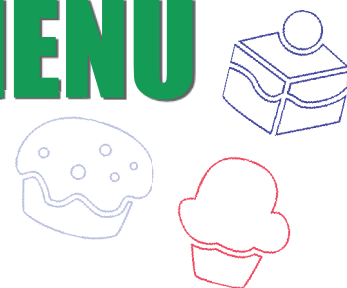


PRIMARY SCHOOL MENU

WEEKS 1 & 2

Menu September 2021 - July 2022



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Fish Fillet with Mashed Potato or Cheese and Potato Pie Choice of Beans & Peas	Chicago Town Pizza or Quorn Dippers Sweetcorn and Herby Diced Potatoes	Chicken Breast or Quorn Sausage Carrots, Broccoli, Potatoes & gravy	Cheese wheel or Salmon Fishcake Baked Beans and Potato Wedges	Beef burger (GF) in a roll or Veggie burger Sweet corn & Side Salad and Chipped potatoes
	or Baguette, Sandwich or Jacket Potato with filling and a salad or vegetables of the day				
Dessert	Chocolate Sponge and Custard	Frozen Yoghurt	Decorated Jelly	Fruit and Ice cream	Cookie
	or Fruit of the day or Soft Cheese and Crackers				
Juice break or water served with every lunch. Daily fillings include Ham, Cheese or Tuna. Unlimited bread and a portion of salad is available daily.					

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Gammon Ham or Vegan Nuggets Baked Beans and Potato Smiles	Chicken Curry with Rice or Cheesy veg bake Peas & Sweetcorn and Mashed Potatoes	Pork Sausages (GF) or Quorn Fillet Choice of Carrots & Green Beans & Potatoes and Gravy	Pasta King Chicken Italiano or 4 Cheese Chicago Town Pizza Potato Wedges, Garlic Bread, Salad	Fish Fingers (GF) or Quorn Dippers Peas & Baked Beans and Chipped Potatoes
	or Baguette, Sandwich or Jacket Potato with filling and a salad or vegetables of the day				
Dessert	Decorated Lemon Sponge	Jelly	Frozen Yoghurt	Toffee Apple Sponge & Custard	Arctic Roll
	or Fruit of the day or Soft Cheese and Crackers				
Juice break or water served with every lunch. Daily fillings include Ham, Cheese or Tuna. Unlimited bread and a portion of salad is available daily.					

 WWW.RCTCBC.GOV.UK/SCHOOLCATERING

 CATERINGSERVICES@RCTCBC.GOV.UK



BWYDLEN YSGOLION CYNRADD

WYTHNOSAU 1 a 2

Medi 2021 - Gorffennaf 2022



Wythnos 1	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Prif Bryd	Ffiled pysgodyn gyda thatws stwnsh neu Pastai Caws a Thatws Dewis o Ffa neu Bys	Pizza 'Chicago Town' neu 'Quorn' Dippers India-corn a Chiwbiau o datws Mewn perlysiâu	Brest Cyw Iâr neu Selsig 'Quorn' Moron, Broccoli, Tatws a grefi	Olwyn Gaws neu Cacen bysgod eog Ffa pob a Thatws trionglog	Byrgyr Cig Eidion (heb glwten) mewn rholyn neu Byrgyr Llysieuol India-corn a Salad bach a sglodion tatws
	neu Bagét, Brechdanau neu Taten bôb gyda llenwad a salad neu lysiau'r dydd				
Pwddin	Sbwng Siocled gyda Chwstard	logwrt wedi'i rewi	Jeli wedi'i addurno	Ffrwythau ac Hufen Iâ	Cwci
	neu Ffrwythau'r dydd neu Caws Meddal a Chraceri				
Bydd sudd neu ddŵr yn cael ei weini gyda phob pryd. Ymhlith y llenwadau dyddiol mae Ham, Caws neu Diwna. Mae dewis diderfyn o fara a salad ar gael bob dydd.					

Wythnos 2	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Prif Bryd	Gamwn neu Nygets Figan Ffa Pob a 'Smilies' Tatws	Cyri Cyw Iâr Gyda Reis neu Llysiau a Chaws Pob Pys, India-corn a Thatws Stwnsh	Selsig porc (hebglwten) neu Ffiled 'Quorn' Dewis o Foron, Ffa Gwyrdd, tatws a grefi	Cyw Iâr 'Pasta King' (cyw Iâr Eidalaid) neu 4 Pizza 'ChicagoTown' Tatws trionglog, Bara garleg, Salad	Bysedd Pysgod (heb glwten) neu 'Quorn Dippers' Pys neu Ffa Pob a Sglodion tatws
	neu Bagét, Brechdanau neu Taten bôb gyda llenwad a salad neu lysiau'r dydd				
Pwddin	Pwddin sbwng lemwn wedi'i addurno	Jeli	logwrt wedi'i rewi	Sbwng Taffi Afal a Chwstard	Rhòl Arctig
	neu Ffrwythau'r dydd neu Caws Meddal a Chraceri				
Bydd sudd neu ddŵr yn cael ei weini gyda phob pryd. Ymhlith y llenwadau dyddiol mae Ham, Caws neu Diwna. Mae dewis diderfyn o fara a salad ar gael bob dydd.					