

BWYDLEN YSGOLION CYNRADD

2023/2024

LLUN

MAWRTH

MERCHER

IAU

GWENER

W1

BYSEDD PYSGOD
BYSEDD DI BYSGOD (LL)
FFA POB
TATWS STWNH NEU TATEN POB

FLAPJAC DATYS
LLEFRITH
DARNAU FFRWYTH FFRES

KORMA CYW IAR
KORMA LLYSIEUOL (LL)
PYS, CORN MELYN & REIS

BISGED CEIRCH
LLEFRITH
DARNAU FFRWYTH FFRES

CIG EIDION WEDI'I ROSTIO
FFILED QUORN (LL)
PWDIN EFROG
GREFI, MORON A RWDAN
TATWS RÔST NEU STWNH

JELI FFRWYTHAU A HUFEN IÂ
DARNAU FFRWYTH FFRES

PELI CIG PORC
SELSIG LLYSIEUOL (LL)
PASTA
BROCCOLI A CORN MELYN

TEISEN OREN DANEG
CWSTARD
DARNAU FFRWYTH FFRES

PITSA
BYSEDD CIWCYMBR
CHOLSLO
SGLODION NEU TATEN BOB

IOWWRT
DARNAU FFRWYTH
DARNAU FFRWYTH FFRES

W2

SELSIG MEWN GREFI NIONYN
SELSIG LLYSIEUOL (LL)
PYS GARDD
TATWS STWNH NEU TATEN POB

BISGED BERFFRO LEMWN
LLEFRITH
1/2 BANANA
DARNAU FFRWYTH FFRES

BOLOGNESE CIG EIDION/LASAGNE
BOLOGNESE QUORN (LL)
PASTA
CORN MELYN A PYS
BAR GARLLEG

CACEN GAWS
COULIS FFRWYTHAU
DARNAU FFRWYTH FFRES

PORC RHOST & GREFI
FFILED QUORN (LL)
BROCOLI & MORON
TATWS RÔST NEU STWNH
SAWS AFAL

SALAD FFRWYTHAU
JELI
DARNAU FFRWYTH FFRES

LOBSCOWS CIG EIDION
LOBSCOWS LLYSIEUOL (LL)
RÔL BARA

MYFFIN FFRWYTHAU
LLEFRITH
DARNAU FFRWYTH FFRES

FFILED EOG BRIWSION BARA
NYGETS LLYSIAU (LL)
FFA POB
SGLODION NEU TATEN POB

HUFEN IÂ
GYDA EIRIN GWLANOG
DARNAU FFRWYTH FFRES

W3

PYSGODYN SEREN MÔR /FFILED EOG
BRIWSION BARA
NYGETS LLYSIAU (LL)
PYS GARDD
TATWS WEDGE NEU
TATEN BOB

SBWNG SIOCLED
CWSTARD SIOCLED
DARNAU FFRWYTH FFRES

PASTAI'R BWTHYN
BRIWIGIG QUORN (LL)
TATWS HUFEN
BROCOLI
GREFI

BYN MAFON GYDA LLEFRITH
DARNAU FFRWYTH FFRES

TWRCI NEU CIG OEN WEDI'I ROSTIO
FFILED QUORN (LL)
STWFFIN, SAWS MINT
BRESYCH, MORON
TATWS WEDI BERWI
GREFI

RÔL ARTIC
EIRIN GWLANOG

CYRI CYW IÂR
CYRI LLYSIEUOL (LL)
BARA NAAN
CORN MELYN
REIS

SGWARIAU CRISPIE
LLEFRITH
DARNAU FFRWYTH FFRES

SELSIG MEWN RÔL BARA
SELSIG LLYSIEUOL (LL)
SALAD
SGLODION NEU TATEN POB

IOWWRT
DARNAU FFRWYTH
DARNAU FFRWYTH FFRES

PRIMARY SCHOOL MENU

2023/2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

W1

FISH FINGERS
FISHLESS FINGERS (V)
BAKED BEANS
MASHED POTATOES OR BAKED POTATO

DATE FLAPJACK & MILK
FRESH FRUIT PORTION

CHICKEN KORMA
VEGETABLE KORMA (V)
PEAS, SWEETCORN & RICE

OATY BISCUIT & MILK
FRESH FRUIT PORTION

ROAST BEEF
QUORN FILLET (V)
YORKSHIRE PUDDING & GRAVY
CARROTS AND SWEDE
ROAST OR MASHED POTATOES

FRUIT JELLY AND ICE CREAM
FRESH FRUIT PORTION

PORK MEATBALLS
VEGETABLE SAUSAGE (V)
PASTA
BROCCOLI

DANISH ORANGE CAKE
CUSTARD
FRESH FRUIT PORTION

PIZZA
CUCUMBER STICKS
COLESLAW
CHIPS/BAKED POTATO

YOGURT & FRUIT PIECES
FRESH FRUIT PORTION

W2

