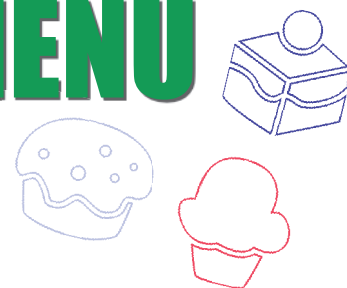




PRIMARY SCHOOL MENU

WEEKS 1 & 2



Menu September 2022 - July 2023

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Goujons Herby Diced Potatoes Or Cheese and Tomato Pasta Bake with Baked Beans and Peas	Gammon Ham Mashed Potatoes Or Cheese wheel Mashed Potatoes with Spaghetti Hoops Sweetcorn or Salad	Chicken Breast Whole Potatoes Or Quorn Sausage Whole Potatoes with Carrots or Broccoli & Gravy	Minced Beef Pie Mash Potatoes Or Quorn Dippers Potatoes with Mixed Vegetables and Peas & Gravy	Gluten Free Fish Fingers Chipped Potatoes Or Chicago Town Pizza Chipped Potatoes with Sweetcorn or Side Salad
	Filled roll, Sandwiches and Jacket potatoes with choice of Ham, Cheese or Tuna				
Dessert	Frozen Yoghurt	Chocolate & Pear Brownie	Toffee Apple Sponge	Decorated Jelly	Artic Roll
	or Fruit of the day				
Juice break and water served with every meal. Unlimited 50/50 bread.					

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Gluten Free Bubble Coated Fish Fingers Potato Puffs Or Veggie Sausage Potato Puffs with Baked Beans Or Broccoli	Chicken & Tomato Pasta Bake Side salad Or Quorn Dippers Mashed Potatoes with Peas or Sweetcorn	Gluten Free Pork Sausages Potatoes Or Quorn Sausage Potatoes with Carrots and Green Beans & Gravy	Chicken Meatballs in Tomato Sauce & Pasta Or 4 Cheese Pizza Potato Wedges With Sweetcorn or Baked Beans	Gluten Free Beefburger in a Open Roll Chipped Potatoes Or Vegan Sausage Roll Chipped Potatoes with Coleslaw and Side Salad
	Filled roll, Sandwiches and Jacket potatoes with choice of Ham, Cheese or Tuna				
Dessert	Decorated Angel Delight	Waffle and Ice Cream	Jelly	Jam Sponge and Custard	Cookie or Fresh Fruit
	or Fruit of the day				
Juice break and water served with every meal. Unlimited 50/50 bread.					



WWW.RCTCBC.GOV.UK/SCHOOLCATERING



CATERINGSERVICES@RCTCBC.GOV.UK



RHONDDA CYNON TAF

BWYDLEN YSGOLION CYNRADD

WYTHNOSAU 1 a 2

Medi 2022 - Gorffennaf 2023

Wythnos 1	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Prif Bryd	Goujons Cyw Iâr Ciwbiau Tatws â Pherlysiau Neu Basta Caws a Thomato wedi'i bobi gyda Ffa Pob a Phys	Gamwn Tatws Stwnsh Neu Olwyn Gaws Tatws Stwnsh gyda Chylchoedd Sbageti India-corn a Salad	Selsig Porc (Dim Glwten) Tatws Cyfan Neu Ffiled 'Quorn' Tatws Cyfan gyda Moron neu Frocoli a Grefi	Pastai Briwgig Eidion Tatws Stwnsh Neu 'Quorn Dippers' Tatws gyda Llysiau Cymysg a Phys a Grefi	Bysedd Pysgod (Dim Glwten) Sglodion Tatws Neu Pizza 'Chicago Town' Sglodion Tatws gydag India-corn a Salad Bach
	Rholyn gyda llenwad, Brechdanau a Thatws pob gyda dewis o Ham, Caws neu Diwna				
Pwddin	logwrt wedi'i rewi	Browni Siocled a Gellyg	Sbwng Taffi Afal a Chwstard	Jeli Ffrwythau a Hufen Iâ	Rholyn Arctig
	neu Ffrwythau'r dydd				
Sudd ffrwythau a dŵr ar gael gyda phob pryd o fwyd. Bara 50/50 di-ben-draw.					

Wythnos 2	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Prif Bryd	Bysedd Pysgod â Swigod (Dim Glwten) Gwenau Tatws Neu Selsig Llysieuol Pyffiau Tatws gyda Ffa Pob Neu Frocoli	Pasta Caws a Thomato wedi'i bobi Neu 'Quorn Dippers' Tatws Stwnsh gyda Phys neu India-corn	Brest Cyw Iâr Tatws Neu Ffiled 'Quorn' Tatws gyda Moron a Ffa Gwyrdd a Grefi	Peli Cig mewn Saws Tomato a Phasta Neu Pizza Pedwar Caws Tatws Trianglog Gyda Ffa Pob India-corn	Byrger Cig Eidion mewn Rholyn (Dim Glwten) Sglodion Tatws Neu Rolyn Selsig Figan Sglodion Tatws gyda Cholslo a Salad Bach
	Rholyn gyda llenwad, Brechdanau a Thatws pob gyda dewis o Ham, Caws neu Diwna				
Pwddin	'Angel Delight' wedi'i Addurno	Waffl a Hufen Iâ	Jeli Mafon	Sbwng Siocled gyda Chwstard	Bisged neu Ffrwyth Ffres
	neu Ffrwythau'r dydd				
Sudd ffrwythau a dŵr ar gael gyda phob pryd o fwyd. Bara 50/50 di-ben-draw.					



WWW.RCTCBC.GOV.UK/ARLWYO



GWANANAETHAUARLWYO@RCTCBC.GOV.UK



RHONDDA CYNON TAF