

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

## 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

Treiffil Ffrwyth  
Cartref Traddodiadol

Pwddin Briwsion  
Afal Ceirchaid  
gyda Chwstard

Ffrwyth a Hufen Iâ

Wythnos 2

Cyw Iâr Corma  
Cartref gyda Reis  
Llysiau a Salad

Sbageti 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

Teisen Gellyg  
Sbeislyd gyda  
Chwstard

Salad Ffrwythau  
gyda Bisgeden  
Ceirchaid

Pwddin Mefus gyda  
Ffrwythau

Teisennau  
Ffrwythau

Pwddin Melba

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

Ffled Cyw Iâr  
Barbeciw gyda  
Nachos, Reis a Phys  
a Salad

Pitsa Caws a  
Thomato gyda  
Sglodion, Salad neu  
Ffa

Teisen Jam a  
Chneuen Coco gyda  
Chwstard

Teisen Banana  
Siocled gyda  
Chwstard

Pic ar y Maen a Diod  
Llaeth

Teisen Gellyg  
Wynsb i Waered  
gyda Chwstard

logwrt Rhew gyda  
Ffrwythau



Bagét , Taten Bob neu  
Wrap Tortilla

dewis o

Caws, Ffa Pob, Wŷ

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 Llysfwytywyr/ 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 gwaini.

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