salad Ochr NEU Rap Caws neu Dwrci Eitemau Salad a Diod |
|-------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| | AC I BWDIN | Sbwng Marmor Siocled a Chwstard / Ffrwyth Ffres / logwrt | Dewis y Cogydd: Bara Byr / Ffrwyth Ffres / logwrt | Teisennau Reis Krispie / Ffrwyth Ffres / logwrt | Sundae Hufen Iâ Twti Ffrwti / Ffrwyth Ffres / logwrt |

WYTHNOS 3 FOR WEEKS COMMENCING: 13/05/19; 17/06/19; 08/07/19; 16/09/19; 07/10/19

| PRIF BRYDAU | Bysedd Pysgod neu Deisen Bysgod Eog gyda Sglodion a Ffa Pob NEU Brechdannau Bysedd Pysgod neu Ham Eitemau Salad a Diod | Peli Cig Twrci mewn Saws Tomato gyda Phasta a Rhôl Bara a Salad Ochr NEU Rap Caws neu Beli Cig Eitemau Salad a Diod | Eidion Rhost a Phwddin Swydd Efrog, Tatws Potsh, Moron a Broccoli a Grefi NEU Brechdan Tiwna neu Eidion Eitemau Salad a Diod | Selsig (Selsig Llysieuol) gyda Thatws Stwnsh a Llysiau Tymhorol a Grefi NEU Rap Caws neu Selsig Eitemau Salad a Diod | Pizza a Sglodion gyda Ffa Pob NEU Brechdan Ham neu Tiwna Eitemau Salad a Diod |
|-------------|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| | AC I BWDIN | Sbwng Jam a Chwstard / Ffrwyth Ffres / logwrt | Sundae Hufen Iâ Siocled / Ffrwyth Ffres / logwrt | Teisennau Bach Addurnedig / Ffrwyth Ffres / logwrt | Jeli Ffrwythog / Ffrwyth Ffres / logwrt |

Ar gael bob dydd: Gellir gofyn am fwy o fara, taten trwy'i chroen fel carbohydrate arall yn ychwangeol at ddeuis o ffrwyth ffres neu iogwrt fel pwddin arall. Gall fod angen newid eitem heb eu hysbysebu'n flaenorol. **Rydyn ni'n arlwygo ar gyfer plant ag anghenion deiet arbennig neu anghenion crefyddol. Cysylltwch â'r Adran Arlwygo ar Ffôn: 01495 355314 / 355315.**

SPRING/SUMMER 2019 MENU (2 COURSES FOR JUST £2.25)

| DAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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WEEK 1 FOR WEEKS COMMENCING: 29/04/19; 20/05/19; 03/06/19; 24/06/19; 15/07/19; 02/09/19; 23/09/19; 14/10/19

| | | | | | |
|----------------|---------------------------------------------------------------------|------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------|
| MAIN MEAL | Mini Grill (Sausage / Veggie Sausage & Bacon) & Chips & Baked beans | Quorn Dippers with Mashed Potato & Baked Beans | Chicken Fillet, Sage & Onion Stuffing, Mashed Potatoes with Broccoli & Carrots & Gravy | Beefy Bolognese & Pasta/Spaghetti with Herby Garlic Bread & Side Salad | Fish Fillet with Chips & Side Salad & ketchup/BBQ Sauce |
| | Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
| OR FOR PUDDING | Chef Choice Shortbread | Jammy Flapjack Sandwich | Ice Cream Sundae | Fruity Strawberry Crunch | Jelly & Ice Cream |

