PRIMARY SCHOOL MENU

2025

RHONDDA CYNON TAF

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese & Tomato Pizza, Chicken & Sweetcorn Pizza, or Broccoli & Cauliflower Cheese Pasta Bake	Beef & Veggie Meatballs in tomato sauce served with pasta or Cheese & Potato Bake	Pork Sausage or Quorn Fillet	Mild Chicken Curry served with rice or Tomato Pasta	Fish Goujons, Bubble Salmon Fillet or Veggie Burger in a whole meal bun
Served with Garlic and Herb Wedges, Carrot sticks and sliced Cucumber	Served with Green beans and Mixed Vegetables	Served with Gravy and Mashed Potato, Swede or carrots and Broccoli	Served with Sweetcorn and Garden Peas	Served with Chips, Coleslaw and Baked Beans
Fresh Fruit & Frozen Yoghurt	Apple Sponge & Custard	Cocoa Cookie & Fresh Fruit Slices	Banana Flapjack	Fruit Sundae

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rainbow Veggie Pizza, Chicken & Sweetcorn Pizza or Mac n' Cheese	Beef and Veg Grill in a wholemeal Bun or Fishless Fingers	Roast Chicken or Glamorgan Sausage	Tuna Pasta or Tomato Pasta or Veggie Curry served with rice	Breaded Fish Fillet or Quorn Dippers
Served with Herby Diced Potatoes, Carrot sticks and Sliced Cucumber	Served with Plain Wedges, Coleslaw and Garden Peas	Served with Gravy and Mashed Potato, Swede or carrots and Broccoli	Served with Sweetcorn and Garden Peas	Served with Chips, Baked Beans and Sweetcorn
Fresh Fruit & Frozen Yoghurt	Rice Crispy Cake & Fresh Fruit Slices	Carrot Cake & Fresh Fruit Slices	Cocoa & Orange Sponge Cake with Custard	Waffle Finger Served with Fruit & Ice Cream

Available daily!





If you have any allergies, intolerances or special dietary requirements please contact catering here

Wholegrain · Dietitian's Choice · Welsh Produce · Sustainably Sourced Fish · Fruit Based · Vegetarian

www.rctcbc.gov.uk/schoolcatering

This menu complies with the WG 'Healthy Eating in Schools Food and Drink Standards'

Menu subject to change based on availability of ingredients

2025

BWYDLEN YSGOLION CYNRADD

RHONDDA CYNON TAF

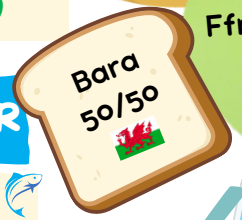
WYTHNOS 1

DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
Pizza Caws a Thomato, V Pizza Cyw Iâr ac India Corn neu Basta Brocoli a Blodfresych wedi'i Bobi gyda Chaws V	Pelenni Cid Eidion a Lysieuol mewn Saws Tomato gyda Gwenith Cyflawn neu Bryd Tatws a Chaws wedi'i Bobi V	Selsig Porc neu Ffiled 'Quorn' V	Cyri Cyw Iâr - Ddim yn sbeislyd iawn Wedi'i weini gyda reis neu V Bowlen Pasta Tomato	Pysgod mewn darnau hir wedi'u gorchuddio â briwsion Bara, Eog mewn Briwsion Bara neu Fyrgyr Llysieuol mewn Bynsen Gwenith Cyflawn V
Talpiau Tatws â Garlleg a Pherlysiau Ffyn Moron a darnau cul o Giwcymbr	Ffa Gwyrdd a Llysiau Cymysg	Wedi'i weini gyda grefi Tatws Stwnsh Swêj neu foron a brocoli	India Corn a Phys	Wedi'u gweini gyda Sglodion Ffa Pob a Salad Bresych
Ffrwyth Ffres a logwrt wedi'i Rewi	Sbwng Afal a Chwstard	Bisged Goco gyda Darnau o Ffrwythau	Fflapjac Banana	Hufen Iâ a Ffrwythau

WYTHNOS 2

DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
Pizza Llysiau, V Pizza Cyw Iâr ac India Corn neu Basta Macaroni a Chaws V	Gril Cig Eidion a Llysiau mewn Bynsen Gwenith Cyflawn neu Ffiledi Dibysgod V	Cyw Iâr wedi'i Rostio neu Selsigen Bro Morgannwg V	Powlen Pasta Tiwna neu Bowlen Pasta Tomato V neu Gyri Llysieuol Wedi'i weini gyda Reis V	Ffiled o Bysgodyn mewn Briwsion Bara neu Ddarnau "Quorn Dippers" V
Tatws Perlysiog mewn sgwariau mân Ffyn Moron a darnau cul o Giwcymbr	Talpiau o Datws wedi'u pobi yn y ffwrn Salad Bresych a Phys	Wedi'i weini gyda grefi Tatws Stwnsh Swêj neu foron a brocoli	Pys ac India-corn	Wedi'u gweini gyda Sglodion Ffa Pob ac India Corn
Ffrwyth Ffres a logwrt wedi'i Rewi	Cacen Creision Reis gyda darnau o Ffrwythau	Cacen Foron gyda darnau cul o Ffrwythau	Cacen Sbwng Coco ac Oren gyda Chwstard	Waffl Siâp Petryal Wedi'i weini gyda llwyaid o Hufen Iâ Fanila a Ffrwythau drosto







Os oes gennych chi unrhyw alergeddau, anoddefiadau neu ofynion dietegol arbennig, cysylltwch ag arlwyo yma



Grawn cyflawn | Dewis y dietegydd | Cynnyrch Cymreig | Pysgod o ffynonellau cynaliadwy | Yn seiliedig ar ffrwythau | Dewis Llysieuol

Mae'r fwydlen yma'n cydymffurfio â Rheoliadau Bwyta'n Iach mewn Ysgolion (Gofynion a Safonau Maeth) (Cymru)

www.rctcbc.gov.uk/arlwyoysgolion

Mae'n bosibl y bydd y fwydlen yn newid, yn unol ag argaeledd cynhwysion