

Bwydlen Oed Cynradd – Ysgol Bro Teifi

Gaeaf 2018/19

| | Llun | Mawrth | Mercher | Iau | Gwener |
|--------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| Wy1 5/11/18 26/11/18 17/12/18 21/1/19 11/2/19 11/3/19 1/4/19 | Bolognaise Cartref LI ~ Bolognaise Llysieuol Sbageti / Troellau Pasta Bara Garlleg Pys, india-corn Bisged Ceirch gyda Gwydryn o Laeth neu Ffrwythau Ffres | Byrgyr Bïff LI ~ Byrgyr Llysieuol Sglodion ¼ Salsa Tomato a Ffyn Llysiau Sgon afal ffres gyda *Chwstard neu *Hufen neu Ffrwythau Ffres | Twrci rhost gyda stwffin Perllysiau a Grefi LI ~ Pasta Pob Tatws Hufennog Moron a Brocoli logwrt Llaeth y Llan gyda darnau o Afal neu Ffrwythau Ffres | Cyw Iâr wedi ei lapio LI ~ Nygets Llysieuol wedi'u lapio Darnau o datws trwy crwyn Moron wedi ei gratio a Salad Cymysg Hufen ia a choctel ffrwythau neu Ffrwythau Ffres | Bysedd Pysgod Eog LI ~ Caws Pob Tatws Hufennog Ffa Pob neu Pys a Ffyn Llysiau Sbwng Siocled gyda Saws Gwyn neu Ffrwythau Ffres |
| Wy2 12/11/18 3/12/18 7/1/19 28/1/19 18/2/19 18/3/19 8/4/19 | *Pei mins cig eidion neu Lasagne LI ~ *Pasta Pob Llysieuol neu Pei Llysieuol *Bara Garlleg/*Tatws Hufennog Pys a Moron Cwci Siocled gyda Gwydryn o Laeth neu Ffrwythau Ffres | Pitsa Tomato Sglodion Ffa Pob neu India-corn a Ffyn Llysiau *Pwddin reis gyda <i>coulis</i> ffrwythau / Pwddin Lemwn gyda chwstard neu Ffrwythau Ffres | Selsig wedi'u coginio yn y Ffwrn gyda Grefi LI ~ Selsig Llysieuol gyda Grefi a Phwddin Swydd Efrog Tatws Hufennog Moron a Brocoli *Salad Ffrwythau/ *Plat o Ffrwythau | *Cyri Cyw Iâr/ Chilli Bïff mwy LI ~ Cyri Llysieuol Reis wedi berwi a Bara Naan Llysiau Cymysg Cacfen arw Oren ac Afal gyda Sudd Ffrwythau neu Ffrwythau Ffres | Bysedd Pysgod LI ~ Caws Pob Tatws Hufennog Ffa Pob neu Pys a Ffyn Llysiau Pwddin Cartref Eve gyda chwstard neu Ffrwythau Ffres |
| Wy3 19/11/18 10/12/19 14/1/19 4/2/19 4/3/19 25/3/19 *Cinio Dydd Gwyl Dewi Wy 4/3/19 | Peli Cig mewn *Grefi neu *Saws Tomato LI ~ Selsig Llysieuol *Tatws/*Pasta Hufennog Llysiau Cymysg y Fferm Cacfen Siocled Grensiog gyda Gwydryn o Laeth neu Ffrwythau Ffres | *Cawl Cartref / *Cig eidion sawrus gyda Phwddin Swydd Efrog *LI ~ Caserol Llysieuol gyda Phwddin Swydd Efrog Bara Crwst *Tatws Hufennog Pys ac india-corn Rhodyn Sbwng Hufen Ia neu Ffrwythau Ffres | Cyw Iâr rhost gyda Grefi LI ~ Pasta Pob Tomato Stwffin Perllysiau cartref a Thatws Hufennog Moron a Ffa Teisen frau cartref gyda Ffrwythau Ffres | Cyw Iâr wedi Grilio LI ~ Nygets Llysieuol Waffls Tato Ffa Pob a Ffyn Llysiau Sbwng Fanila Cartref gyda mandarinau a chwstard neu Ffrwythau Ffres * | Bysedd Pysgod Eog LI ~ Caws Pob Sglodion Pys a Salad Cymysg Cacfen Siocled 'Het Fawr' neu Ffrwythau Ffres |

