

Bwydlen Yr Haf 2019



APRIL 2019	LLUN	MAW	MER	IAU	GWY	SAD	SUL
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30						

MAY 2019	LLUN	MAW	MER	IAU	GWY	SAD	SUL
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31					

JUNE 2019	LLUN	MAW	MER	IAU	GWY	SAD	SUL
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31					

JULY 2019	LLUN	MAW	MER	IAU	GWY	SAD	SUL
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31					

AUGUST 2019	LLUN	MAW	MER	IAU	GWY	SAD	SUL
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31					

SEPTEMBER 2019	LLUN	MAW	MER	IAU	GWY	SAD	SUL
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30						

OCTOBER 2019	LLUN	MAW	MER	IAU	GWY	SAD	SUL
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31					

Wythnos 1

DYDD LLUN

PB Bolonaise Twrci
DLL Caws Pob
LL Brocoli / Moron wedi'u Gratio
C Sbageti / Bara Garlleg
P Cacen Creision Yd a Siocled / Sudd Ffrwyth

DYDD MAWRTH

PB Pizza wedi Pobi Gartref
DLL Cacen Llysiau Euraidd
LL Corn Melys / Colslo
C Darnau Tatws Pob
P Hufen ia gyda phiwri ffrwyth

DYDD MERCHER

PB Selsig Porc
DLL Selsig Quorn
LL Ffa Pob / Pys
C Tatws Stwnsh
P Myffin Sant / Llaeth

DYDD IAU

PB Gamwn / Eidion Rhost
DLL Blodfresych a Brocoli Pob
LL Moron / Ffa Gwyrdd
C Tatws Rhost
P Bara Brith neu Ddysgl o Gaws a Ffrwythau

DYDD GWENER

PB Ffiled Eog mewn Briwsion Bara
DLL Wrap Salad Wy
LL Darnau Ciwcymbr a Moron / Pys
C Sglodion / Taten trwy'i chroen
P Bisged Geirch

Wythnos 2

DYDD LLUN

PB Byrgyr Cig Eidion Cymreig mewn Rhôl
DLL Bap byrgyr Quorn
LL Salad / Colslo / Darnau o foron
C Darnau Tatws
P Bisgedi Crensiog Euraidd / Llaeth

DYDD MAWRTH

PB Enchiladas Cyw Iâr
DLL Wrap Llysiau Poeth
LL Salad / Pys
C Reis Llysiau / Salad Pasta
P Browni Siocled

DYDD MERCHER

PB Pizza Cartref wedi Pobi
DLL Taten Bob wedi'i Llenwi
LL Colslo / Darnau o foron a chiwycmbr
C Pasta
P Iogurt Ffrwythau

DYDD IAU

PB Twrci Rhost gyda Grefi
DLL Cacen Llysiau Euraidd
LL Moron / Bresych y Gwanwyn
C Tatws Rhost
P Torth Ddatys a Syltana neu Salad Ffrwythau

DYDD GWENER

PB Cacen Bysgod Eog
DLL Selsig Quorn
LL Ffa Pob / Pys
C Tatws Stwnsh
P Fflapjac Banana / Sudd Ffrwyth

Wythnos 3

DYDD LLUN

PB Darnau Cyw Iâr Euraidd
DLL Taten Bob wedi'i Llenwi
LL Ffa Pob / Pys
C Pasta
P Teisen Frau Lemon / Llaeth

DYDD MAWRTH

PB Lasagne Twrci
DLL Lasagne Ffa Pob
LL Salad / Colslo
C Bara Garlleg
P Salad Ffrwythau / Iogurt ffrwyth

DYDD MERCHER

PB Rhôl Selsig Porc
DLL Rhôl Selsig Quorn
LL Batonau Llysiau
C Tatws a Pherlysiau wedi'u Torri
P Fflapjac afal / Sudd ffrwyth

DYDD IAU

PB Cyw Iâr Rhost a grefi
DLL Caws Macaroni
LL Moron / Brocoli
C Tatws Rhost
P Myffin Oren a Lemon

DYDD GWENER

PB Ffiled Eog mewn Briwsion Bara
DLL Frittata Caws a Tomato
LL Pys
C Sglodion
P Hufen Ia a Phiwri Ffrwythau

