

# BWYDLEN YSGOLION CYNRADD

2022

**LLUN**

**MAWRTH**

**MERCHER**

**IAU**

**GWENER**

**W1**

CACEN PYSGODYN SEREN MÔR  
NEU BYSEDD PYSGOD  
BYSEDD QUORN (LL)  
FFA POB  
SALAD  
TATWS WEDGE  
NEU TATEN BOB  
  
SPWNG SIOCLED GYDA  
SAWS SIOCLED

PELI CIG PORC MEWN  
SAWS TOMATO A PHERLYSIAU  
DARNAU SELSIG LLYSIEUOL  
MEWN SAWS TOMATO  
A PHERLYSIAU (LL)  
BROCOLI  
PASTA  
MYFFIN FFRWYTH  
GYDA LLEFRITH

CIG EIDION WEDI'I ROSTIO  
FFILED QUORN (LL)  
MORON A BLODFRESYCH  
TATWS WEDI BERWI  
PWDIN EFROG A GREFI  
  
HUFEN IÂ  
GYDA EIRIN GWLANOG

CYRI CYW IÂR  
CYRI LLYSIEUOL(LL)  
CORN MELYN  
REIS  
BARA NAAN  
  
CHWIP CHWAP GYDA DARNAU  
BANANA

BYRGYR CIG EIDION  
BYRGYR LLYSIAU (LL)  
CORN AR Y COB/ CORN MELYN  
MORON WEDI GRATIO  
SGLODION NEU TATEN BOB  
  
BISGED CEIRCH GYDA  
DARNAU FFRWYTHAU

**W2**

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

BOLOGNAISE CIG EIDION  
PASTA TOMATO  
A PHERLYSIAU (LL)  
LLYSIAU'R DYDD  
PASTA  
BARA GARLLEG  
  
CACEN CYFFUG SIOCLED  
GYDA GELLYG TUN

TWRICI NEU CIG OEN  
WEDI'I ROSTIO GYDA GREFI  
FFILED QUORN (LL)  
LLYSIAU'R DYDD  
TATWS WEDI BERWI  
  
JELI A HUFEN IÂ

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

DARNAU CYW IÂR GOUJON  
GYDA WRAP  
CAWS A BROCOLI  
WEDI POBI (LL)  
SALAD A CHOLSLO  
SGLODION NEU TATEN BOB  
  
CACEN GAWS GYDA  
MANDARIN

**W3**

BYSEDD PYSGOD NEU  
PASTAI'R MORWR  
BYSEDD QUORN (LL)  
PYS GARDD A SALAD  
TATWS WAFFLE  
  
SBWNG JAM  
GYDA CWSTARD

FRICASSEE CYW IÂR  
FRICASSEE LLYSIAU(LL)  
PYS A CORN MELYN  
REIS  
BARA NAAN  
  
BISGED BERFFRO LEMWN  
GYDA DARNAU AFAL

PORC RHOST GYDA SAWS AFAL  
FFILED QUORN (LL)  
MORON A BRESYCH  
TATWS WEDI BERWI  
GREFI  
  
IOGWRT GYDA  
DARNAU FFRWYTH FFRES

PASTA SELSIG WEDI POBI  
PASTA SELSIG LLYSIEUOL  
WEDI POBI (LL)  
BROCOLI  
  
BARA GARLLEG  
BISGED FLAPJACK

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

# PRIMARY SCHOOL MENU

2022

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

W1

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

CHOCOLATE SPONGE  
WITH CHOCOLATE SAUCE

PORK MEATBALLS IN A HERBY  
TOMATO SAUCE  
VEGETARIAN SAUSAGE PIECES  
IN A HERBY TOMATO SAUCE (v)  
BROCCOLI  
PASTA

MANDARIN MUFFIN  
WITH MILK

ROAST BEEF AND GRAVY  
YORKSHIRE PUDDING  
QUORN FILLET (v)  
CARROTS AND CAULIFLOWER  
BOILED POTATO

ICE CREAM AND PEACHES

CHICKEN CURRY  
VEGETABLE KORMA(v)  
SWEETCORN  
RICE

NAAN BREAD

ANGEL DELIGHT  
WITH PIECES OF BANANA

BEEF BURGER  
VEGETABLE BURGER (v)  
CORN ON THE COB/ SWEETCORN  
GRATED CARROTS  
CHIPS OR BAKED POTATO

OATY BISCUIT

W2

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

POTATO WEDGES  
OR BAKED POTATO  
FRUIT CRUMBLE  
WITH CUSTARD

BEEF BOLOGNAISE  
HERBY TOMATO PASTA (v)  
VEGETABLES OF THE DAY  
PASTA  
GARLIC BREAD

CHOCOLATE FUDGE CAKE  
WITH TINNED PEARS

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

JELLY AND ICE CREAM

SAUSAGE WITH  
YORKSHIRE PUDDING  
VEGETABLE SAUSAGE (v)  
CARROT AND PEAS  
CREAMED POTATO AND GRAVY

KRISPIE SQUARE

CHICKEN GOUJONS IN A WRAP  
CHEESE AND BROCCOLI BAKE (v)  
SALAD AND COLESLAW  
CHIPS OR BAKED POTATO

CHEESECAKE WITH  
MANDARINS

W3

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

JAM SPONGE  
AND CUSTARD

CHICKEN FRICASSEE  
VEGETABLE FRICASSEE (v)  
PEAS AND SWEETCORN  
RICE  
NAAN BREAD

LEMON SHORTBREAD BISCUIT  
AND APPLE PIECES

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

YOGURT AND  
FRESH FRUIT PIECES

SAUSAGE PASTA BAKE  
VEGETARIAN SAUSAGE  
PASTA BAKE (v)  
BROCCOLI

GARLIC BREAD

DATE FLAPJACK

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

CHOCOLATE CAKE

# 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.