

## Secondary Menu

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Selection of toast, crumpets, cereal, fruit, hot and cold drinks				
<b>MID MORNING BREAK</b>	Bacon Sandwiches/Rolls, Toast, Crumpets, Bagels, Toasties, Teacakes, Stuffed breads* Yogurts, Fruit, Cheese Bakes and a selection of baguettes, sandwiches or wraps *Stuffed breads are a selection of home-made bread rolls baked with a choice of cheese, ham, vegetables, chicken, sauces and/or herbs and spices				
<b>MAIN</b>	Corned Beef Pie Mashed Potatoes Peas & Cauliflower Gravy	Lamb Tikka Peas Rice & Chips	Roast Beef Roast & Mashed potato Yorkshire pudding cauliflower/carrots with Gravy	Hunters Chicken Savoury Rice Roasted Mediterranean Veg	 World Famous Fish & Chips Harry Ramsdens Fish & Chips Baked Beans Or Peas
<b>Dessert of the day</b>	Homemade Cookie	Fruit Sundae	Fairy Cake	Fruit Crumble & Custard	Ice Cream Cone
<b>Vegetarian</b>	Cauliflower & Broccoli Cheese Bake Peas/ Beans	Potato & Spinach Tikka Peas Rice & Chips	Quorn Sausage Dinner	Cheese & Vegetable Pie Peas & Carrots Mashed Potato	Sausage Roll Peas or Baked Beans Chips
<b>More Options</b>	Fish Goujons Mashed Potatoes Peas & Cauliflower Parsley Sauce	Chicken Balls Savoury Rice & Chips Sweet & Sour Sauce	Beef Noodles Oriental Vegetables	Shepherd's Pie Peas & Carrots Gravy	Cheesy Potato Bake Baked Beans or Peas
<b>Deal of the Day £1.50</b>	Fish Goujons In a Wrap With Salad	Chicken Ball Wrap Chip Shop Specials Chips & Gravy/Curry Lamb Tikka Pitta	Hot Beef & Gravy Baguette	Hunter's Chicken Bap	Chip Shop Specials Chips & Gravy/Curry
<b>£1.10 Deal</b>	Corned Beef Slice	Bacon Roll	Soup & Roll	Fish Finger Sub	Beans on Toast

### Grab & Go - Cold Selection

Selection of baguettes, sandwiches, wraps with: Tuna Mayo, Chicken, Chicken & Bacon, Chinese Chicken, Cheese, Ham or Turkey, Sweet Chilli Chicken or BBQ Chicken Seasonal Salad, Cold Pasta and Rice dishes available everyday, Salmon baguettes and sandwiches available every Wednesday

### Grab & Go - Hot Selection

<b>Pizza</b>	Selection of pizzas including 7inch individuals and pizza baguettes
<b>Jacket Potato</b>	Cheese / Beans / Tuna / Curry / Chicken Mayo / Sweet Chilli Chicken / Chicken & Bacon / Chicken Tikka
<b>Pasta Bar</b>	A selection of hot and cold pasta dishes
<b>Curry Bar</b>	Selection of homemade curries served with brown rice or simply wedges
<b>Sub Central bar</b>	A selection of warm meat and vegetarian fillings served with salad in a sub roll
<b>The Bakery</b>	Chocolate or Oat Cookie, Blueberry Mini Muffin, Selection of Cupcakes, Fruity or Coco Flapjacks, Chocolate Brownie, Scones, Stuffed breads, Quiches, Quorn Puffs and Cheese wheels

\*\*A selection of bread, fruit and salad is presented on our serving counter each day.\*\*

Subject to availability

**COMMENCING:**  
10th September 2018 - July 2019

[www.rctcbc.gov.uk/catering](http://www.rctcbc.gov.uk/catering)



