

# Bwydlen Haf 2022



EBRILL/APRIL						
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S
25	26	27	28	29	30	

MAI/MAY						
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S
						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					

MEHEFIN/JUNE						
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S
		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			

GORFF/JULY						
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S
				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

(Alergenau sydd mewn cromfachau)

## Gwybodaeth



logwrt Llaeth y Llan



Rydym yn darparu cig eidion Cymreig yn unig



Byrgyr Cig Eidion Cymreig Edwards o Gonwy



Bara cyflawn Henllan ar gael bob dydd



Selsig Porc Edwards o Gonwy gyda Phorc Gwarant Fferm

Mae'r fwydlen hon yn cydymffurfio â Rheoliadau Bwyta'n Iach mewn Ysgolion 2013. Mae dŵr yfed ffres ar gael bob dydd i bawb. Mae bara cyflawn a llysiau ffres ar gael bob dydd. Darperir ar gyfer diet arbennig, cysylltwch â chogydd/es yng ngofal yr ysgol. [Adran Arlwyo Addysg Conwy](http://AdranArlwyoAddysgConwy), Ffôn: 01492 575586

	WYTHNOS 1	WYTHNOS 2	WYTHNOS 3
LLUN	Selsig wedi eu Pobi (1) Byrgyr Quorn Briwsionllyd (1,3,7) Ffa Pob Tatws Hufennog (7) Hufan la gyda Saws Mefus (7, efallai 8)	Darnau Cyw Iâr Euraidd (1) Omled Sbaenaidd (3) Ffa Pob Pasta (1) Sbwng Siocled a Saws Gwyn (1,3,6,7)	Darnau Cyw Iâr Euraidd (1) Wrap Llysiau Poeth (1,7) Brocoli Pasta (1) Sbwng Afal a Saws Taffi (1,3,6,7)
MAWRTH	Pizza Cartref wedi ei Bobi (1,6,7) Taten Pob wedi llenwi (4,7) Corn Melys / Salad Tatws a Pherlysiâu wedi'u Torri logwrt gyda batonau ffrwythau ffres (7)	Peli Cig Porc mewn Saws (1, 6, 12) Caws Pob Cymreig (1,3,6,7,10) Corn Melys Reis / Pasta (1) Bara Brith (1,3,6,10)	Selsig wedi eu pobi a greff nionod (1,6,7) Cacen Lysiau Euraidd (1,7) Moron / Pys Tatws Hufennog (7) Hufen la gydag Eirin Gwllannog (7, efallai 8)
MECHER	Lasagne (1,6,7,9,10) Pastai caws a thatws (1,7,10) Brocoli / Moron wedi'u Gratio Sbageti / Bara Garleg Cartref wedi ei Bobi (1,6,7) Bisgedi / Llaeth (1,6,7)	Byrgyr Cig Eidion Cymreig mewn Rhôl (1,12) Byrgyr Quorn Briwsionllyd mewn Rhôl (1,3,7) Batonau Llysiau Darnau Tatws Cacen Creision Reis Euraidd / Llaeth (1,7)	Pizza Cartref wedi ei Bobi (1,6,7) Wrap Salad Tiwna (1,3,4,10) Colslo (3,10) / Bar Salad Tatws wedi'u ffrio'n ysgafn logwrt Ffrwythau a Darnau Afal (7)
IAU	Cyw Iâr Rhost gyda Greff (1,6,7) Blodfresych a Chennin Pob (1,6,7,10) Moron / Bresych Crych Tatws Rhost Torth Datys a Swltana (1,3,6,10,12) Salad Ffrwythau Ffres / Sudd Oren	Twrci Rhost gyda Greff (1,6,7) Cacen Lysiau Euraidd (1,7) Moron / Bresych Crych Tatws Rhost Fflapjac Ffrwythau (1,6) / Sudd Oren	Gamwn / Cig Eidion Rhost Caws Macaroni (1,6,7,10) Moron / Ffa Gwyrd Tatws Rhost Dysgl Ffrwythau a Chaws (7) / Bara Brith / (1,3,6,10)
GWENER	Ffled Eog mewn Briwsion Bara (1,4) Wrap Salad Wy (1,3,10) Batonau Llysiau / Pys Sglodion Browni Siocled / Llaeth (1,3,6,7)	Youngs Chwitlyn Glas mewn briwsion bara (1,4) Quiche Llysiau (1,3,6,7,10) Pys Sglodion / Tatws drwy'u crwyn Teisen Frau Lemwn ac Oren / Llaeth (1,6,7)	Ffled Eog mewn Briwsion Bara (1,4) Pastai caws a thatws (1,7) Ffa Pob / Pys Sglodion Bar Grawnffyd Ffrwythau (1,7) / Sudd Oren

## Gwybodaeth am Alergenau

Mae gwybodaeth ar gael yng nghegin ysgol eich plentyn ar gyfer pob eitem ar y fwydlen sy'n cynnwys unrhyw un o'r 14 alergen hyn fel cynhwysion.