Summer Menu 2019

APRIL 2019	MON	TUE	WED	THUR	FRI	SAT	SUN
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30						

MAY 2019	MON	TUE	WED	THUR	FRI	SAT	SUN
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31					

JUNE 2019	MON	TUE	WED	THUR	FRI	SAT	SUN
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31					

JULY 2019	MON	TUE	WED	THUR	FRI	SAT	SUN
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31					

AUGUST 2019	MON	TUE	WED	THUR	FRI	SAT	SUN
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31					

SEPTEMBER 2019	MON	TUE	WED	THUR	FRI	SAT	SUN
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30						

OCTOBER 2019	MON	TUE	WED	THUR	FRI	SAT	SUN
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31					

Week 1

MONDAY

M Turkey Bolognaise
VO Welsh Rarebit
V Broccoli / Grated Carrot
C Spaghetti / Garlic Bread
P Chocolate Cornflake Crunch / Fruit Juice

TUESDAY

M Home Baked Pizza
VO Country Bake
V Sweetcorn / Coleslaw
C Potato Wedges
P Ice Cream With Fruit Puree

WEDNESDAY

M Pork Sausage
VO Quorn Sausage
V Beans / Peas
C Mashed Potatoes
P Fruity Muffin / Milk

THURSDAY

M Roast Gammon / Roast Beef
VO Cauliflower and Broccoli Bake
V Carrots / Green Beans
C Roast Potatoes
P Bara Brith or Cheese and Fruit Platter

FRIDAY

M Breaded Salmon Fillet
VO Egg Salad Wrap
V Cucumber & Carrot Sticks
C Chips / Jacket Potato
P Oat Cookies

Week 2

MONDAY

M Welsh Beef Burger in a Bap
VO Quorn Burger Bap
V Salad / Coleslaw / Carrot Sticks
C Potato Wedges
P Golden Crunch Cookie / Milk

TUESDAY

M Chicken Enchiladas
VO Hot Vegetable Wraps
V Salad Peas
C Vegetable Rice / Pasta Salad
P Chocolate Brownie

WEDNESDAY

M Home Baked Pizza
VO Filled Jacket Potato
V Coleslaw / Carrot and Cucumber Sticks
C Pasta
P Fruit Yoghurt

THURSDAY

M Roast Turkey with Gravy
VO Country Bakes
V Carrots / Spring Cabbage
C Roast Potatoes
P Date & Sultana Loaf or Fruit Salad

FRIDAY

M Salmon Fish Cake
VO Quorn Sausage
V Beans / Peas
C Mashed Potatoes
P Banana Flapjack / Fruit Juice

Week 3

MONDAY

M Crispy Chicken Bites
VO Country Bakes
V Beans / Peas
C Pasta
P Lemon Shortbread / Milk

TUESDAY

M Turkey Lasagne
VO Baked Bean Lasagne
V Salad / Coleslaw
C Garlic Bread
P Fruit Salad / Fruit Yoghurt

WEDNESDAY

M Pork Sausage Bap
VO Quorn Sausage Bap
V Vegetable Batons
C Herby Diced Potatoes
P Oaty Apple Bake / Fruit Juice

THURSDAY

M Roast Chicken with Gravy
VO Macaroni and Cheese
V Carrots / Broccoli
C Roast Potatoes
P Orange and Lemon Muffin

FRIDAY

M Breaded Salmon Fillet
VO Cheese and Tomato Frittata
V Peas / Carrot Sticks
C Chips
P Ice Cream and Fruit Puree



M Main Meals
VO Vegetarian Option **V** Vegetables
C Carbohydrates **P** Pudding

Information

Llaeth y Llan Yogurts
 We only use Welsh Beef
 Welsh Beef Burgers from Edwards of Conwy
 Henllan wholemeal bread is available daily
 Pork Sausages from Edwards of Conwy made with Farm Assured Pork

This menu complies with the **Healthy Food in Schools Regulations 2013**. A drink of fresh water is available every day to all. Wholemeal bread and fresh fruit are available daily. Special diets are catered for, please contact the school cook in charge.
Conwy Education Catering Department
 Tel: 01492 575586.