RHONDDA CYNON TAF

## Secondary Menu

Wythnos I	DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
<b>BRECWAST</b>	Dewis: Tost, cramwyth, grawnfwyd, ffrwythau, diodydd poeth ac oer				
<b>EGWYLY BORE</b>	Brechdanau/Rholiau Bacwn, Tost, Cramwyth, Bagelau, Brechdanau wedi'u tostio, Cacennau te, Bara wedi'i stwffio*, logwrt, Ffrwythau, Pasteiod caws a dewis o fagêts, brechdanau a tortillas wedi'u llenwi *Bara wedi'i stwffio ydy'r dewis o roliau cartref wedi'u pobi â dewis o gaws, ham, llysiau, cyw iâr, saws a/neu berlysiâu a sbeisys				
<b>PRIF FWYDLEN</b>	Pastai corn-bïff Tatws Stwnsh Pys a bresychen wen Grefi	Tikka cig oen bys Reis a sglodion	Rhost cig eidion, tatws wedi'u rhostio a thatws stwnsh, pwdin Swydd Efrog, bresychen wen / moron gyda grefi	Cyw iâr "Hunter's" Reis sawrus Llysiau y Canoldir wedi'u rhostio	 World Famous Fish & Chips Pysgod a Sglodion Harry Ramsden Ffa pob neu bys
<b>Pwdin y Dydd</b>	Bisgïen pobi cartref	Hufen iâ a ffrwyth	Teisen fach	Crymbl ffrwythau a chwstard	Côn Hufen Iâ
<b>Dewis Llysieuol</b>	Pasta caws, bresychen wen a brocoli Pys/ ffa pob	Tikka tatws a sbigoglys bys Reis a sglodion	Cinio Selsig Quorn	Pastai caws a llysiau Pys a Moron Tatws stwnsh	Rhòl sosej Pys neu Ffa Pob Sglodion
<b>Rhagor o ddewisiadau</b>	'Goujons' pysgod Tatws Stwnsh Pys a bresychen wen Saws Persli	Peli cyw iâr Reis sawrus a sglodion Saws melys a sur	Nwdls cig eidion Llysiau Dwyreiniol	Pastai'r Bugail Pys a Moron Grefi	Caws a thatws wedi'u pobi Pys neu Ffa Pob
<b>Cynnig Arbennig y Dydd £1.50</b>	'Goujons' pysgod mewn wrap gyda salad	Wrap pêl cyw iâr Pryd Siop Sglods y dydd Sglogion a grefi/cyri Pita Tikka cig oen	Bagét twym cig eidion a grefi	Rhòl Cyw iâr "Hunter's"	Pryd Siop Sglods y dydd Sglogion a grefi/cyri
<b>Cynnig am £1.10</b>	Sleisen corn-bïff	Rhòl Cig Moch	Cawl a rhòl	Rhòl Hir Bysedd Pysgod	Ffa pob ar dost
<b>Bwyd i Fynd – Dewis Oer</b>					
Dewis o fagêts, brechdanau a tortillas gyda: Tiwna a Mayo, Cyw Iâr, Cyw Iâr a Bacwn, Cyw Iâr Tsieineaidd, Caws, Ham neu Dwrci, Cyw Iâr Tsili Melys neu Gyw Iâr BBQ Salad Tymhorol, Pasta Oer a Reis ar gael bob dydd, bagêts a brechdanau eog ar gael bob dydd Mercher.					
<b>Bwyd i Fynd – Dewis Poeth</b>					
<b>Pitsa</b>	Dewis o bitsas 7 modfedd a bagêts pitsa				
<b>Taten Trwy'i Chwyn</b>	Caws / Ffa Pob / Tiwna / Cyri / Cyw Iâr a Mayo / Cyw Iâr Tsili Melys / Cyw Iâr a Bacwn / Cyw Iâr Tikka				
<b>Bar Pasta</b>	Dewis o basta poeth ac oer				
<b>Bar Cyri</b>	Dewis o gyriau cartref gyda reis brown neu drionglau tatws				
<b>Bar Sub Central</b>	Dewis o lenwadau cig a llysieuol gyda salad mewn rhòl				
<b>Y Becws</b>	Cwcis Ceirch neu Siocled, Myffins Llus America (Blueberry) Bach, Dewis o Gacennau, Fflapjacs Ffrwythau neu Goco, Brownis Siocled, Sgonau, Bara wedi'i Stwffio, Quiche, Quorn Puffs ac Olwynion Caws				
**Dewis o fara, ffrwythau a salad ar gael o'r cownter bob dydd.**					
<b>Yn amodol ar argaeledd</b>					

