

PRIMARY SCHOOL MENU

2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W1	<p>FISH FINGERS FISHLESS FINGERS (V) BAKED BEANS MASHED POTATOES OR BAKED POTATO</p> <p>DATE FLAPJACK & MILK FRESH FRUIT PORTION</p>	<p>CHICKEN KORMA VEGETABLE KORMA (V) PEAS, SWEETCORN & RICE</p> <p>OATY BISCUIT & MILK FRESH FRUIT PORTION</p>	<p>ROAST BEEF QUORN FILLET (V) YORKSHIRE PUDDING & GRAVY CARROTS AND SWEDE ROAST AND MASHED POTATOES</p> <p>FRUIT JELLY AND ICE CREAM FRESH FRUIT PORTION</p>	<p>PORK MEATBALLS VEGETABLE SAUSAGE (V) PASTA BROCCOLI</p> <p>DANISH ORANGE CAKE CUSTARD FRESH FRUIT PORTION</p>	<p>PIZZA CUCUMBER STICKS COLESLAW CHIPS/BAKED POTATO</p> <p>YOGURT & FRUIT PIECES FRESH FRUIT PORTION</p>
W2	<p>SAUSAGE IN ONION GRAVY VEGETABLE SAUSAGE (V) GARDEN PEAS MASHED POTATOES OR BAKED POTATO</p> <p>LEMON SHORTBREAD 1/2 BANANA FRESH FRUIT PORTION</p>	<p>BEEF BOLOGNESE/LASAGNE QUORN BOLOGNESE (V) PASTA TWISTS SWEETCORN PEAS</p> <p>CHEESECAKE FRUIT COULIS FRESH FRUIT PORTION</p>	<p>ROAST PORK & APPLE SAUCE QUORN FILLET (V) BROCCOLI & CARROTS ROAST AND MASHED POTATOES GRAVY</p> <p>FRUIT SALAD & JELLY FRESH FRUIT PORTION</p>	<p>BEEF LOBSCOWS VEGETABLE LOBSCOWS (V) BREAD ROLL</p> <p>FRUIT MUFFIN MILK FRESH FRUIT PORTION</p>	<p>BREADED SALMON FILLET VEGETABLE NUGGETS (V) BAKED BEANS CHIPS/BAKED POTATO</p> <p>ICE CREAM AND PEACHES FRESH FRUIT PORTION</p>
W3	<p>FISH STAR/BREADED SALMON FILLET VEGETABLE NUGGETS (V) GARDEN PEAS WEDGES OR JACKET POTATO</p> <p>CHOCOLATE SPONGE CHOCOLATE CUSTARD FRESH FRUIT PORTION</p>	<p>COTTAGE PIE QUORN MINCE (V) CREAMED POTATO BROCCOLI & GRAVY</p> <p>RASBERRY BUN MILK FRESH FRUIT PORTION</p>	<p>ROAST TURKEY/LAMB QUORN FILLET (V) STUFFING /MINT SAUCE CABBAGE AND CARROTS BOILED POTATOES GRAVY</p> <p>ARTIC ROLL & PEACHES FRESH FRUIT PORTION</p>	<p>CHICKEN CURRY VEGETABLE CURRY (V) NAAN BREAD SWEETCORN RICE</p> <p>KRISPIE SQUARE MILK FRESH FRUIT PORTION</p>	<p>SAUSAGE IN A BUN VEGETABLE SAUSAGE (V) SALAD CHIPS OR JACKET POTATO</p> <p>YOGURT & FRUIT PIECES FRESH FRUIT PORTION</p>

BWYDLEN YSGOLIION CYNRADD

2023

GWENER

IAU

MERCHER

MAWRTH

LLUN

	LLUN	MAWRTH	MERCHER	IAU	GWENER
W1	<p>BYSEDD PYSGOD BYSEDD DI BYSGOD (LL) FFA POB TATWS STWNH NEU TATEN POB</p> <p>FLAPIAC DATYS LLEFRITH DARNAU FFRWYTH FFRES</p>	<p>KORMA CYW IAR KORMA LLYSIEUOL (LL) PYS, CORN MELYN & REIS</p> <p>BISGED CEIRCH LLEFRITH DARNAU FFRWYTH FFRES</p>	<p>CIG EIDION WEDI'I ROSTIO FFILED QUORN (LL) PWDIN EFROG GREFI, MORON A RWDAN TATWS RÔST A STWNH</p> <p>JELI FFRWYTHAU A HUFEN IÂ DARNAU FFRWYTH FFRES</p>	<p>PEU CIG PORC SELSIG LLYSIEUOL (LL) PASTA BROCCOLI A CORN MELYN</p> <p>TEISEN OREN DANEG CWSTARD DARNAU FFRWYTH FFRES</p>	<p>PITSA BYSEDD CIWCYMBR CHOLSIO SGLODION NEU TATEN BOB</p> <p>IOGWRT DARNAU FFRWYTH DARNAU FFRWYTH FFRES</p>
W2	<p>SELSIG MEWIN GREFI NIIONYN SELSIG LLYSIEUOL (LL) PYS GARDD TATWS STWNH NEU TATEN POB</p> <p>BISGED BERFFRO LEMWIN 1/2 BANANA DARNAU FFRWYTH FFRES</p>	<p>BOLOGNESE CIG EIDION/LASAGNE BOLOGNESE QUORN (LL) PASTA CORN MELYN A PYS</p> <p>CACEN GAWS COULIS FFRWYTHAU DARNAU FFRWYTH FFRES</p>	<p>PORC RHOST & GREFI FFILED QUORN (LL) BROCOLI & MORON TATWS RÔST A STWNH SAWS AFAL</p> <p>SALAD FFRWYTHAU JELI DARNAU FFRWYTH FFRES</p>	<p>LOBSCOWS CIG EIDION LOBSCOWS LLYSIEUOL (LL) RÔL BARA</p> <p>MYFFIN FFRWYTHAU LLEFRITH DARNAU FFRWYTH FFRES</p>	<p>FFILED EOG BRIWISION BARA NYGETS LLYSIAU (LL) FFA POB SGLODION NEU TATEN POB</p> <p>HUFEN IÂ GYDA EIRIN GWLANOG DARNAU FFRWYTH FFRES</p>
W3	<p>PYSGODYN SEREN MÔR /FFILED EOG BRIWISION BARA NYGETS LLYSIAU (LL) PYS GARDD TATWS WEDGE NEU TATEN BOB</p> <p>SBWNG SIOCLED CWSTARD SIOCLED DARNAU FFRWYTH FFRES</p>	<p>PASTA'R Bwthyn BRIWIG QUORN (LL) TATWS HUFEN BROCOLI GREFI</p> <p>BYN MAFON GYDA LLEFRITH DARNAU FFRWYTH FFRES</p>	<p>TWRCI NEU CIG OEN WEDI'I ROSTIO FFILED QUORN (LL) STWFFIN, SAWS MINT BRESYCH, MORON TATWS WEDI BERWI GREFI</p> <p>RÔL ARTIC EIRIN GWLANOG</p>	<p>CYRI CYW IÂR CYRI LLYSIEUOL (LL) BARA NAAN CORN MELYN REIS</p> <p>SGWARIAU KRISPIE LLEFRITH DARNAU FFRWYTH FFRES</p>	<p>SELSIG MEWIN RÔL BARA SELSIG LLYSIEUOL (LL) SALAD SGLODION NEU TATEN POB</p> <p>IOGWRT DARNAU FFRWYTH DARNAU FFRWYTH FFRES</p>