Primary Age Menu – Ysgol Bro Teifi

Winter 2018/19

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Wk1 5/11/18 26/11/18 17/12/18 21/1/19 11/2/19 11/3/19 1/4/19 | Homemade Bolognese V~ Vegetarian Bolognese Spaghetti / Pasta Twists Garlic Bread Peas, Sweetcorn Oat Biscuit & a Glass of Milk or Fresh Fruit | Beef Burger V-Vegi Burger Chips ¼ Baguette Tomato Salsa & Vegetable Sticks Fresh Apple Scone and *Custard / or *Cream Or Fresh Fruit | Roast Turkey with Herb stuffing & Gravy V~ Savoury Pasta Bake Creamed Potatoes Carrots & Broccoli Yoghurt Llaeth y Llan with Apple Dippers or Fresh Fruit | Freshly Filled Chicken Wrap V- Vegi Nuggets in a wrap Jacket Wedges Grated Carrot and Mixed Salad Ice Cream and Fruit Cocktail or Fresh Fruit | Salmon Fish Fingers V~ Cheese Bake Creamed Potatoes Baked Beans Or Peas & Vegetable Sticks Chocolate Sponge with White Sauce or Fresh Fruit |
| Wk2 12/11/18 3/12/18 7/1/19 28/1/19 18/2/19 18/3/19 8/4/19 | *Minced Beef Pie or *Lasagne V-*Vegetable Pasta Bake or Vegetable Pie *Garlic Bread/*Creamed Potato Peas & Carrots Chocolate Cookie with a Glass of Milk or Fresh Fruit | Tomato Pizza Chips Baked Beans or Sweetcorn & Vegetable Sticks *Rice Pudding with Fruit Coulis / Homemade Lemon Feather Pudding with Custard or Fresh Fruit | Oven Baked Sausages with Gravy V~ Vegetarian Sausages with Gravy Yorkshire Pudding Creamed Potatoes, Carrots and Broccoli *Fruit Salad/*Fruit Platter | *Chicken Curry/ Mild Chilli Beef V~ Vegetable Curry Boiled Rice & Naan Bread Mixed Vegetables Orange and Apple Rockies with Fruit Juice or Fresh Fruit | Fish Fingers V~ Cheese Bake Creamed Potatoes Baked Beans or Peas & Vegetable Sticks Homemade Eve's Pudding with Custard or Fresh Fruit |
| Wk3 19/11/18 10/12/19 14/1/19 4/2/19 4/3/19 25/3/19 *St Davids Day Lunch week 4/3/19 | Meat Balls in* Gravy or *Tomato Sauce V- Vegetarian Sausages *Creamed Potatoes/*Pasta Farmhouse Mixed Vegetables Crunchy Chocolate Cake & Glass of milk or Fresh Fruit | *Homemade Cawl / *Savoury Beef with Yorkshire Pudding *V-Vegetable Cawl *Vegetable Casserole with Yorkshire Pudding Crusty Bread *Creamed Potato Peas & Sweetcorn Ice Cream Sponge Roll or Fresh Fruit | Roast Chicken Breast & Gravy V~ Tomato Pasta Bake Homemade Herb Stuffing Creamed Potatoes Carrots & Green Beans Homemade Shortbread biscuit with Fresh Fruit | Chicken Grills V-Vegetable Nuggets Potato Waffles Baked Beans & veg sticks Homemade Vanilla Sponge with Mandarins Custard Or Fresh Fruit * | Salmon Fish Fingers V-Cheese Bake Chips Peas & mixed Salad Chocolate Top Hat Cup Cake or Fresh Fruit. |