

# Torfaen Primary School Menu - Spring Summer 2018

Week 1	Week commencing - 16/4, 7/5, 4/6, 25/6, 16/7, 10/9, 1/10, 22/10				
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Beef Meatballs in Tomato Sauce with Pasta, Garlic Bread, Salad or Seasonal Vegetables	Fish Fingers, Mashed Potato, Peas and Sweetcorn	Roast Chicken with Stuffing, Roast & Boiled Potatoes, Seasonal Vegetables Gravy	Beef & Onion Pie Mashed potato Seasonal Vegetables	Hot Dog Chips Salad
<b>Alternative choice</b>	<b>**Salad Bar - available daily**</b> Jacket potato, Baguette or Tortilla Wrap with a selection of meats, cheese, tuna, egg, baked beans and salad choices				
<b>Dessert</b>	Chocolate & Mandarin Cake	Pineapple Sponge & Custard 🍓	Welshcake & Milk	Rhubarb & Apple Crumble & Custard 🍓	Frozen Yoghurt with Mandarins 🍓

Week 2	Week commencing - 23/4, 14/5, 11/6, 2/7, 23/7, 17/9, 8/10				
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Chicken Korma Boiled Rice Seasonal Vegetables	Spaghetti Bolognese Garlic Bread & Salad or Seasonal Vegetables	Roast Turkey with Stuffing Roast & Boiled Potatoes, Seasonal Vegetables Gravy	Seaside-Style Salmon (Salmon in a salt & vinegar flavoured batter) Mashed Potato & Seasonal Vegetables or Baked Beans	Cheese & Tomato Pizza Chips Salad or Sweetcorn
<b>Alternative choice</b>	<b>**Salad Bar - available daily**</b> Jacket potato, Baguette or Tortilla Wrap with a selection of meats, cheese, tuna, egg, baked beans and salad choices				
<b>Dessert</b>	Carrot Cake	Apple, Peach & Pear Crumble & Custard 🍓	Chocolate Whirl & Mandarins 🍓	Apple Pie & Custard 🍓	Vanilla Ice-Cream with Peaches 🍓

Week 3	Week commencing - 30/4, 21/5, 18/6, 9/7, 3/9, 24/9, 15/10				
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Mild Beef & Bean Chilli Boiled Rice Salad or Seasonal Vegetables	Cheese, Ham & Broccoli Pasta Bake, Garlic Bread Salad or Sweetcorn	Toad in the Hole Roast & Boiled Potatoes, Seasonal Vegetables Gravy	Oven baked Chicken New Potatoes Seasonal Vegetables or Salad & Coleslaw	Breaded Fish Chips Peas
<b>Alternative choice</b>	<b>**Salad Bar - available daily**</b> Jacket potato, Baguette or Tortilla Wrap with a selection of meats, cheese, tuna, egg, baked beans and salad choices				
<b>Dessert</b>	Apple Crumble & Custard 🍓	Scone with Jam, Cream and Fruit	Fruit Trifle 🍓	Sticky Toffee Pudding & Custard	Vanilla Ice-Cream with Pineapple Slices 🍓

## Vegetarian Menu 🌱

A separate vegetarian menu is available. Please contact the catering office (01633 647714) to request a copy of the menu and arrange vegetarian meals for your child.

## Catering for Medical Diets/ Food Allergies

Our menu can be tailored to cater for medical conditions requiring a special diet, such as coeliac disease or food allergy. Please contact the catering office on 01633 647714 to discuss your child's requirements. Medical confirmation of the special diet will be required.

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.



Daily Salad Bar

### Available daily

Fresh Fruit, Yoghurt or Cheese and Crackers are available as an alternative dessert

### The Healthy Eating in Schools Regulations 2013

In order to comply with national food and nutrient regulations, Torfaen Catering:

- Have reduced the amount of sugar, salt and fat in our meals
- Provide at least 1 portion of fruit and vegetables/salad per day
- Have fish on the menu once per week
- Restrict the amount of fried foods and processed meat products on offer
- Have increased the number of fruit-based desserts 🍓

# Bwydlen Ysgolion Cynradd Torfaen - Gwanwyn/Haf 2018

Wythnos 1	Wythnos yn cychwyn – 16/4, 7/5, 4/6, 25/6, 16/7, 10/9, 1/10, 22/10				
	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
<b>Prif Gwrs</b>	Peli Cig Eidion mewn Saws Tomato gyda Pasta, Bara Garleg, Salad neu Lysiau Tymhorol	Bysedd Pysgod, Tatws Stwnsh, Pys a Chorn Melys	Cyw Iâr Rhost gyda Stwffin, Tatws Rhost a Thatws wedi'u berwi, Llysiau Tymhorol Grefi	Pastai Cig Eidion a Winwms Tatws stwnsh Llysiau Tymhorol	Ci poeth Sglodion Salad
<b>Dewis arall</b>	<b>**Bar Salad – ar gael yn ddyddiol**</b> Taten bob, Baget neu Lapiad Tortilla gyda dewis o gig, caws, tiwna, wy, ffa pob a dewis o salad				
<b>Pwdin</b>	Cacen Siocled a Mandarin	Spwnj Pinafal a Chwstard 🍎	Picen ar y maen a Llaeth	Crymbl Riwbob ac Afal a Chwstard 🍎	logwrt wedi rhewi gyda Mandarin 🍎