WEEK 2 FOR WEEKS COMMENCING: 06/05/18; 10/06/19; 01/07/19; 22/07/19; 09/09/18; 30/09/19; 21/10/19

| | | | | | |
|----------------|----------------------------------------------------------------------------|------------------------------------------------------------------------|----------------------------------------------------------------------------------------|--------------------------------------------------|----------------------------------------------------------|
| MAIN MEAL | Chip Shop Style Chicken Curry, Rice & Chips with Garlic Bread & Side Salad | Fish Fingers Or Salmon Fishcake with Cheese & Potato Pie & Baked Beans | Sausage (Or Veggie Sausage), Yorkshire Pudding, Mashed Potatoes, Peas, Carrots & Gravy | Beef Lasagne with Garlic Bread Roll & Side Salad | Quorn Southern Fried Burger in a Bun, Chips & Side Salad |
| | Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
| OR FOR PUDDING | Chocolate Marble Sponge & Custard | Chefs Choice Shortbread | Rice Krispie Cakes | Tutti Fruity Ice Cream Sundae | Fruit Jelly |

WEEK 3 FOR WEEKS COMMENCING: 13/05/19; 17/06/19; 08/07/19; 16/09/19; 07/10/19

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|----------------|----------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------|--------------------------------|
| MAIN MEAL | Fish Fingers Or Salmon Fishcake with Chips & Baked Beans | Turkey Meatballs in Tomato Sauce with Pasta & Bread Roll & Side Salad | Roast Beef & Yorkshire Pudding, Mashed Potatoes, Carrots & Broccoli & Gravy | Sausages (Veggie Sausage), with Mashed Potatoes & Seasonal Vegetables & Gravy | Pizza & Chips with Baked Beans |
| | Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
| OR FOR PUDDING | Jammy Sponge & Custard | Chocolate Ice Cream Sundae | Decorated Fairy Cakes | Fruity Jelly | Pineapple Flapjack |

Available daily: Extra bread upon request, jacket potato as an alternative carbohydrate, plus a choice of fresh fruit or yoghurt as an alternative dessert. It may be necessary to change items without prior notice. **We cater for children with special dietary / religious requirements. Please contact the Catering Department on Tel: 01495 355314 / 355315 for more information.**

Salad Bar: Available daily as an alternative to the Hot Meal of the Day. Choose from: Jacket potato, freshly baked baguette or tortilla wrap; plus ham, turkey, tuna, cheese or baked beans; plus mixed lettuce or leaves, tomatoes, cucumber, sweetcorn, pasta salad, coleslaw, pickles, mandarins or pineapple (choices may vary).

Y GWANWYN/YR HAF 2019 (DAU GWRS AM DDIM OND £2.25)

| DIWRNOD | DYDD LLUN | DYDD MAWRTH | DYDD MERCHER | DYDD IAU | DYDD GWENER |
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|---------|-----------|-------------|--------------|----------|-------------|

WYTHNOS 1 WYTHNOS SY'N DECHRAU: 29/04/19; 20/05/19; 03/06/19; 24/06/19; 15/07/19; 02/09/19; 23/09/19; 14/10/19

| | | | | | |
|----------------|------------------------------------------------------------------------|--------------------------------------|----------------------------------------------------------------------------------|------------------------------------------------------------------------------|---------------------------------------------------------------|
| PRIF BRYDAU | Mini Gril (Selsig / Selsig Llysieuol a Chig Moch) a Sglodion a Ffa Pob | Dipyrts Quorn Tatws Potsh, a Ffa Pob | Ffiled Cyw Iâr, Stwffin Saets a Nionyn. Tatws Potsh gyda Brocoli a Moron a Grefi | Bolognaise Eidion a Pasta/Spaghetti gyda Bara Garlleg Perlysiog a Salad Ochr | Ffiled Pysgod gyda Sglodion a Salad Ochr a Saws Coch/Barbeciw |
| | Bar Salad | Bar Salad | Bar Salad | Bar Salad | Bar Salad |
| NEU AC I BWDIN | Dewis y Cogydd: Bara Byr | Brechdan Fflapjac Jam | Sundae Hufen Iâ | Crynshe Mefus Ffrwythog | Jeli a Hufen Iâ |

