Carmarthenshire Primary Menu

(Effective from w/c 1st November 2021 to 29th April 2022)

Week 1

Week commencing
01 Nov, 22 Nov, 13 Dec, 03 Jan 2022,
24 Jan, 14 Feb, 28 Feb, 21 Mar, 25 Apr

Monday

Homemade Beef Pasta Bake
or Tomato and Basil Pasta Bake (v)

Broccoli and Mixed Vegetables
Garlic Bread

Homemade Shortcake Biscuit
and Milk

Tuesday

Breaded Chicken/Quorn Wrap (v)

Baked Beans or Peas Jacket Wedges

Homemade Chocolate Muffin
and Milk

Wednesday

Roast Turkey or
Vegetarian Roast (v)

Homemade Stuffing, Carrots and Cabbage
Selection of Potatoes, Gravy

Fruit and Ice Cream

Thursday

Homemade Loaded Pizza
or Cheese and Tomato Pizza (v)

Mixed Salad and Sweetcorn
Homemade Herby Potatoes

Homemade Marble Sponge and
Custard

Friday

Fish Dippers or
Quorn Dippers (v)

Baked Beans or Peas
Chips or Potatoes

Homemade Blondie with Sliced Banana
and Hot Chocolate Sauce

Week 2

Week commencing
08 Nov, 29 Nov, 20 Dec, 10 Jan 2022,
31 Jan, 7 Mar, 28 Mar

Monday

Welsh Pork Sausage or Vegetarian Sausage (v)

Yorkshire Pudding, Carrots and Peas
Diced Potatoes or Mashed Potatoes and
Gravy

Homemade Chocolate Cookie
and Raisins

Tuesday

Homemade Beef or
Vegetarian Bolognese (v)

Broccoli and Mixed Vegetables
Spaghetti and Garlic Bread

Crunchy Flapjack and Fruit
Wedges **NEW!**

Wednesday

Roast Pork Baguette or
Vegetarian Roast Baguette (v)

Carrots and Green Beans , Selection of
Potatoes, Gravy

Llaeth Y Llan Yogurt and Fruit

Thursday

Chicken or Quorn (v)
Quesadilla Boats **NEW!**

Grated Carrot and Diced Cucumber
Mixed Savoury Rice

Homemade Jaffa Sponge
and White Sauce

Friday

Seaside Salmon or
Quorn Burger (v)

Baked Beans or Peas
Chips or Potatoes

Homemade Lemon Bun
and Fruit Juice

Week 3

Week commencing
15 Nov, 06 Dec, 17 Jan 2022,
07 Feb, 14 Mar, 04 Apr

Monday

Ham and Sweetcorn or Cheese and Tomato
French Bread Pizza (v) **NEW!**

Baked Beans or Mixed Vegetables
Jacket Wedges

Homemade Winter Sponge and
Custard **NEW!**

Tuesday

Homemade Chicken or
Quorn Korma (v)

Peas
Mixed Rice and Naan Bread

Homemade Chocolate Brownie
and Ice Cream

Wednesday

Roast Beef or
Vegetarian Roast (v)

Yorkshire Pudding, Carrots and Broccoli
Selection of Potatoes, Gravy

Welsh Cake and Sliced Apple

Thursday

Pork and Carrot Meat Ball Sub
or Vegetarian Balls Sub (v)

Homemade Tomato Sauce
Sweetcorn and Mixed Salad, Pasta

Homemade Oat Biscuit
and Milk

Friday

Salmon Fish Finger or
Cheese and Tomato Hot Wrap (v)

Baked Beans or Green Beans
Chips or Potatoes

Homemade Vanilla Muffin
and Fruit Wedges

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We offer fresh fruit as an alternative to our daily dessert option. We also provide jugs of drinking water in our dining halls to promote good hydration with pupils. Food allergies - please contact your school cook for information regarding the content of our recipes and products on our menu. Due to circumstances beyond our control, there may at times be a slight variance in our menus; we apologise for any inconvenience this may cause.

Cyngor **Sir Gâr**
Carmarthenshire
County Council

For further information in relation to school meals visit our website: **www.carmarthenshire.gov.wales**

Bwydlen i Ysgolion Cynradd Sir Gaerfyrddin

(Yn effeithiol o'r wythnos sy'n dechrau ar 1 Tachwedd 2021 tan 29 Ebrill 2022)

Wythnos 1

Wythnos yn dechrau
01 Tach, 22 Tach, 13 Rhag, 03 Ion 2022,
24 Ion, 14 Chwef, 28 Chwef, 21 Mawrth, 25 Ebr

Dydd Llun

Pasta Pob Cig Eidion Cartref neu
Basta Pob Tomato a Basil (Ilys)

