

Our Spring/Summer Menu 2019



**Baguette, Baked Potato or Tortilla Wrap
a selection of
Cheese, Baked Beans, Egg,
Meats, Tuna and
a Variety of Salad**

***** As an alternative to the dessert
Fresh Fruit, Yoghurt or Cheese and Crackers
are available *****

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Baked Sausage Served with Creamed Potato Peas or Beans Sticky Toffee Pudding Served with Custard	Bolognese Pasta Bake Served with Garlic Bread Seasonal Vegetables or Side Salad Arctic Roll Served with Fruit	Roast Chicken Served with Stuffing Roast and Boiled Potatoes, Selection of Seasonal Vegetables and Gravy Homemade Traditional Fruit Trifle	Beef Burger in a Bun Served with Potato Wedges, Peas or Sweetcorn Oaty Apple Crumble Served with Custard	Seaside Style Salmon Served with Chips Peas or Beans Fruit and Ice Cream
Week 2	Homemade Chicken Korma Served with Vegetable Rice and Side Salad Spicy Pear Cake Served with Custard	Spaghetti Bolognese Served with Garlic Bread and Vegetables Fruit Salad Served with an Oaty Biscuit	Roast Turkey Served with Stuffing, Roast and Boiled Potatoes, Selection of Seasonal Vegetables and Gravy Strawberry Whirl Served with Fruit	Salmon Fish Fingers Served with Creamed Potato and Salad or Baked Beans Fruit Gateaux	Hot Dog Served with Chips Peas or Beans Peach Melba
Week 3	Seaside Style Salmon Served with Creamed Potato, Peas and Carrots Jam and Coconut Sponge served with Custard	Homemade Lasagne Served with Garlic Bread Seasonal Vegetables or Side Salad Chocolate, Banana Cake Served with Custard	Roast Sausage Served with Yorkshire Pudding Roast and Boiled Potatoes, Selection of Seasonal Vegetables and Gravy Welsh Cake and Milk Drink	BBQ Flavour Chicken Fillet Served with Nachos Rice and Peas and Salad Pear Upside-Down Sponge Served with Custard	Cheese and Tomato Pizza Served with Chips Side Salad or Beans Frozen Yoghurt Served with Fruit

April/May 2019

M	T	W	T	F
29	30	1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24

June 2019

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

July 2019

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22				

September 2019

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27

October 2019

M	T	W	T	F
30	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25

Catering for Medical Diets/Food Allergies

Our Menu can be tailored to cater for Vegetarian/Medical conditions requiring a special diet, such as coeliac disease or food allergy. Please contact the Catering Office on 01633 647723 to discuss your child's requirements or view Torfaen Webpage for information.

Every effort is made to provide the correct balance of choices to our customers but we cannot guarantee that all choices will be available right to the end of service.

This Menu is compliant with The Healthy Eating in Schools Regulations 2013

Ein Bwydlen Gwanwyn/Haf 2019

Dydd Llun

Dydd Mawrth

Dydd Mercher

Dydd Iau

Dydd Gwener

Wythnos 1

Selsig Pob gyda
Thatws Stwnsh, Pys
neu Ffa

Pasta Bolognese Pob
gyda Bara Garleg,
Llysiau Tymhorol neu
Salad

Cyw Iâr Rhost gyda
Stwffin, Tatws Rhost a
Thatws wedi'u berwi,
Llysiau Tymhorol
Grefi

Byrgyr Cig Eidion
mewn Bara gyda
Lletemau Tatws,
Pys neu India Corn

Eog gyda Sglodion,
Pys neu Ffa

Pwddin Taffi Sticlyd
gyda Chwstard

Arctic Roll gyda
Ffrwythau

Treffl Ffrwyth
Cartref Traddodiadol

Pwddin Briwsion
Afal Ceirchaid
gyda Chwstard

Ffrwyth a Hufen Iâ

Wythnos 2

Cyw Iâr Corma
Cartref gyda Reis
Llysiau a Salad

Sbaget Bolgonese
gyda Bara Garleg a
Llysiau

Twrci Rhost gyda
Stwffin
Tatws Rhost ac Wedi
Berwi,
Llysiau Tymhorol
Grefi

Bysedd Pysgod
Eog gyda Thatws
Stwnsh a Salad
neu Ffa Pob

Ci Poeth gyda
Sglodion, Pys neu
Ffa

Telsen Gellyg
Sbeisyd gyda
Chwstard

Salad Ffrwythau
gyda Bisgeden
Ceirchaid

Pwddin Mefus gyda
Ffrwythau

Teisennau
Ffrwythau

Pwddin Meiba

Wythnos 3

Eog gyda Thatws
Stwnsh, Pys a Moron

Lasagne Cartref
gyda Bara Garleg,
Llysiau Tymhorol
neu Salad

Selsig Rost gyda
Phwddin Efrog, Tatws
Rhost a Thatws Wedi
Berwi, Llysiau
Tymhorol a Grefi

Ffiled Cyw Iâr
Barbeciwyd gyda
Nachos, Reis a Phys
a Salad

Pitsa Caws a
Thomato gyda
Sglodion, Salad neu
Ffa

Telsen Jam a
Chneuau Coco gyda
Chwstard

Telsen Banana
Siocled gyda
Chwstard

Pic ar y Maen a Diod
Llaeth

Telsen Gellyg
Wynab i Waered
gyda Chwstard

logwrt Rhew gyda
Ffrwythau



Bar Salad

Bagét , Taten Bob neu
Wrap Tortilla
dewis o
Caws, Ffa Pob, Wÿ
Gigoedd, Tiwna, ac
Amrywiaeth o Salad

*** Yn lle'r pwddin mae Ffrwythau Ffres,
logwrt neu Gaws a Bisgedi ar gael ***

Ebrill/Mai 2019

M	T	W	T	F
29	30	1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24

Meheffin 2019

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

Gorffennaf 2019

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22				

Medi 2019

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27

Hydref 2019

M	T	W	T	F
30	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25

[Arlywyo ar gyfer Dietau Meddygol/Alergeddau Bwyd](#)

Gellir teilwra ein Bwydlen i ddarparu ar gyfer Llysfwytawyr/ Cyflyrau Meddygol sydd angen diet arbennig, fel clefyd coeliag neu alergedd bwyd. Cysylltwch â'r Swyddfa Arlywyo ar 01633 647723 i drafod gofynion eich plentyn neu ewch i Dudalen We Torfaen i gael mwy o wybodaeth.

Gwneir pob ymdrech i gynnig y dewisiadau cywir o ran cydbwysedd i'n cwsmeriaid ond ni allwn sicrhau y bydd pob dewis ar gael tan ddiwedd y cyfnod gweini.

Mae'r Fwydlen hon yn cydymffurfio â Rheoliadau Bwyta'n Iach mewn Ysgolion 2013