WYTHNOS 2 WYTHNOS SY'N DECHRAU: 06/05/18; 10/06/19; 01/07/19; 22/07/19; 09/09/18; 30/09/19; 21/10/19

| | | | | | |
|----------------|--------------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------------------------------------------|---------------------------------------------------|--------------------------------------------------|
| PRIF BRYDAU | Cyri Cyw Iâr, Reis a Sglodion gyda Bara Garlleg a Salad Ochr | Bysedd Pysgod neu Deisen Pysgod Eog gyda Phastai Caws a Tomato a Ffa Pob | Selsig (neu Selsig Llysieuol), Pwldin Swydd Efrog, Tatws Potsh, Pys, Moron a Grefi | Lasagne Cig Eidion gyda Bara Garlleg a Salad Ochr | Byrgyr Quorn Ffrio Deheuol Sglodion a Salad Ochr |
| | Bar Salad | Bar Salad | Bar Salad | Bar Salad | Bar Salad |
| NEU AC I BWDIN | Sbwng Marmor Siocled a Chwstard | Dewis y Cogydd: Bara Byr | Teisen Reis Crispi | Sundae Hufen Iâ Twti Ffrwti | Jeli Ffrwyth |

WYTHNOS 3 WYTHNOS SY'N DECHRAU: 13/05/19; 17/06/19; 08/07/19; 16/09/19; 07/10/19

| | | | | | |
|----------------|-------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------|
| PRIF BRYDAU | Bysedd Pysgod neu Deisen Bysgod Eog gyda Sglodion a Ffa Pob | Peli Cig Twrci mewn Saws Tomato gyda Phasta a Rhól Bara a Salad Ochr | Eidion Rhost a Phwldin Swydd Efrog, Tatws Potsh Moron a Brocoli a Grefi | Selsig (Selsig Llysieuol) gyda Thatws Stwnsh a Llysiau Tymhorol a Grefi | Pizza a Sglodion gyda Ffa Pob |
| | Bar Salad | Bar Salad | Bar Salad | Bar Salad | Bar Salad |
| NEU AC I BWDIN | Sbwng Jam a Chwstad | Sundae Hufen Iâ Siocled | Teisennau Bach Addurnedig | Jeli Ffrwythog | Fflap-jac Pînafal |

Ar gael bob dydd: Gellir gofyn am fwy o fara, taten trwy'i chroen fel carbohydrate arall yn ychwanegol at ddewis o ffrwyth ffres neu iogwrt fel pwldin arall. Gall fod angen newid eitem heb eu hysbysebun' n flaenorol. **Rydyn ni'n arlwyo ar gyfer plant ag anghenion deiet arbennig neu anghenion crefyddol. Cysylltwch â r Adran Arlwyo ar Fôn: 01495 355314 / 355315.**

Bydd Bar Salad aar gael bob dydd fel dewis arall i'r Pryd o fwyd Poeth y Dydd. Mae'r dewis yn cynnwys: taten trwy'i chroen, baguette newydd ei bobi neu amlen tortilla, ham, twrci, tiwna, caws, ffa pob, letys, tomato, ciwcymbr, commelys, salad, pasta, coleslaw, piclau, mandarinaid a phin afal.

SPRING/SUMMER 2019 MENU (2 COURSES FOR JUST £2.25)

| DAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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WEEK 1 FOR WEEKS COMMENCING: 29/04/19; 20/05/19; 03/06/19; 24/06/19; 15/07/19; 02/09/19; 23/09/19; 14/10/19

| MAIN MEAL | Mini Grill (Sausage / Veggie Sausage & Bacon) & Chips & Baked beans | Quorn Dippers with Creamed Potatoes & Baked Beans | Chicken Fillet, Sage & Onion Stuffing, Creamed Potatoes with Broccoli & Carrots & Gravy | Beefy Bolognese & Pasta/Spaghetti with Herby Garlic Bread & Side Salad | Fish Fillet with Chips & Side Salad & ketchup/BBQ Sauce |
|-----------|---------------------------------------------------------------------|---------------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------|
| | OR | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
| | FOR PUDDING | Chef Choice Shortbread | Jammy Flapjack Sandwich | Ice Cream Sundae | Fruity Strawberry Crunch |