Wythnos 2	Wythnos yn cychwyn – 23/4, 14/5, 11/6, 2/7, 23/7, 17/9, 8/10				
	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
<b>Prif Gwrs</b>	Korma Cyw Iâr Reis wedi berwi Llysiau Tymhorol	Sbageti Bolonaise Bara Garleg a Salad neu Llysiau Tymhorol	Twrci Rhost gyda Stwffin Tatws Rhost ac Wedi Berwi, Llysiau Tymhorol Grefi	Samwn Glan Môr (Samwn mewn cytew blas halen a finegr) Tatws Stwnsh a Llysiau Tymhorol neu Ffa Pob	Pizza Caws a Tomato Sglodion Salad neu Gorn melys
<b>Dewis arall</b>	<b>**Bar Salad – ar gael yn ddyddiol**</b> Taten bob, Baget neu Lapiad Tortilla gyda dewis o gig, caws, tiwna, wy, ffa pob a dewis o salad				
<b>Pwdin</b>	Cacen Foron	Crymbl Afal, Eirin Gwlanog a Pheren a Chwstard 🍎	Chwyrll Siocled a Mandarin 🍎	Pastai Afal a Chwstard 🍎	Hufen iâ Fanila Gydag Eirin Gwlanog 🍎

Wythnos 3	Wythnos yn cychwyn – 30/4, 21/5, 18/6, 9/7, 3/9, 24/9, 15/10				
	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
<b>Prif Gwrs</b>	Chilli Cig Eidion a Ffa (Mwyn) Reis wedi'i ferwi Salad neu Lysiau Tymhorol	Pasta Caws, Ham a Brocoli Pob, Bara garleg Salad neu Gorn Melys	Selsig mewn Cytew Tatws Rhost ac Wedi Berwi, Llysiau Tymhorol Grefi	Cyw Iâr pob Tatws Newydd Llysiau Tymhorol neu Salad a Cholslo	Pysgod mewn briwsion Sglodion Pys
<b>Dewis arall</b>	<b>**Bar Salad – ar gael yn ddyddiol**</b> Taten bob, Baget neu Lapiad Tortilla gyda dewis o gig, caws, tiwna, wy, ffa pob a dewis o salad				
<b>Pwdin</b>	Crymbl Afal a Chwstard 🍎	Sgon a Jam, Hufen a Ffrwyth	Treiffil Ffrwythau 🍎	Pwdin Taffi Gludiog a Chwstard	Hufen iâ Fanila Gyda Sleisiau Pinafal 🍎



## Ar gael yn ddyddiol

Mae Ffrwyth ffres, logwrt neu Gaws a Chracers ar gael fel dewis arall o bwdin

## Rheoliadau Bwyta'n Iach mewn Ysgolion 2013

Er mwyn cydymffurfio â rheoliadau bwyd a maeth cenedlaethol, mae Gwasanaeth Arlwyyo Torfaen:

- Wedi gostwng swm y siwgr, halen a braster yn ein prydau
- Yn darparu o leiaf 1 gyfran o ffrwyth a llysiau/salad y dydd
- Yn cynnwys pysgod ar y fwydlen unwaith yr wythnos
- Wedi cyfyngu ar faint y bwyd sy'n cael ei ffrïo, a'r cynnyrch bwyd proses sydd ar gael
- Wedi cynyddu nifer y pwdinau sy'n cynnwys ffrwyth 🍎

## Bwydlen Lysieuol 🌱

Mae dewislen llysieuol ar wahân ar gael. Cysylltwch â'r swyddfa arlwyyo (01633 647714) i ofyn am gopi o'r fwydlen ac i drefnu prydau llysieuol i'ch plentyn.

## Arlwyyo ar gyfer Dietau Meddygol/ Alergeddau

Gellir teilwra ein bwydlen i ddarparu ar gyfer cyfyrâu meddygol sydd angen diet arbennig, fel clefyd coeliag neu alergedd bwyd. Cysylltwch â'r swyddfa arlwyyo ar 01633 647714 i drafod gofynion eich plentyn. Bydd angen cadarnhad meddygol o'r diet arbennig.

Gwneir pob ymdrech i ddarparu'r cydbwysedd cywir o ddeusiadau i'n cwsmeriaid ond ni allwn sicrhau y bydd pob dewis ar gael hyd at ddiwedd y gwasanaeth.