



BWYDLENNI YSGOLION CYNRADD

TYMOR YR HYDREF 2023/GWANWYN 2024

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@Cardiffschmeals



WYTHNOS 1

	DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
OPSIYNAU PRYDAU	Pitsa Caws a Tomato	Bolognese a Bara Garlleg	Corma Cyw Iâr a Bara Naan	Selsig Rhost a Stwnsh	Bysedd Pysgod Mawr
	No-Whey Cheese and Tomato Pizza	Bolognese Llysiau a Bara Garlleg	Corma Fegan a Bara Naan	Selsig Planhigion a Stwnsh	Ffiled Pysgod Eog â Haen Swigen
AR GAEL BOB DYDD: Taten Bôb â Llenwad -Llenwadau =tiwna meiones, caws, ffa pôb, caws a ffa pôb. Llenwadau = ffa pôb, caws fegan, caws fegan a ffa pôb.					
CARBOHYDRAD	Ciwbiau Tatws Perlysiog Tatws Newydd	Pasta	Reis	Tatws Stwnsh	Sglodion
LLYSIAU	India Corn	Brocoli	Llysiau Cymysg	Ffa Pôb	Ffa Pôb
	Salad	Salad	Salad	Pys	Pys
PWDIN	Caws a Chracers	Jammie Jack	Sbwng Fanila gydag Orenau Mandarin	Jeli gyda Thafelli Eirin Gwlanog	Sbwng Siocled
	logwrt Pwddin Fanila Soia				
AR GAEL BOB DYDD: Bara, Ffrwythau					

WYTHNOS 2

	DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
OPSIYNAU PRYDAU	Pastai Pôb Pasta a Llysiau a Bara Garlleg	Byrgyr Cyw Iâr Barbeciw a Cholslo	Tsili Cig Eidion	Cinio Rhost Cyw Iâr with Gravy	Ffiled Pysgod mewn Briwsion Bara
	Pastai Pôb Pasta a Llysiau a Bara Garlleg	Byrgyr Ffiled Quorn Barbeciw a Cholslo	Tsili Llysieuol	Cinio Ffiled Quorn gyda Grefi	Bysedd Di-bysgod
AR GAEL BOB DYDD: Taten Bôb â Llenwad -Llenwadau =tiwna meiones, caws, ffa pôb, caws a ffa pôb. Llenwadau = ffa pôb, caws fegan, caws fegan a ffa pôb.					
CARBOHYDRAD	Pasta	Reis Sawrus	Reis	Tatws Rhost Tatws Newydd	Sglodion Tatws Stwnsh
LLYSIAU	Pys	Pys	Llysiau Cymysg	Brocoli	Ffa Pôb
	Moron	India Corn		Moron	Pys
PWDIN	Caws a Chracers	Creision Eirin Gwlanog	Sbwng Jam a Chnau Coco	Salad	Rholyn Hufen Iâ Mafon gydag Orenau Mandar
	logwrt Pwddin Fanila Soia				
AR GAEL BOB DYDD: Bara, Ffrwythau					

- Addas ar gyfer llysiuwywr
- Addas ar gyfer deiet planhigion neu'n gallu cael ei wneud ar gyfer deiet planhigion
- Wedi'i gynnig fel dewis gyda Thaten Bôb



Mae bwyd môr gyda'r marc hwn wedi dod o bysgodfa sydd wedi'i hardystio'n annibynnol i safon MSC sy'n dangos ei bod yn bysgodfa gynaliadwy wedi'i rheoli'n dda

*Mae'r fwydlen hon wedi'i dadansoddi gan Gymdeithas Llywodraeth Leol Cymru ac mae'n cydymffurfio â'r holl safonau bwyd a maeth sydd wedi'u cynnwys yn Rheoliadau Bwyta'n Iach mewn Ysgolion (Gofynion a Safonau Maeth) (Cymru) 2013.

PRIMARY SCHOOL MENU

AUTUMN 2023 / SPRING TERM 2024

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WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL OPTIONS	Cheese and Tomato Pizza	Bolognese and Garlic Bread	Chicken Korma and Naan Bread	Roast Sausage and Mash	Jumbo Fish Finger
	No-Whey Cheese and Tomato Pizza	Veggie Bolognese and Garlic Slice	Vegan Korma and Naan Bread	Plant Based Sausage and Mash	Bubble Coated Salmon Fish Fillet
AVAILABLE DAILY: Filled Jacket Potato - Fillings = tuna mayo, cheese, baked beans, cheese and baked beans. Fillings = baked beans, vegan cheese, vegan cheese and baked beans.					
CARBOHYDRATE	Herby Diced Potatoes New Potatoes	Pasta	Rice	Mashed Potato	Chips
VEGETABLES	Sweetcorn	Broccoli	Mixed Vegetables	Baked Beans	Baked Beans
	Salad	Salad	Salad	Peas	Peas
DESSERT	Cheese and Crackers	Jammie Jack	Vanilla Sponge with Mandarins	Jelly with Peach Slices	Chocolate Sponge
	Yoghurts Soya Vanilla Dessert				
AVAILABLE DAILY: Bread, Fruit					

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL OPTIONS	Vegetable Pasta Bake and Garlic Bread	BBQ Chicken Burger and Slaw	Beef Chilli	Roast Chicken Dinner with Gravy	Breaded Fish Fillet
	Vegetable Pasta Bake and Garlic Bread	BBQ Quorn Fillet Burger and Slaw	Veggie Chilli	Quorn Fillet Dinner with Gravy	Fishless Fingers
AVAILABLE DAILY: Filled Jacket Potato - Fillings = tuna mayo, cheese, baked beans, cheese and baked beans. Fillings = baked beans, vegan cheese, vegan cheese and baked beans.					
CARBOHYDRATE	Pasta	Savoury Rice	Rice	Roast Potatoes New Potatoes	Chips Mashed Potato
VEGETABLES	Peas	Peas	Mixed Vegetables	Broccoli	Baked Beans
	Carrots	Sweetcorn		Carrots	Peas
DESSERT	Cheese and Crackers	Peach Crisp	Jam and Coconut Sponge	Raspberry Ripple Ice Cream Roll with Mandarins	Chocolate Cookie
	Yoghurts Soya Vanilla Dessert				
AVAILABLE DAILY: Bread, Fruit					

- Suitable for vegetarians
- Suitable for plant-based diets or can be made for a plant-based diet
- Offered as a choice with Jacket Potato



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery

*This menu has been analysed by the Welsh Local Government Association and is compliant to all food and nutritional standards contained in the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.