WEEK 2 FOR WEEKS COMMENCING: 06/05/18; 10/06/19; 01/07/19; 22/07/19; 09/09/18; 30/09/19; 21/10/19

| MAIN MEAL | Chip Shop Style Chicken Curry, Rice & Chips with Garlic Bread & Side Salad | Fish Fingers Or Salmon Fishcake with Cheese & Potato Pie & Baked Beans | Sausage (or Veggie Sausage), Yorkshire Pudding, Creamed Potatoes, Peas, Carrots & Gravy | Beef Lasagne with Garlic Bread Roll & Side Salad | Cheese Burger in a Bun, Chips & Side Salad |
|-----------|----------------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|--------------------------------------------------|--------------------------------------------|
| | OR | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
| | FOR PUDDING | Chocolate Marble Sponge & Custard | Chefs Choice Shortbread | Rice Krispie Cakes | Tutti Fruity Ice Cream Sundae |

WEEK 3 FOR WEEKS COMMENCING: 13/05/19; 17/06/19; 08/07/19; 16/09/19; 07/10/19

| MAIN MEAL | Fish Fingers Or Salmon Fishcake with Chips & Baked Beans | Turkey Meatballs in Tomato Sauce with Pasta & Bread Roll & Side Salad | Roast Beef & Yorkshire Pudding, Creamed Potatoes, Carrots & Broccoli & Gravy | Sausages (Veggie Sausage), with Mashed Potatoes & Seasonal Vegetables & Gravy | Pizza & Chips with Baked Beans |
|-----------|----------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------------------|-------------------------------------------------------------------------------|--------------------------------|
| | OR | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
| | FOR PUDDING | Jammy Sponge & Custard | Chocolate Ice Cream Sundae | Decorated Fairy Cakes | Fruity Jelly |

Available daily: Extra bread upon request, jacket potato as an alternative carbohydrate, plus a choice of fresh fruit or yoghurt as an alternative dessert. It may be necessary to change items without prior notice. **We cater for children with special dietary / religious requirements. Please contact the Catering Department on Tel: 01495 355314 / 355315 for more information.**

Salad Bar: Available daily as an alternative to the Hot Meal of the Day. Choose from: Jacket potato, freshly baked baguette or tortilla wrap; plus ham, turkey, tuna, cheese or baked beans; plus mixed lettuce or leaves, tomatoes, cucumber, sweetcorn, pasta salad, coleslaw, pickles, mandarins or pineapple (choices may vary).

Y GWANWYN/YR HAF 2019 (DAU GWRS AM DDIM OND £2.25)

| DIWRNOD | DYDD LLUN | DYDD MAWRTH | DYDD MERCHER | DYDD IAU | DYDD GWENER |
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WYTHNOS 1 WYTHNOS SY'N DECHRAU: 29/04/19; 20/05/19; 03/06/19; 24/06/19; 15/07/19; 02/09/19; 23/09/19; 14/10/19

| PRIF BRYDAU | Mini Gril (Selsig / Selsig Llysieuol a Chig Moch) a Sglodion a Ffa Pob | Dipyrs Quorn gyda Sgwariau Tatws Potsh a Ffa Pob | Ffiled Cyw Iâr, Stwffin Saets a Nionyn. Tatws Potsh gyda Brocoli a Moron a Grefi | Bolognaise Eidion a Pasta/Spaghetti gyda Bara Garlleg Perlysiog a Salad Ochr | Ffiled Pysgod gyda Sglodion a Salad Ochr a Saws Coch/Barbeciw |
|-------------|------------------------------------------------------------------------|--------------------------------------------------|----------------------------------------------------------------------------------|------------------------------------------------------------------------------|---------------------------------------------------------------|
| | NEU | Bar Salad | Bar Salad | Bar Salad | Bar Salad |
| | AC I BWDIN | Dewis y Cogydd: Bara Byr | Brechdan Fflapjac Jam | Sundae Hufen Iâ | Crynshef Mefus Ffrwythog |