**WYTHNOS YN DECHRAU:  
10 Medi 2018 - Gorffennaf 2019**

[www.rctcbc.gov.uk/arlwyo](http://www.rctcbc.gov.uk/arlwyo)



RHONDDA CYNON TAF

## Secondary Menu

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Selection of toast, crumpets, cereal, fruit, hot and cold drinks				
<b>MID MORNING BREAK</b>	Bacon Sandwiches/Rolls, Toast, Crumpets, Bagels, Toasties, Teacakes, Stuffed breads* Yogurts, Fruit, Cheese Bakes and a selection of baguettes, sandwiches or wraps *Stuffed breads are a selection of home-made bread rolls baked with a choice of cheese, ham, vegetables, chicken, sauces and/or herbs and spices				
<b>MAIN</b>	Spaghetti Bolognaise Side Salad Garlic Bread	Chicken Korma Peas Rice & Chips	Roast Chicken & Stuffing Mashed Potatoes Carrots & Broccoli	BBQ Pulled Pork Savoury Noodles Oriental Vegetables	 Harry Ramsdens Fish & Chips Baked Beans Or Peas
<b>Dessert of the day</b>	Lemon Cupcake	Apple Tart Cream / Custard	Jam & Cream Scone	Red Velvet Cake	Ice Cream Cone
<b>Vegetarian</b>	Quorn Bolognaise	Potato & Spinach Tikka Rice & Chips	Quorn Meatballs in Tomato Sauce Pasta Broccoli	BBQ Quorn Pieces Oriental vegetable & Noodle	Quorn Dippers Chips Baked Beans/ Peas
<b>More Options</b>	Oven Baked Sausages Onion Gravy Mashed Potato Peas & Carrots	Beef Burger Salad or Baked Beans Chips	Beef Casserole Mashed Potato Broccoli	Chicken Pasta Bake Garlic Bread	Sliced Ham Chips Baked Beans or Peas
<b>Deal of the Day £1.50</b>	Sausage & Gravy Baguette	Loaded Burger Chip Shop Special Chips & Gravy/Curry Chicken Korma Pitta	Chicken, Stuffing & Gravy Baguette	BBQ Pulled Pork Bap	Chip Shop Special Chips & Gravy/Curry
<b>£1.10 Deal</b>	Cheesy Garlic Bread	Beans on Toast	French Bread Pizza	Cheese Toastie	Sausage Rolls
<b>Grab &amp; Go - Cold Selection</b>					
Selection of baguettes, sandwiches, wraps with: Tuna Mayo, Chicken, Chicken & Bacon, Chinese Chicken, Cheese, Ham or Turkey, Sweet Chilli Chicken or BBQ Chicken Seasonal Salad, Cold Pasta and Rice dishes available everyday, Salmon baguettes and sandwiches available every Wednesday					
<b>Grab &amp; Go - Hot Selection</b>					
<b>Pizza</b>	Selection of pizzas including 7inch individuals and pizza baguettes				
<b>Jacket Potato</b>	Cheese / Beans / Tuna / Curry / Chicken Mayo / Sweet Chilli Chicken / Chicken & Bacon / Chicken Tikka				
<b>Pasta Bar</b>	A selection of hot and cold pasta dishes				
<b>Curry Bar</b>	Selection of homemade curries served with brown rice or simply wedges				
<b>Sub Central bar</b>	A selection of warm meat and vegetarian fillings served with salad in a sub roll				
<b>The Bakery</b>	Chocolate or Oat Cookie, Blueberry Mini Muffin, Selection of Cupcakes, Fruity or Coco Flapjacks, Chocolate Brownie, Scones, Stuffed breads, Quiches, Quorn Puffs and Cheese wheels				
**A selection of bread, fruit and salad is presented on our serving counter each day.**					
<b>Subject to availability</b>					

**COMMENCING:**  
17th September 2018 - July 2019

[www.rctcbc.gov.uk/catering](http://www.rctcbc.gov.uk/catering)



