

# BWYDLEN YSGOLION CYNRADD



2021-2022

|    | LLUN                                                                                                                                                                | MAWRTH                                                                                                                                                                                                | MERCHER                                                                                                                                                                      | IAU                                                                                                                                                   | GWENER                                                                                                                                                   |
|----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| W1 | <p>CACEN PYSGODYN SEREN MÔR<br/><i>DARNAU LLYSIAU (LL)</i><br/>FFA POB<br/>TATWS WEDGE POPTY<br/>NEU TATEN BOB</p> <p>BISGED SIOCLED GYDA<br/>DARNAU OREN FFRES</p> | <p>PELI CIG PORC MEWN<br/>SAWS TOMATO A PHERLYSIAU<br/><i>DARNAU SELSIG LLYSIEUOL</i><br/><i>MEWN SAWS TOMATO A PHER-</i><br/><i>LYSIAU (LL)</i><br/>LLYSIAU'R DYDD<br/>PASTA</p> <p>JELI FFRWYTH</p> | <p>CIG EIDION WEDI'I ROSTIO<br/><i>RHOST QUORN (LL)</i><br/>LLYSIAU'R DYDD<br/>TATWS WEDI BERWI<br/>PWDIN EFROG A GREFI</p> <p>PWDIN REIS A EIRIN<br/>GWLANO</p>             | <p>PASTAI CYW IÂR A CHENNIN<br/><i>PASTAI CAWS A THATWS (LL)</i><br/>LLYSIAU'R DYDD<br/>TATWS HUFEN<br/>GREFI</p> <p>MYFFIN FFRWYTH</p>               | <p>BYRGYR MEWN RÔL FARA<br/><i>SELSIG LLYSIEUOL (LL)</i><br/>CORN AR Y COB A SALAD<br/>SGLODION NEU TATEN BOB</p> <p>FLAPJAC DATYS<br/>GYDA LLEFRITH</p> |
| W2 | <p>EOG MEWN CRWST<br/>DARNAU LLYSIAU (LL)<br/>PYS SGLWJ NEU GARD<br/>SALAD<br/>TATWS WEDGE POPTY<br/>NEU TATEN BOB</p> <p>BISGED CEIRCH<br/>A DARNAU FFRWYTH</p>    | <p>BOLOGNAISE CIG EIDION<br/><i>BOLOGNESE QUORN (LL)</i><br/>LLYSIAU'R DYDD<br/>PASTA<br/>BARA GARLLEG</p> <p>CACEN CYFFUG SIOCLED<br/>GYDA GELLYG TUN<br/>GYDA LLEFRITH</p>                          | <p>TWRCI NEU CIG OEN<br/>WEDI'I ROSTIO GYDA GREFI<br/><i>RHOST QUORN (LL)</i><br/>LLYSIAU'R DYDD<br/>TATWS HUFEN</p> <p>RÔL HUFEN IÂ<br/>GYDA MANDARINS</p>                  | <p>SELSIG GYDA PWDIN EFROG<br/><i>SELSIG LLYSIEUOL (LL)</i><br/>LLYSIAU'R DYDD<br/>TATWS WEDI BERWI A GREFI</p> <p>SBWNG SUDDOG<br/>GYDA CHWSTARD</p> | <p>TARTEN GAWS<br/>FFA POB A BETYS COCH<br/>SGLODION NEU TATEN BOB</p> <p>IOGWRT<br/>GYDA FFRWYTHAU SYCH<br/>A DARNAU FFRWYTH FFRES</p>                  |
| W3 | <p>BYSEDD PYSGOD NEU<br/>PASTAI'R MORWR<br/><i>DARNAU LLYSIAU (LL)</i><br/>PYS GARD A SALAD<br/>TATWS HUFEN</p> <p>SBWNG TAFFI GLUDIOG<br/>GYDA CWSTARD</p>         | <p>KORMA CYW IÂR<br/><i>KORMA LLYSIAU (LL)</i><br/>LLYSIAU'R DYDD<br/>REIS</p> <p>BISGED BERFFRO<br/>GYDA DARNAU PINAFAL</p>                                                                          | <p>PORC RHOST<br/>GYDA SAWS AFAL<br/><i>RHOST QUORN (LL)</i><br/>LLYSIAU'R DYDD<br/>TATWS RHOST NEU<br/>TATWS WEDI BERWI<br/>GREFI</p> <p>CACEN GAWS<br/>GYDA SAWS MEFYS</p> | <p>LOBSCOWS<br/><i>LOBSCOWS LLYSIAU (LL)</i><br/>GYDA RÔL FARA</p> <p>BYN JAM<br/>GYDA LLEFRITH</p>                                                   | <p>PITSA CAWS A THOMATO<br/>FFA POB A BYSEDD CIWCYMBR<br/>SGLODION NEU TATEN BOB</p> <p>SALAD FFRWYTHAU<br/>A HUFEN IÂ</p>                               |