### Dyma'r 14 Alergen:-

1. Grawnffwydydd sy'n cynnwys Glwten
2. Cramenogion
3. Wyau
4. Pysgod
5. Cnau Mwnci
6. Soia
7. Llaeth
8. Cnau
9. Seleri
10. Mwstard
11. Hadau Sesame
12. Sylffwr Deuocsid.
13. Lwpin
14. Molysgiaid



# Summer Menu 2022



EBRILL/APRIL						
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S
Wk3	25	26	27	28	29	30

MAI/MAY						
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S
						1
Wk1	2	3	4	5	6	7
Wk2	9	10	11	12	13	14
Wk3	16	17	18	19	20	21
Wk1	23	24	25	26	27	28
	30	31				

MEHEFIN/JUNE						
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S
		1	2	3	4	5
Wk2	6	7	8	9	10	11
Wk3	13	14	15	16	17	18
Wk1	20	21	22	23	24	25
Wk2	27	28	29	30		

GORFF/JULY						
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S
				1	2	3
Wk2						
Wk3	4	5	6	7	8	9
Wk1	11	12	13	14	15	16
Wk2	18	19	20	21	22	23
	25	26	27	28	29	30
						31

(Allergens shown in brackets)

## 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.

	WEEK 1	WEEK 2	WEEK 3
MON	Oven Baked Sausages (1) Breaded Quorn Burger (1,3,7) Baked Beans Creamed Potatoes (7) Ice Cream with Strawberry Sauce (7, may be 8)	Crispy Chicken Bites (1) Spanish Omelette (3) Baked Beans Pasta (1) Chocolate Sponge and Sauce (1,3,6,7)	Crispy Chicken Bites (1) Hot Vegetable Wrap (1,7) Broccoli Pasta (1) Apple Sponge and Toffee Sauce (1,3,6,7)
TUE	Home Baked Pizza (1,6,7) Filled Jacket Potato (4) Sweetcorn / Salad Herby Diced Potatoes Yogurt with Fresh Fruit Dippers (7)	Pork Meatballs in Sauce (1, 6, 12) Welsh Rarebit (1,3,6,7,10) Sweetcorn Rice / Pasta (1) Bara Brith (1,3,6,10)	Oven Baked Sausages and Onion Gravy (1,6,7) Country Bakes (1,7) Carrots / Peas Creamed Potatoes (7) Ice Cream with peaches (7, may be 8)
WED	Lasagne (1,6,7,9,10) Cheese and Potato Pastie (1,7,10) Broccoli / Grated Carrot Spaghetti / Home Baked Garlic Bread (1,6,7) Cookie / Milk (1,6,7)	Welsh Beef Burger in a Bap (1,12) Breaded Quorn Burger in a Bap (1,3,7) Vegetable Batons Potato Wedges Golden Krispie Cake / Milk (1,7)	Home Baked Pizza (1,6,7) Tuna Salad Wrap (1,3,4,10) Coleslaw (3,10) / Salad Bar Sauté Potatoes Fruit Yogurt & Apple Dippers (7)
THURS	Roast Chicken with Gravy (1,6,7) Cauliflower and Leek Bake (1,6,7,10) Carrots / Savoy Cabbage Roast Potatoes Date and Sultana Loaf (1,3,6,10,12) Fresh Fruit Salad/ Orange Juice	Roast Turkey with Gravy (1,6,7) Country Bakes (1,7) Carrots / Savoy Cabbage Roast Potatoes Fruit Flapjack (1,6) / Orange Juice	Roast Gammon / Beef Macaroni and Cheese (1,6,7,10) Carrots / Green Beans Roast Potatoes Fruit and Cheese Platter (7) / Bara Brith / (1,3,6,10)
FRI	Breaded Salmon Fillet (1,4) Egg Salad Wrap (1,3,10) Vegetable Batons / Peas Chips Chocolate Brownie / Milk (1,3,6,7)	Youngs Breaded Pollock (1,4) Vegetable Quiche (1,3,6,7,10) Peas Chips / Jacket Potatoes Lemon and Orange Shortbread / Milk (1,6,7)	Breaded Salmon Fillet (1,4) Cheese and Potato Pastie (1,7) Baked Beans / Peas Chips Cereal Bar (1,7) / Fruit Juice

## Allergen Information

Information is available at your Child's school kitchen for every item on the menu that contains any of the 14 allergens as ingredients.

### These are the 14 allergens:-

1. Cereals containing Gluten
2. Crustaceans
3. Eggs,
4. Fish
5. Peanuts
6. Soya
7. Milk
8. Nuts
9. Celery
10. Mustard
11. Sesame Seeds
12. Sulphur Dioxide
13. Lupin
14. Molluscs