WYTHNOS 2 WYTHNOS SY'N DECHRAU: 06/05/18; 10/06/19; 01/07/19; 22/07/19; 09/09/18; 30/09/19; 21/10/19

| PRIF BRYDAU | Cyri Cyw Iâr, Reis a Sglodion gyda Bara Garlleg a Salad Ochr | Bysedd Pysgod neu Deisen Pysgod Eog gyda Phastai Caws a Tomato a Ffa Pob | Selsig (neu Selsig Llysieuol), Pwddin Swydd Efrog, Tatws Potsh, Pys, Moron a Grefi | Lasagne Cig Eidion gyda Bara Garlleg a Salad Ochr | Byrgyr Caws mewn Bynsen, Sglodion a Salad Ochr |
|-------------|--------------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------------------------------------------|---------------------------------------------------|------------------------------------------------|
| | NEU | Bar Salad | Bar Salad | Bar Salad | Bar Salad |
| | AC I BWDIN | Sbwng Marmor Siocled a Chwstard | Dewis y Cogydd: Bara Byr | Teisen Reis Crispi | Sundae Hufen Iâ Twti Ffrwti |

WYTHNOS 3 WYTHNOS SY'N DECHRAU: 13/05/19; 17/06/19; 08/07/19; 16/09/19; 07/10/19

| PRIF BRYDAU | Bysedd Pysgod neu Deisen Bysgod Eog gyda Sglodion a Ffa Pob | Peli Cig Twrci mewn Saws Tomato gyda Phasta a Rhól Bara a Salad Ochr | Eidion Rhost a Phwddin Swydd Efrog, Tatws Potsh, Moron a Brocoli a Grefi | Selsig (Selsig Llysieuol) gyda Thatws Stwnsh a Llysiau Tymhorol a Grefi | Pizza a Sglodion gyda Ffa Pob |
|-------------|-------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------|
| | NEU | Bar Salad | Bar Salad | Bar Salad | Bar Salad |
| | AC I BWDIN | Sbwng Jam a Chwstad | Sundae Hufen Iâ Siocled | Teisennau Bach Addurnedig | Jeli Ffrwythog |

Ar gael bob dydd: Gellir gofyn am fwy o fara, taten trwy'i chroen fel carbohydrate arall yn ychwanegol at ddewis o ffrwyth ffres neu iogwrt fel pwddin arall. Gall fod angen newid eitem heb eu hysbysebu'n flaenorol. **Rydyn ni'n arlwygo ar gyfer plant ag anghenion deiet arbennig neu anghenion crefyddol. Cysylltwch â r Adran Arlwygo ar Fôn: 01495 355314 / 355315.**

Bydd Bar Salad aar gael bob dydd fel dewis arall i'r Pryd o fwyd Poeth y Dydd. Mae'r dewis yn cynnwys: taten trwy'i chroen, baguette newydd ei bobi neu amlen tortilla, ham, twrci, tiwna, caws, ffa pob, letys, tomato, ciwcymbr, commelys, salad, pasta, coleslaw, piclau, mandarinaid a phin afal.



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| DAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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WEEK 1 FOR WEEKS COMMENCING: 22/04/19; 20/05/19; 03/06/19; 24/06/19; 15/07/19; 02/09/19; 23/09/19; 14/10/19

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|-----------|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| MAIN MEAL | Mini Grill (Sausage/Veggie Sausage & Bacon) & Chips & Baked Beans OR Fish Fingers, Chips & Baked Beans | Quorn Dippers with Mashed Potato & Baked Beans OR Cottage Pie with Seasonal Vegetables & Gravy | Chicken Fillet, Sage & Onion Stuffing, Mashed Potatoes with Broccoli & Carrots & Gravy OR Jacket Potato with Cheese & Side Salad | Beefy Bolognese & Pasta/Spaghetti with Herby Garlic Bread & Side Salad OR Chicken Fillet with Tomato & Basil Pasta & Peas with Garlic Bread | Fish Fillet with Chips & Side Salad & ketchup/BBQ Sauce OR Jacket Potato with a Selection of Fillings & Side Salad |
| | FOR PUDDING | Chef's Choice Shortbread | Jammy Flapjack Sandwich | Ice Cream Sundae | Fruity Strawberry Crunch |