SAUSAGE IN ONION GRAVY
VEGETABLE SAUSAGE (V)
GARDEN PEAS
MASHED POTATOES OR BAKED POTATO

LEMON SHORTBREAD
MILK
1/2 BANANA
FRESH FRUIT PORTION

BEEF BOLOGNESE/LASAGNE
QUORN BOLOGNESE (V)
PASTA TWISTS
SWEETCORN
PEAS
GARLIC BREAD

CHEESECAKE
FRUIT COULIS
FRESH FRUIT PORTION

ROAST PORK & APPLE SAUCE
QUORN FILLET (V)
BROCCOLI & CARROTS
ROAST OR MASHED POTATOES
GRAVY

FRUIT SALAD & JELLY
FRESH FRUIT PORTION

BEEF LOBSCOWS
VEGETABLE LOBSCOWS (V)
BREAD ROLL

FRUIT MUFFIN
MILK
FRESH FRUIT PORTION

BREADED SALMON FILLET
VEGETABLE NUGGETS (V)
BAKED BEANS
CHIPS/BAKED POTATO

ICE CREAM AND PEACHES
FRESH FRUIT PORTION

W3

FISH STAR/BREADED SALMON FILLET
VEGETABLE NUGGETS (V)
GARDEN PEAS
WEDGES OR JACKET POTATO

CHOCOLATE SPONGE
CHOCOLATE CUSTARD
FRESH FRUIT PORTION

COTTAGE PIE
QUORN MINCE (V)
CREAMED POTATO
BROCCOLI & GRAVY

RASBERRY BUN
MILK
FRESH FRUIT PORTION

ROAST TURKEY/LAMB
QUORN FILLET (V)
STUFFING /MINT SAUCE
CABBAGE AND CARROTS
BOILED POTATOES
GRAVY

ARTIC ROLL & PEACHES
FRESH FRUIT PORTION

CHICKEN CURRY
VEGETABLE CURRY (V)
NAAN BREAD
SWEETCORN
RICE

KRISPIE SQUARE
MILK
FRESH FRUIT PORTION

SAUSAGE IN A BUN
VEGETABLE SAUSAGE (V)
SALAD
CHIPS OR JACKET POTATO

YOGURT & FRUIT PIECES
FRESH FRUIT PORTION

BWYDLEN YSGOLION CYNRADD

PRIMARY SCHOOL MENU

Mae Bwydlen Ysgolion Cynradd Gwynedd yn cydymffurfio â Rheoliadau Bwyta'n Iach mewn Ysgolion (Gofynion a Safonau Maeth) (Cymru) 2013 . Ac wedi'i gymeradwyo gan Gyddlynnydd Bwyd Ysgolion, Cymdeithas Llywodraeth Leol Cymru.

The Gwynedd Primary Schools Summer Menu meets the The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013. And has been approved by the Welsh Local Government Association's School Food Co-ordinator.

Mae diod o ddŵr ar gael i bawb amser cinio. Mae ffrwythau ffres ar gael bob dydd fel dewis yn lle pwdin. Dylai bara (heb fenyn na margarin) fod ar gael drwy gydol amser cinio. Bydd tatws heb olew yn cael eu cynnig fel dewis yn lle sglodion a thatws rhost. Rydym yn paratoi'r bwyd o'r cynhwysion craidd ac nid ydym yn defnyddio bwydydd y gwyddys eu bod yn cynnwys cynhwysion a addaswyd yn enetig.

**RYDYM YN DARPARU AR GYFER POB
ALERGEDDAU A DIET ARBENNIG
AR GAIS.**

A fresh drink of water is available to all at lunchtime. Fruit is available every day as an alternative to the pudding. Bread (without spread) is available throughout lunch. Oil free potatoes are offered as an alternative to chips and roast potato. We prepare food from the original ingredients and we do not knowingly use food that has been genetically modified.

**WE CATER FOR ALL ALLERGENS
AND SPECIAL DIETS ON REQUEST.**