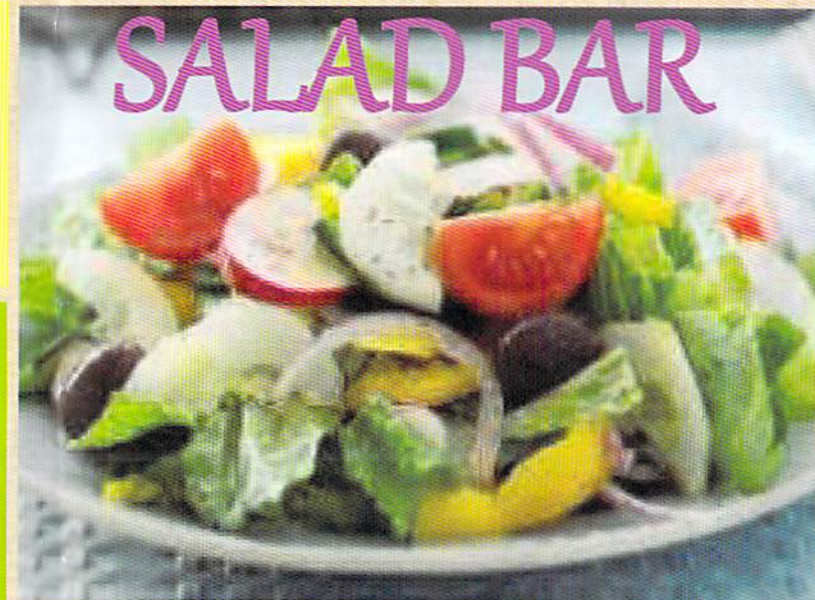


Our Autumn/Winter Menu 2018/19

	Monday	Tuesday	Wednesday	Thursday	Friday
Week one	Cheesy Topped Corned Beef Hash Served with Baked Beans or Peas Apple and rhubarb crumble & custard	Spaghetti Bolognaise Served with Carrots and Garlic Bread Eves Pudding Served with Custard	Roast Chicken with Stuffing, Roast and Boiled Potatoes, Seasonal Vegetables and Gravy Chocolate Whirl Topped with Banana	Fish Fingers, Served with Diced Potatoes, and Peas & Sweetcorn Chocolate and Mandarin Sponge Served with Cream	Cheese & Tomato Pizza Served with Chips and a Side Salad Vanilla Ice-Cream Served with Peaches
Week two	Chicken Noodle Wrap Served with a Side Salad Chocy Beet Cake Served with Custard	Seaside-Style Salmon (Salmon in a salt & vinegar flavoured batter) Served with Mashed Potato & peas or Baked Beans Apple Crumble Served with Custard	Roast Sausage with Yorkshire Pudding Roast and Boiled Potatoes Seasonal vegetables and Gravy Fruit Jelly & Biscuit	Cottage Pie Served with Broccoli and Carrots and Gravy Carrot Cake Served with Custard	Beef Burger in a Bun Served with Chips and a Side Salad Frozen Yoghurt with Fruit and Cream
Week three	Homemade Chicken Korma Served with Rice and Side Salad Banana and Coconut Cake Served with Custard	Bolognese Pasta Bake Served with Garlic Bread and a Side Salad Sticky Toffee Pudding Served with Custard	Roast Turkey with Stuffing, Roast and Boiled Potatoes, Seasonal Vegetables and Gravy Welsh Cake & Milk	Beef Meatballs in Gravy Served with Mashed Potato and Seasonal Vegetables 3 Fruits Crumble Served with Custard	Breaded Fish Fillet Served with Chips and Peas Vanilla Ice-Cream with Pineapple Slices



SALAD BAR

Baguette, Baked Potato or Tortilla Wrap
a selection of
Meats, Cheese, Tuna,
Egg, Baked Beans and a
Variety of Salad
As an alternative to the dessert Fresh Fruit,
Yoghurt or Cheese and Crackers
are available

November 2018	December 2018	January 2019	February 2019	March 2019	April 2019
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19 20 21 22 23	17 18 19 20 21	21 22 23 24 25	18 19 20 21 22	18 19 20 21 22	
26 27 28 29 30		28 29 30 31 1		25 26 27 28 29	

Catering for Medical Diets/Food Allergies

Our Menu can be tailored to cater for Vegetarian/Medical conditions requiring a special diet, such as coeliac disease or food allergy. Please contact the Catering Office on 01633 647723 to discuss your child's requirements or view Torfaen Webpage for information.

Every effort is made to provide the correct balance of choices to our customers but we cannot guarantee that all choices will be available right to the end of service.