# PRIMARY SCHOOL MENU



|    | MONDAY                                                                                                                                                                         | TUESDAY                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                   | THURSDAY                                                                                                                                                              | FRIDAY                                                                                                                                                   |
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| W1 | <p>FISH STAR<br/><i>VEGETABLE NUGGET (v)</i><br/>BAKED BEANS<br/>POTATO WEDGES<br/>OR BAKED POTATO</p> <p>CHOCOLATE BISCUIT<br/>WITH FRESH ORANGE WEDGES</p>                   | <p>PORK MEATBALLS IN A HERBY<br/>TOMATO SAUCE<br/><i>VEGETARIAN SAUSAGE PIECES IN<br/>A HERBY TOMATO SAUCE (v)</i><br/>VEGETABLES OF THE DAY<br/>PASTA</p> <p>FRUIT JELLY</p> | <p>ROAST BEEF AND GRAVY<br/>YORKSHIRE PUDDING<br/><i>QUORN ROAST (v)</i><br/>VEGETABLES OF THE DAY<br/>BOILED POTATO</p> <p>RICE PUDDING AND PEACHES</p>                    | <p>CHICKEN AND LEEK PIE<br/><i>CHEESE AND POTATO PIE (v)</i><br/>VEGETABLES OF THE DAY<br/>CREAMED POTATO<br/>GRAVY</p> <p>FRUIT MUFFIN</p>                           | <p>BEEF BURGER IN A BUN<br/><i>VEGETARIAN SAUSAGE (v)</i><br/>CORN ON THE COB AND SALAD<br/>CHIPS OR BAKED POTATO</p> <p>DATE FLAPJACK<br/>WITH MILK</p> |
| W2 | <p>BUBBLE CRUMB SALMON<br/><i>VEGETABLE NUGGETS (v)</i><br/>MUSHY OR GARDEN PEAS<br/>SALAD<br/>POTATO WEDGES<br/>OR BAKED POTATO</p> <p>OATY BISCUIT<br/>WITH FRUIT PIECES</p> | <p>BEEF BOLOGNAISE<br/><i>QUORN BOLOGNAISE (v)</i><br/>VEGETABLES OF THE DAY<br/>PASTA<br/>GARLIC BREAD<br/>CHOCOLATE FUDGE CAKE<br/>WITH TINNED PEARS<br/>WITH MILK</p>      | <p>ROAST TURKEY OR LAMB<br/><i>QUORN ROAST (v)</i><br/>VEGETABLES OF THE DAY<br/>CREAMED POTATO<br/>GRAVY</p> <p>ARCTIC ROLL<br/>AND MANDARINS</p>                          | <p>SAUSAGE WITH<br/>YORKSHIRE PUDDING<br/><i>VEGETARIAN SAUSAGE (v)</i><br/>VEGETABLES OF THE DAY<br/>BOILED POTATO AND GRAVY</p> <p>SYRUP SPONGE<br/>AND CUSTARD</p> | <p>CHEESE TART<br/>BAKED BEANS AND BEETROOT<br/>CHIPS OR BAKED POTATO</p> <p>YOGURT WITH<br/>DRIED FRUIT<br/>AND FRESH FRUIT PIECES</p>                  |
| W3 | <p>FISH FINGERS OR SAILORS PIE<br/><i>VEGETABLE NUGGET (v)</i><br/>GARDEN PEAS AND SALAD<br/>CREAMED POTATO</p> <p>STICKY TOFFE SPONGE<br/>AND CUSTARD</p>                     | <p>CHICKEN KORMA<br/><i>VEGETABLE KORMA (v)</i><br/>VEGETABLES OF THE DAY<br/>RICE</p> <p>SHORTBREAD BISCUIT<br/>AND PINEAPPLE PIECES</p>                                     | <p>ROAST PORK<br/>AND APPLE SAUCE<br/><i>QUORN ROAST (v)</i><br/>VEGETABLES OF THE DAY<br/>ROAST OR BOILED POTATO<br/>GRAVY</p> <p>CHEESECAKE WITH<br/>STRAWBERRY SAUCE</p> | <p>LOBSCOWS<br/><i>VEGETABLE LOBSCOWS (v)</i><br/>WITH A BREAD ROLL</p> <p>JAM BUN<br/>WITH MILK</p>                                                                  | <p>CHEESE AND TOMATO PIZZA<br/>BAKED BEANS AND<br/>CUCUMBER STICKS<br/>CHIPS OR BAKED POTATO</p> <p>FRUIT SALAD AND<br/>ICE CREAM</p>                    |

# BWYDLEN YSGOLION CYNRADD PRIMARY SCHOOL MENU

2021 - 2022

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 Gydllynedd 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.

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.

Mae diod o ddŵr ar gael i bawb amser cinio. Mae ffrwythau ffres ar gael bob dydd fel dewis yn lle pwddin. 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.