Brocoli a Llysiau Cymysg
Bara Garlleg

Bisgïen Frau Gartref a Llaeth

Dydd Mawrth

Lapiad Cyw Iâr/Quorn mewn Briwsion (Ilys)

Ffa Pob neu Bys
Talpiau Tato

Myffin Siocled Cartref a Llaeth

Dydd Mercher

Twrci Rhost neu
Rost Llysieuol (Ilys)

Stwffin Cartref, Moron a Bresych
Dewis o Dato, Grefi

Ffrwythau a Hufen Iâ

Dydd Iau

Pizza Cartref ag amryw dopin neu
Pizza Caws a Thomato (Ilys)

Salad Cymysg a Chorn Melys
Tato â Pherlysiau Cartref

Cacen Frith Gartref a Chwstard

Dydd Gwener

Dipwyr Pysgod neu
Ddipwyr Quorn (Ilys)

Ffa Pob neu Bys
Sglodion neu Dato

Blondi Cartref gyda Banana wedi'i
sleisio a Saws Siocled Poeth

Wythnos 2

Wythnos yn dechrau
08 Tach, 29 Tach, 20 Rhag, 10 Ion 2022
31 Ion, 7 Maw, 28 Maw

Dydd Llun

Selsigen Borc Gymreig neu Selsigen
Lysieuol (Ilys)

Pwdin Efrog, Moron a Phys, Tato wedi'u
Deisio neu Dato Potsh a Grefi

Cwci Siocled Cartref a Resins

Dydd Mawrth

Bolognese Cig Eidion neu
Lysieuol Cartref (Ilys)

Brocoli a Llysiau Cymysg
Sbageti a Bara Garlleg

NEWYDD!

Fflapjac Crensiog a Thalpiau Ffrwythau

Dydd Mercher

Baguette Porc Rhost neu
Baguette Rhost Llysieuol

Moron a Ffa Gwyrdd , Dewis o Dato
Grefi

Iogwrt Llaeth y Llan a Ffrwythau

Dydd Iau

NEWYDD!

Cychod Quesadilla Cyw Iâr neu Quorn (Ilys)

Moronen wedi'i Gratio a Chiwcymbr wedi'i
Ddeisio
Reis Sawrus Cymysg

Sbwnj Jaffa Gartref
a Saws Gwyn

Dydd Gwener

Eog Glan Môr neu
Fyrgyr Quorn (v)

Ffa Pob neu Bys
Sglodion neu Dato

Bynen Lemwn Gartref
a Sudd Ffrwythau

Wythnos 3

Wythnos yn dechrau
15 Tach, 06 Rhag, 17 Ion 2022
07 Chwef, 14 Maw, 04 Ebr

Dydd Llun

Pizza Bara Ffrengig Ham a Chorn Melys
neu Gaws a Thomato (Ilys)

NEWYDD!

Ffa Pob neu Lysiau Cymysg, Talpiau Tato

Sbwnj Aeaf Gartref a
Chwstard

NEWYDD!

Dydd Mawrth

Korma Cyw Iâr neu
Quorn Cartref (Ilys)

Pys
Reis Cymysg a Bara Naan

Browni Siocled Cartref a Hufen Iâ

Dydd Mercher

Cig Eidion Rhost neu
Rost Llysieuol (Ilys)

Pwdin Efrog, Moron a Brocoli,
Dewis o Dato Grefi

Picen ar y Maen ac Afal wedi'i Sleisio

Dydd Iau

Rhôl Pelenni Porc a Moron
neu Rôl Pelenni Llysieuol (Ilys)

Saws Tomato Cartref, Corn Melys a Salad
Cymysg, Pasta

Bisgïen Geirch Gartref
a Llaeth

Dydd Gwener

Bys Pysgod Eog neu
Lapiad Poeth Caws a Thomato (Ilys)

Ffa Pob neu Ffa Gwyrdd
Sglodion neu Dato

Myffin Fanila Cartref
a Thalpiau Ffrwythau

PDN0928

Byddwn yn cynnig ffrwythau ffres yn lle pwdin bob dydd. Rydym hefyd yn darparu jygiau o ddŵr yfed yn ein neuaddau bwyta er mwyn annog disgyblion i yfed digon. Alergeddau bwyd - cysylltwch â chogydd eich ysgol i gael gwybodaeth ynghylch cynnwys ein ryseitiau a'r cynnyrch ar ein bwydlen. Oherwydd amgylchiadau sydd y tu hwnt i'n rheolaeth, efallai y bydd ein bwydlenni'n newid ychydig ar adegau. Rydym yn ymddiheuro am unrhyw anghyfleustra y gall hyn ei achosi

Cyngor Sir Gâr
Carmarthenshire
County Council

I gael rhagor o wybodaeth am brydau ysgol, ewch i'n gwefan: **www.sirgar.llyw.cymru**