



Our school kitchen Menu



W1

Monday	Jumbo Fish Finger *OR* Baked Veggie Nuggets Served with creamed mashed potato & baked beans	Fresh Baked Bread Fruit Sponge & Cream & Fresh Fruit ● ● ● PASTA POTS
Tuesday	Welsh Beef Bolognaise *OR* Veggie Pasta Bolognaise Served with pasta in tomato sauce, peas & garlic bread	Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit ● ● ● SANDWICHES
Wednesday	Roast Chicken Dinner of the Day *OR* Veggie Roast Dinner of the Day Served with roast potato, carrots, broccoli & Yorkshire pudding	Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit ● ● ● JACKET POTATO
Thursday	Chicken Curry & Naan Bread *OR* Vegetable Jalfrezi Served with rice, peas & naan bread	Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit ● ● ● SANDWICHES
Friday	Beef Burger or Vegan Burger in a Bun *OR* Salmon Fillet Served with chips & veg sticks	Fresh Baked Bread Cocoa Cookie & Fresh Fruit ● ● ● PASTA POTS

NEW SALAD BAR

To help children reach their 5 a day every school now has a new help yourself salad bar. Children can fill up on a choice of at least 6 fresh salad items every day. Available with every meal choice.



This menu has been nutritionally analysed in line with Welsh Government Guidance to meet pupils needs for protein, carbohydrates, fat, sugar and salt.

NEW DESSERT BARS

Our aim is to get children to eat more fruit based desserts at lunchtime. Each school now has a new help yourself dessert bar where children can choose Llaeth Y Llan yogurts and top with a wide choice of fresh seasonal fruits.



ALLERGENS & INTOLERANCES

Many of our dishes are available to accommodate special dietary requirements - please contact our Cook to discuss these options

KEY:



Suitable for Vegetarians



Vegan Option Available



Additional Daily Option

PLEASE NOTE

OUR MENUS COULD BE SUBJECT TO CHANGE DUE TO NATIONWIDE SUPPLY ISSUES.



Bwydlen ein cegin ysgol



W1

Dydd Lun	Bysedd Pysgod Mawr *NEU* Nygets Llysiau wedi'u Pobi Gyda Thatws Stwnsh Hufennog a Ffa Pob ● ● ● POTIAU PASTA	Bara Ffres Pwddin Sbwjn Ffrwythau Gyda Hyfan a Ffrwythau Ffres ● ● ● POTIAU PASTA
Dydd Mawrth	Bolognese Cig Eidion Cymreig *NEU* Bolognese Llysieuol a Phasta Gyda phasta mewn saws tomato, pys a bara garleg ● ● ● BRECHDANAU	Bara Ffres logwrt Ffrwythau Llaeth y Llan a Ffrwythau Ffres ● ● ● BRECHDANAU
Dydd Mawrth	Cinio Cyw Iâr Rhos y Dydd *NEU* Cinio Rhos Llysieuol y Dydd Gyda thatws rhos, moron, brocoli a phwddin Swydd Efrog ● ● ● TATEN TRWY'I CHROEN	Bara Ffres logwrt Ffrwythau Llaeth y Llan a Ffrwythau Ffres ● ● ● TATEN TRWY'I CHROEN
Dydd Iau	Cyri Cyw Iâr a Bara Naan *NEU* Cyri Jalfrezi Llysiau Gyda pys llysiau a Bara Naan ● ● ● BRECHDANAU	Bara Ffres logwrt Ffrwythau Llaeth y Llan a Ffrwythau Ffres ● ● ● BRECHDANAU
Dydd Gwener	Byrgyr Cig Eidion neu Fyrgyr Fegan mewn bynsen *NEU* Ffiled Eog Gyda sgolodion a ffyn llysiau ● ● ● POTIAU PASTA	Bara Ffres Cwci Coco a Ffrwythau Ffres ● ● ● POTIAU PASTA

BAR SALAD NEWYDD

I helpu plant gyrraedd eu 5 y dydd, mae gan bob ysgol far salad newydd hunan wasanaeth. Gall plant dewis o leiaf 6 eitem salad ffres bob dydd. Ar gael gyda phob pryd.



Mae'r fwydlen hon wedi cael ei dadansoddi o ran maeth yn unol â Chanllawiau Llywodraeth Cymru er mwyn bodloni anghenion disgyblion am brotein, carbohydradau, braster, siwgr a halen.

BAR PWDIN NEWYDD

Ein nod yw annog plant i fwyta mwy o bwdinau ffrwythau amser cinio. Mae gan bob ysgol far pwddin hunan wasanaeth ble gall plant ddewis logwrt Llaeth y Llan ynghyd â dewis eang o ffrwythau tymhorol ffres.



ALERGENAU AC ANODDEFGARWCH

Gellir addasu nifer o'n prydau i gyd-fynd â gofynion dietegol arbennig - cysylltwch â'n cogydd i drafod y dewisiadau hyn.

ALWEDD:



Yn addas i Llysieuwyr



Dewis Fegan ar Gael



Ychwanegol Dewis Dyddiol

SYLWER

MAE'N BOSIBL Y BYDD EIN BWYDLENNI'N NEWID OHERWYDD MATERION CENEDLAETHOL A CHYFLENWADAU.