

BWYDLEN YSGOLION CYNRADD

2022

LLUN

MAWRTH

MERCHER

IAU

GWENER

W1

CACEN PYSGODYN SEREN MÔR
BYSEDD QUORN (LL)
FFA POB
TATWS WEDGE
NEU TATEN BOB

BISGED SIOCLED GYDA
DARNAU OREN FFRES

PELI CIG PORC MEWN
SAWS TOMATO A PHERLYSIAU
DARNAU SELSIG LLYSIEUOL
MEWN SAWS TOMATO
A PHERLYSIAU (LL)
LLYSIAU'R DYDD
PASTA

MYFFIN FFRWYTH
GYDA LLEFRITH

CIG EIDION WEDI'I ROSTIO
FFILED QUORN (LL)
LLYSIAU'R DYDD
TATWS WEDI BERWI
PWDIN EFROG A GREFI

RÔL HUFEN IÂ
GYDA MANDARINS

PASTAI CYW IÂR A CHENNIN
PASTAI CAWS A THATWS (LL)
LLYSIAU'R DYDD
TATWS HUFEN
GREFI

JELI FFRWYTH

BYRBYR CIG EIDION
BYRBYR LLYSIAU (LL)
CORN AR Y COB A SALAD
SGLODION NEU TATEN BOB

FLAPJAC DATYS
GYDA LLEFRITH

W2

EOG MEWN CRWST
TATEN BOB GYDA CAWS (LL)
PYS SGLWJ NEU GARDD
SALAD
TATWS WEDGE
NEU TATEN BOB

BISGED CEIRCH
A DARNAU FFRWYTH

BOLOGNAISE CIG EIDION
PASTA TOMATO
A PHERLYSIAU (LL)
LLYSIAU'R DYDD
PASTA
BARA GARLLEG

CACEN CYFFUG SIOCLED
GYDA GELLYG TUN
GYDA LLEFRITH

TWRCI NEU CIG OEN
WEDI'I ROSTIO GYDA GREFI
FFILED QUORN (LL)
LLYSIAU'R DYDD
TATWS NEWYDD

JELI A HUFEN IÂ

SELSIG GYDA PWDIN EFROG
SELSIG LLYSIAU (LL)
LLYSIAU'R DYDD
TATWS HUFEN A GREFI

SBWNG SUDDOG
GYDA CHWSTARD

DARNAU CYW IÂR
CAWS A BROCOLI
WEDI POBI (LL)
FFA POB A BETYS COCH
SGLODION NEU TATEN BOB

IOGWRT
GYDA FFRWYTHAU SYCH
A DARNAU FFRWYTH FFRES

W3

BYSEDD PYSGOD NEU
PASTAI'R MORWR
BYSEDD QUORN (LL)
PYS GARDD A SALAD
TATWS HUFEN

SBWNG JAM
GYDA CWSTARD

KORMA CYW IÂR
KORMA LLYSIAU (LL)
LLYSIAU'R DYDD
REIS

BISGED BERFFRO LEMWN
GYDA DARNAU PINAFAL

PORC RHOST GYDA SAWS AFAL
FFILED QUORN (LL)
LLYSIAU'R DYDD
TATWS RHOST NEU WEDI BERWI
GREFI

IOGWRT
A DARNAU FFRWYTH FFRES

PASTA SELSIG WEDI POBI
PASTA SELSIG LLYSIEUOL
WEDI POBI (LL)
LLYSIAU'R DYDD

GRANOLA GYDA EIRIN
GWLANOG A HUFEN IÂ

PITSA CAWS A THOMATO
FFA POB A BYSEDD CIWCYMBR
SGLODION NEU TATEN BOB

MYFFIN SIOCLED
DIOD O LEFRITH

PRIMARY SCHOOL MENU

2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

W1

FISH STAR
FISHLESS FINGER (v)
BAKED BEANS
POTATO WEDGES
OR BAKED POTATO

CHOCOLATE BISCUIT
WITH FRESH ORANGE WEDGES

PORK MEATBALLS IN A HERBY
TOMATO SAUCE
VEGETARIAN SAUSAGE PIECES
IN A HERBY TOMATO SAUCE (v)
VEGETABLES OF THE DAY
PASTA

FRUIT MUFFIN
WITH MILK

ROAST BEEF AND GRAVY
YORKSHIRE PUDDING
QUORN FILLET (v)
VEGETABLES OF THE DAY
BOILED POTATO

ARCTIC ROLL AND PEACHES

CHICKEN AND LEEK PIE
CHEESE AND POTATO PIE (v)
VEGETABLES OF THE DAY
CREAMED POTATO
GRAVY

FRUIT JELLY

BEEF BURGER
VEGETABLE BURGER (v)
CORN ON THE COB AND SALAD
CHIPS OR BAKED POTATO

DATE FLAPJACK
WITH MILK

W2

BUBBLE CRUMB SALMON
BAKED POTATO WITH CHEESE
(v)
MUSHY OR GARDEN PEAS
SALAD
POTATO WEDGES
OR BAKED POTATO

OATY BISCUIT
WITH FRUIT PIECES

BEEF BOLOGNAISE
HERBY TOMATO PASTA (v)
VEGETABLES OF THE DAY
PASTA
GARLIC BREAD
CHOCOLATE FUDGE CAKE
WITH TINNED PEARS
WITH MILK

ROAST TURKEY OR LAMB
QUORN FILLET (v)
VEGETABLES OF THE DAY
NEW POTATO
GRAVY

JELLY AND ICE CREAM

SAUSAGE WITH
YORKSHIRE PUDDING
VEGETABLE SAUSAGE (v)
VEGETABLES OF THE DAY
CREAMED POTATO AND GRAVY

SYRUP SPONGE
AND CUSTARD

CHICKEN CHUNKS
CHEESE AND BROCCOLI BAKE (v)
BAKED BEANS AND BEETROOT
CHIPS OR BAKED POTATO

YOGURT
WITH DRIED FRUIT
AND FRESH FRUIT PIECES

W3

FISH FINGERS OR SAILORS PIE
FISHLESS FINGER (v)
GARDEN PEAS AND SALAD
CREAMED POTATO

JAM SPONGE
AND CUSTARD

CHICKEN KORMA
VEGETABLE KORMA (v)
VEGETABLES OF THE DAY
RICE

LEMON SHORTBREAD BISCUIT
AND PINEAPPLE PIECES

ROAST PORK AND APPLE SAUCE
QUORN FILLET (v)
VEGETABLES OF THE DAY
ROAST OR BOILED POTATO
GRAVY

YOGURT AND
FRESH FRUIT PIECES

SAUSAGE PASTA BAKE
VEGETARIAN SAUSAGE
PASTA BAKE (v)
VEGETABLES OF THE DAY

GRANOLA WITH PEACHES AND
ICE CREAM

CHEESE AND TOMATO PIZZA
BAKED BEANS AND
CUCUMBER STICKS
CHIPS OR BAKED POTATO

CHOCOLATE MUFFIN
WITH MILK

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 Gydllynydd 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.

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.