WEEK 2 FOR WEEKS COMMENCING: 06/05/18; 10/06/19; 01/07/19; 22/07/19; 09/09/18; 30/09/19; 21/10/19

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|-----------|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| MAIN MEAL | Chip Shop Style Chicken Curry, Rice and Chips with Garlic Bread OR Cheese & Tomato Pasta Bake with Garlic Bread & Side Salad | Fish Fingers OR Salmon Fishcake with Cheese & Potato Pie & Baked Beans | Sausages (Or Veggie Sausage), Yorkshire Pudding, Mashed Potatoes, Peas, Carrots & Gravy OR Jacket Potato with Tuna Mayo & Side Salad | Beef Lasagne with Garlic Bread & Side Salad OR Quorn Dippers with Tomato & Basil Pasta with Garlic Bread Roll & Side Salad | Quorn Southern Fried Burger in a Bun, Chips & Side Salad OR Jacket Potato with Cheese & Side Salad |
| | FOR PUDDING | Chocolate Marble Sponge & Custard | Chefs Choice Shortbread | Rice Krispie Cake | Tutti Fruity Ice Cream Sundae |

WEEK 3 FOR WEEKS COMMENCING: 13/05/19; 17/06/19; 08/07/19; 16/09/19; 07/10/19

| | | | | | |
|-----------|----------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| MAIN MEAL | Fish Fingers OR Salmon Fishcake with Chips & Baked Beans | Turkey Meatballs in Tomato Sauce with Pasta & Bread Roll & Side Salad OR Chip Shop Style Chicken Curry & Rice with Bread Roll & Side Salad | Roast Beef & Yorkshire Pudding, Mashed Potatoes, Carrots & Broccoli & Gravy OR Cheese & Tomato Pasta Bake with Garlic Bread Roll & Side Salad | Sausages (Veggie Sausage), with Mashed Potatoes & Seasonal Vegetables & Gravy OR Welsh Lamb & Mint Grill with Mashed Potatoes & Seasonal Vegetables & Gravy | Pizza & Chips with Baked Beans Jacket potato with Cheese & Baked Beans |
| | FOR PUDDING | Jammy Sponge & Custard | Chocolate Ice Cream Sundae | Decorated Fairy Cakes | Fruity Jelly |

Available daily: Extra bread upon request, jacket potato as an alternative carbohydrate, plus a choice of fresh fruit or yoghurt as an alternative dessert. It may be necessary to change items without prior notice. **We cater for children with special dietary / religious requirements. Please contact the Catering Department on Tel: 01495 355314 / 355315 for more information.**



Y GWANWYN/YR HAF 2019

DAU GWRS AM DDIM OND £2.25



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| DIWRNOD | DYDD LLUN | DYDD MAWRTH | DYDD MERCHER | DYDD IAU | DYDD GWENER |
|---------|-----------|-------------|--------------|----------|-------------|