This Menu is compliant with The Healthy Eating in Schools Regulations 2013

Ein Bwydlen Hydref/Gaeaf 2018/19

Dydd Llun

Dydd Mawrth

Dydd Mercher

Dydd Iau

Dydd Gwener

Wythnos 1

Hash Corned Beef â Chrwt o Gaws Wedi'i Weini Gyda Ffa Pob neu Bys

Crymbl afal a riwbob a chwstard

Spaghetti Bolognaise Wedi'i Weini gyda Moron a Bara Garleg

Pwddin Efa Wedi'i Weini gyda Chwstard

Cyw Iâr Rhost gyda Stwffin, Tatws Rhost a Thatws wedi'u berwi, Llysiau Tymhorol Grefi

Chwyrll Siocled â Banana

Bysedd Pysgod, Wedi eu Gweini gyda Thatws Deisiog, a Phys a Chorn Melys

Sbwng Siocled a Mandarin Wedi'i Weini gyda Hufen

Pizza Caws a Tomato Wedi'i Weini gyda Sglodion a Salad

Hufen Iâ Fanila Wedi'i Weini gydag Eirin Gwlanog

Wythnos 2

Lapiad Nwdls Cyw Iâr Wedi'i Weini gyda Salad

Cacen Betyss Siocled Wedi'i Gweini gyda Chwstard

Eog Glân Môr (Eog mewn cyteu halen a finegr) Wedi'i Weini gyda Thatws Stwnsh a phys neu Ffa Pob

Crymbl Afal Wedi'i Weini gyda Chwstard

Selsig Rost gyda Phwddin Efrog, Tatws Rhost a Thatws Wedi Berwi, Llysiau Tymhorol a Grefi

Jeli Ffrwyth a Bisged

Pastai'r Bwthyn Wedi'i Weini gyda Brocoli a Moron a Grefi

Cacen Foron Wedi'i Gweini gyda Chwstard

Bryger Cig Eidion mewn Rhôl Wedi ei Weini gyda Sglodion a Salad

logwrt wedi Rhewi gyda Ffrwythau a Hufen

Wythnos 3

Korma Cyw Iâr Cartref Wedi'i Weini gyda Reiss a Salad

Cacen Fanana a Chnau Coco Wedi'i Gweini gyda Chwstard

Pasta Bolognese Pob Wedi'i Weini gyda Bara Garleg a Salad

Pwddin Taffi Gludiog Wedi'i Weini gyda Chwstard

Twrci Rhost gyda Stwffin Tatws Rhost ac Wedi Berwi, Llysiau Tymhorol Grefi

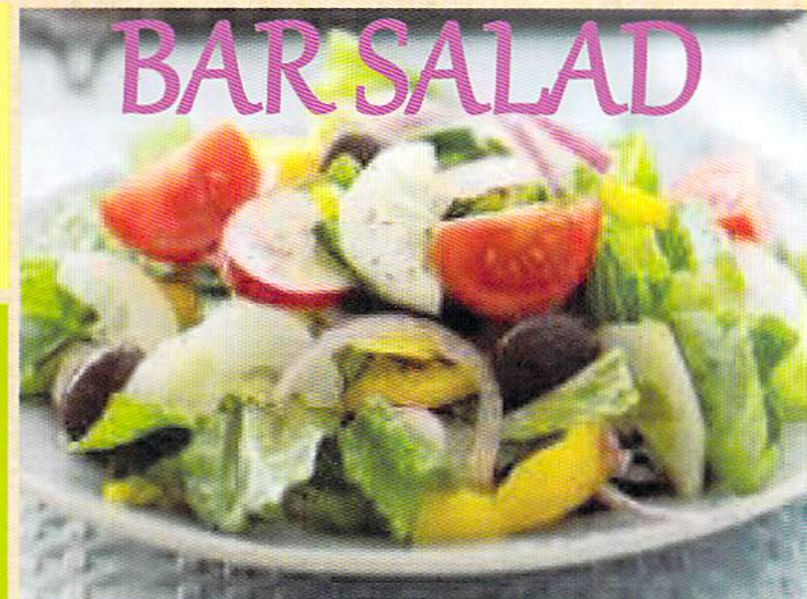
Picen ar y Maen a Llaeth

Peli Cig Eidion mewn Grefi Wedi'u Gweini gyda Thatws Stwnsh a Llysiau Tymhorol

Crymbl 3 Ffrwyth Wedi'i Weini gyda Chwstard

Ffiled o Bysgodyn mewn Briwsion Wedi'i Gweini gyda Sglodion a Phys

Hufen Iâ Fanila gyda Sleissys Pinafal



Bagét , Taten Bob neu Wrap Tortilla dewis o Gigoedd, Caws, Tiwna, Wÿ, Ffa Pob ac Amrywiaeth o Salad

Yn lle'r pwddin mae Ffrwythau Ffres, logwrt neu Gaws a Bisgedi ar gael

Tachwedd 2018

Rhagfyr 2018

Ionawr 2019

Chwefror 2019

Mawrth 2019

Ebrill 2019

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19 20 21 22 23

17 18 19 20 21

21 22 23 24 25

18 19 20 21 22

18 19 20 21 22

26 27 28 29 30

28 29 30 31 1

25 26 27 28 29

[Arlwyo ar gyfer Dietau Meddygol/Alergeddau Bwyd](#)

Gellir teilwra ein Bwydlen i ddarparu ar gyfer Llysfwytawyr/ Cyflyrau Meddygol sydd angen diet arbennig, fel clefyd coeliag neu alergedd bwyd. Cysylltwch â'r Swyddfa Arlwyo ar 01633 647723 i drafod gofynion eich plentyn neu ewch i Dudalen We Torfaen i gael mwy o wybodaeth.

Gwneir pob ymdrech i gynnis y dewisiadau cywir o ran cydbwysedd i'n cwsmeriaid ond ni allwn sicrhau y bydd pob dewis ar gael tan ddiwedd y cyfnod gweini.