

ALLERGY INFORMATION: If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child.

Silver Menu Spring 2019

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 7 th Jan 28 th Jan 18 th Feb 18 th Mar 8 th April	Main	Hot Dog with Tomato Sauce and Homemade Jacket Wedges	Lasagne with Garlic Bread	Roast Pork with Apple Sauce, Mashed Potatoes and Gravy	Chicken Curry with Rice	MSC Breaded Fish With Chipped Potatoes, Tomato Sauce
	Vegetarian	Pasta with a Selection of toppings	Jacket Potato with a selection of toppings	Pasta with a selection of toppings	Jacket Potato with a selection of toppings	Pasta with a selection of toppings
	Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal vegetables	Seasonal vegetables	Baked Beans or Garden Peas
	Dessert	Apple Crumble with Custard or Fresh Fruit	Fruity Flapjack or Fresh Fruit	Chocolate Muffin or Fresh Fruit	Pineapple Upside down Cake with Custard or Fresh Fruit	Welsh Cakes or Fresh Fruit
Week 2 14 th Jan 5 th Feb 4 th Mar 25 th Mar	Main	Pasta in Tomato Sauce with a choice of Salmon and Tuna	Chicken Stir-Fry with Rice	Roast Turkey with Stuffing, Roast Potatoes & Gravy	Spaghetti Bolognaise	Fishwich Chipped Potatoes, Tomato Sauce
	Vegetarian	Jacket Potato with a selection of toppings	Pasta with a Selection of toppings	Pasta with a Selection of toppings	Jacket Potato with a selection of toppings	Pasta with a Selection of toppings
	Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal vegetables	Seasonal vegetables	Baked Beans or Garden Peas
	Dessert	Chocolate Shortbread or Fresh Fruit	Banana Sponge & Custard or Fresh Fruit	Apple, Cheese and Biscuits or Fresh Fruit	Fruit Crumble & Custard or Fresh Fruit	Chocolate Crunch Cake or Fresh Fruit
Week 3 21 st Jan 11 th Feb 11 th Mar 1 st April	Main	Cheese and Pepper Pizza with Potato Wedges	Beef and Vegetable Hotpot with Sliced Potatoes	Roast Gammon with Mashed Potatoes and Gravy	Chicken Enchiladas & Rice	MSC Salmon Fish Fingers with Chipped Potatoes, Tomato Sauce
	Vegetarian	Pasta with a Selection of toppings	Jacket Potato with a selection of toppings	Pasta with a Selection of toppings	Jacket Potato with a selection of toppings	Pasta with a Selection of toppings
	Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal vegetables	Seasonal vegetables	Baked Beans or Garden Peas
	Dessert	Lemon Cake or Fresh Fruit	Catherine Wheel Cookie Or Fresh Fruit	Fruit Salad & Ice Cream or Fresh Fruit	Jam Sponge and Custard or Fresh Fruit	Chocolate and Mandarin Brownie or Fresh Fruit

Available Daily
Freshly cooked jacket potatoes with a choice of fillings (where advertised)
Bread freshly baked on site daily
Daily salad selection

GWYBODAETH ALERGEDD: Os oes gan eich plentyn alergedd neu anoddefgarwch gofynnwch i aelod o'r tîm arlwygo am wybodaeth. Os yw eich plentyn yn cael cinio ysgol a bod ganddo alergedd bwyd neu anoddefgarwch gofynnir i chi gwblhau ffurfleni sicrhau bod gennym yr wybodaeth angenrheidiol i arlwygo ar gyfer eich plentyn.

Bwydlen Gwanwyn
2019

caterlink
bwydo'r dychymyg

		Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Wythnos 1 7 Ion 28 Ion 18 Chwe 18 Maw 8 Apr	Prif	Cwn Poeth gyda Thalpiâu Tatws a Saws Tomato	Lasagne gyda Bara Garlleg	Rhôt Porc gyda Saws Afal, Tatws Stwnsh a Grefi	Cyri Cyw Iâr gyda Reis	Pysgodyn mewn briwsion bara gyda Saws Tomato a Sglodion
	Prif 2	Pasta gyda detholiad o dopins	Taten trwy'i crwyn gyda detholiad o dopins	Pasta gyda detholiad o dopins	Taten trwy'i crwyn gyda detholiad o dopins	Pasta gyda detholiad o dopins
	Llysiau	Llysiau Tymhorol	Llysiau Tymhorol	Llysiau Tymhorol	Llysiau Tymhorol	Ffa Pôb neu Pys
	Pwddin	Crymbl Afal a Chwstard neu Ffrwythau Ffres	Flapjack Ffrwythau neu Ffrwythau Ffres	Myffin Siocled neu Ffrwythau Ffres	Teisen Pinafal ben i lawr gyda Chwstard neu Ffrwythau Ffres	Teisen Gri neu Ffrwythau Ffres
Wythnos 2 14 Ion 4 Chwe 4 Maw 25 Mar	Prif	Pasta gyda Saws Tomato gyda cynnig o Eog neu Thiwna	Stir-Fry Cyw Iâr gyda Reis	Rhôt Twrci gyda Stwffin, Tatws Rhôt a Grefi	Spagetî Bolognaise gyda Bara Garlleg	Fishwich gyda Saws Tomato a Sglodion
	Prif 2	Taten trwy'i crwyn gyda detholiad o dopins	Pasta gyda detholiad o dopins	Pasta gyda detholiad o dopins	Taten trwy'i crwyn gyda detholiad o dopins	Pasta gyda detholiad o dopins
	Llysiau	Llysiau Tymhorol	Llysiau Tymhorol	Llysiau Tymhorol	Llysiau Tymhorol	Ffa Pôb neu Pys
	Pwddin	Teisen Berffro Siocled neu Ffrwythau Ffres	Spwnj Fanana a Chwstard neu Ffrwythau Ffres	Bisgedi, Caws a Ffrwythau neu Ffrwythau Ffres	Crymbl Ffrwythau neu Ffrwythau Ffres	Teisen Siocled Crynsh neu Ffrwythau Ffres
Wythnos 3 21 Ion 11 Chwe 11 Maw 1 Apr	Prif	Pitsa Caws a Pupur Speislyd gyda Thalpiâu Thatws	Hotpot Cig Eidion a Llysiau	Rhôt Gammon gyda Tatws Stwnsh a Grefi	Ensiladas Cyw Iâr gyda Reis	Bysedd Pysgod Eog neu Bysedd Pysgod gyda Saws Tomato a Sglodion
	Prif 2	Pasta gyda detholiad o dopins	Taten trwy'i crwyn gyda detholiad o dopins	Pasta gyda detholiad o dopins	Taten trwy'i crwyn gyda detholiad o dopins	Pasta gyda detholiad o dopins
	Llysiau	Llysiau Tymhorol	Llysiau Tymhorol	Llysiau Tymhorol	Llysiau Tymhorol	Ffa Pôb neu Pys
	Pwddin	Teisen Lemwn neu Ffrwythau Ffres	Cwci Olwyn Catherine neu Ffrwythau Ffres	Salad Ffrwythau a Hufen Iâ neu Ffrwythau Ffres	Spwnj Jam a Chwstard neu Ffrwythau Ffres	Browni Siocled a Mandarin neu Ffrwythau Ffres

Tatws Pob wedi eu coginio'n ffres gyda dewis o lenwadau (lle'r hysbysebîr)
Bara wedi ei bobî'n ffres ar y safle'n ddyddiol
Detholiad o salad dyddiol
Ffrwythau ffres a iogwrt