WYTHNOS 1 FOR WEEKS COMMENCING: 29/04/19; 20/05/19; 03/06/19; 24/06/19; 15/07/19; 02/09/19; 23/09/19; 14/10/19

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| PRIF BRYDAU | Mini Grill (Selsig / Selsig Llysieuol a Chig Moch) a Sgłodion a Ffa Pob NEU Bysedd Pysgod, Sgłodion a Ffa Pob | Dipyrs Quorn Tatws Potsh, a Ffa Pob NEU Pastai Bwthyn gyda Llysiau Tymhorol a Grefi | Ffiled Cyw Iâr, Stwffin Saets a Nionyn. Tatws Potsh gyda Brocoli a Moron a Grefi NEU Taten yn ei Chroen gyda Chaws a Salad Ochr | Bolognaise Eidion a Pasta/Spaghetti gyda Bara Garlleg Perlysiog a Salad Ochr NEU Ffiled Cyw Iâr gyda Pasta Tomato a Basil a Phys gyda Bara Garlleg | Ffiled Pysgod gyda Sgłodion a Salad Ochr a Saws Coch/Barbeciwi NEU Taten yn ei Chroen gyda Detholiad o Lenwadau a Salad Ochr |
| | AC I BWDIN | Dewis y Cogydd: Bara Byr | Brechdan Fflapjac Jam | Sundae Hufen Iâ | Crynsrh Mefus Ffrwythog |

WYTHNOS 2 FOR WEEKS COMMENCING: 06/05/18; 10/06/19; 01/07/19; 22/07/19; 09/09/18; 30/09/19; 21/10/19

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| PRIF BRYDAU | Cyri Cyw Iâr, Reis a Sgłodion gyda Bara Garlleg NEU Pasta Pob Caws a Tomato gyda Bara Garlleg a Salad Ochr | Bysedd Pysgod neu Deisen Pysgod Eog gyda Phastai Caws a Tomato a Ffa Pob | Selsig (neu Selsig Llysieuol), Pwdin Swydd Efrog, Tatws Potsh, Pys, Moron a Grefi NEU Taten yn ei Chroen gyda Tiwna Mayo a Salad Ochr | Lasagne Cig Eidion gyda Bara Garlleg a Salad Ochr NEU Dipyrs Quorn gyda Pasta Tomato a Basil gyda Rhôl Bara Garlleg a Salad Ochr | Byrgyr Quorn Ffrio Deheuol, Sgłodion a Salad Ochr NEU Taten yn ei Chroen gyda Chaws a Salad Ochr |
| | AC I BWDIN | Sbwng Marmor Siocled a Chwstard | Dewis y Cogydd: Bara Byr | Teisen Reis Crispi | Sundae Hufen Iâ Twti Ffrwti |

WYTHNOS 3 FOR WEEKS COMMENCING: 13/05/19; 17/06/19; 08/07/19; 16/09/19; 07/10/19

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| PRIF BRYDAU | Bysedd Pysgod NEU Deisen Bysgod Eog gyda Sgłodion a Ffa Pob | Peli Cig Twrci mewn Saws Tomato gyda Phasta a Rhôl Bara a Salad Ochr NEU Cyri a Reis gyda Rhôl Bara a Salad Ochr | Eidion Rhost a Phwdin Swydd Efrog, Tatws Potsh Moron a Broccoli a Grefi NEU Pasta Pob Caws a Tomato gyda Rhodyn Bara Garlleg a Salad Ochr | Selsig (Selsig Llysieuol) gyda Thatws Stwnsh a Llysiau Tymhorol a Grefi NEU Grill Cig Oen Cymraeg a Mintys gyda Thatws Potsh a Llysiau Tymhorol a Grefi | Pizza a Sgłodion gyda Ffa Pob Taten yn ei Chroen gyda Chaws a Ffa Pob |
| | AC I BWDIN | Sbwng Jam a Chwstad | Sundae Hufen Iâ Siocled | Teisennau Bach Addurnedig | Jeli Ffrwythog |

Ar gael bob dydd: Gellir gofyn am fwy o fara, taten trwy'i chroen fel carbohydrate arall yn ychwanegol at ddeuis o ffrwyth ffres neu iogurt fel pwdin arall. Gall fod angen newid eitem heb eu hysbysebu'n flaenorol. **Rydyn ni'n arlwyro ar gyfer plant ag anghenion deiet arbennig neu anghenion crefyddol. Cysylltwch â r Adran Arlwyro ar Ffôn: 01495 355314 / 355315.**