RHONDDA CYNON TAF



## Secondary Menu

Wythnos 2	DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
<b>BRECWAST</b>	Dewis: Tost, cramwyth, grawnfwyd, ffrwythau, diodydd poeth ac oer				
<b>EGWYLY BORE</b>	Brechdanau/Rholiau Bacwn, Tost, Cramwyth, Bagelau, Brechdanau wedi'u tostio, Caccennau te, Bara wedi'i stwffio*, logwrnt, Ffrwythau, Pasteiod caws a dewis o fagêts, brechdanau a tortillas wedi'u llenwi *Bara wedi'i stwffio ydy'r dewis o roliau cartref wedi'u pobi â dewis o gaws, ham, llysiau, cyw iâr, saws a/neu berlysiâu a sbeisys				
<b>PRIF FWYDLEN</b>	Spaghetti bolognaise Salad Bach Bara garlleg	Korma Cyw iâr bys Reis a sglodion	Cyw iâr a stwffin Tatws Stwnsh Brocoli a Moron	Porc barbeciw wedi'i rwygo Nwdls sawrus Llysiau Dwyreiniol	 World Famous Fish & Chips Pysgod a Sglodion Harry Ramsden Ffa pob neu bys
<b>Pwddin y Dydd</b>	Teisen lemwn fach	Tarten afal Hufen / Cwstard	Sgon Jam a Hufen	Teisen Felfed Coch	Côn Hufen lâ
<b>Dewis Llysieuol</b>	Bolognese Quorn	Tikka tatws a sbigoglys Reis a sglodion	Peli cig Quorn mewn saws tomato Pasta Brocoli	Darnau Quorn barbeciw Llysiau a nwdls Dwyreiniol	"Quorn Dippers" Sglodion Pys neu Ffa Pob
<b>Rhagor o ddewisiadau</b>	Selsig pob Grefi Winwns Tatws stwnsh Pys a Moron	Byrger Cig Eidion Ffa pob neu salad Sglodion	Caserol cig eidion Tatws stwnsh Brocoli	Pasta cyw iâr Bara garlleg	"Quorn Dippers"
<b>Cynnig Arbennig y Dydd £1.50</b>	Bagét selsig a grefi	Byrgyr Mawr Pryd Siop Sglods y dydd Sglodion a grefi/cyri Pita Korma cyw iâr	Bagét cyw iâr, stwffin a grefi	Rhòl porc barbeciw wedi'i rwygo	Pryd Siop Sglods y dydd Sglodion a grefi/cyri
<b>Cynnig am £1.10</b>	Bara garlleg â chaws	Ffa pob ar dost	Pitsa Bara Ffrengig	Toastie caws	Rhòl selsig

### Bwyd i Fynd – Dewis Oer

Dewis o fagêts, brechdanau a tortillas gyda: Tiwna a Mayo, Cyw iâr, Cyw iâr a Bacwn, Cyw iâr Tsieineaidd, Caws, Ham neu Dwrci, Cyw iâr Tsili Melys neu Gyw iâr BBQ  
Salad Tymhorol, Pasta Oer a Reis ar gael bob dydd, bagêts a brechdanau eog ar gael bob dydd Mercher.

### Bwyd i Fynd – Dewis Poeth

<b>Pitsa</b>	Dewis o bitsas 7 modfedd a bagêts pitsa
<b>Taten Trwy'i Chrwyn</b>	Caws / Ffa Pob / Tiwna / Cyrrri / Cyw iâr a Mayo / Cyw iâr Tsili Melys / Cyw iâr a Bacwn / Cyw iâr Tikka
<b>Bar Pasta</b>	Dewis o basta poeth ac oer
<b>Bar Cyrrri</b>	Dewis o gyriau cartref gyda reis brown neu drionglau tatws
<b>Bar Sub Central</b>	Dewis o lenwadau cig a llysieuol gyda salad mewn rhòl
<b>Y Becws</b>	Cwcis Ceirch neu Siocled, Myffins Llus America (Blueberry) Bach, Dewis o Gacennau, Fflapjacs Ffrwythau neu Goco, Brownis Siocled, Sgonau, Bara wedi'i Stwffio, Quiche, Quorn Puffs ac Olwynion Caws

\*\*Dewis o fara, ffrwythau a salad ar gael o'r cownter bob dydd.\*\*

### Yn amodol ar argaeledd

**WYTHNOS YN DECHRAU:  
17 Medi 2018 - Gorffennaf 2019**

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RHONDDA CYNON TAF