

2025

PRIMARY SCHOOL MENU



WEEK 1

MONDAY

Cheese & Tomato Pizza,
 Chicken & Sweetcorn Pizza,
 or
 Broccoli & Cauliflower
 Cheese Pasta Bake

Served with
 Garlic and Herb Wedges

Carrot sticks and
 sliced Cucumber

Fresh Fruit &
 Frozen Yoghurt

TUESDAY

Beef & Veggie Meatballs
 in tomato sauce
 served with pasta
 or
 Cheese & Potato Bake

Served with
 Green beans and
 Mixed Vegetables

Apple Sponge
 & Custard

WEDNESDAY

Pork Sausage
 or
 Quorn Fillet

Served with Gravy
 and Mashed Potato

Swede or carrots
 and Broccoli

Cocoa Cookie &
 Fresh Fruit Slices

THURSDAY

Mild Chicken Curry
 served with rice
 or
 Tomato Pasta

Served with
 Sweetcorn and
 Garden Peas

Banana Flapjack

FRIDAY

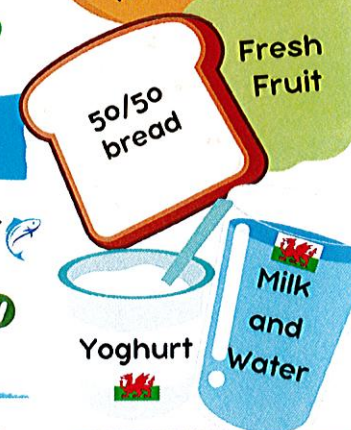
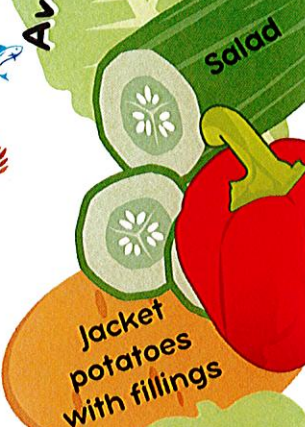
Fish Goujons,
 Bubble Salmon Fillet
 or
 Veggie Burger
 in a whole meal bun

Served with Chips

Coleslaw and
 Baked Beans

Fruit Sundae

Available daily!



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

WEEK 2

MONDAY

Rainbow Veggie Pizza,
 Chicken & Sweetcorn Pizza
 or
 Mac n' Cheese

Served with Herby
 Diced Potatoes

Carrot sticks and
 Sliced Cucumber

Fresh Fruit &
 Frozen Yoghurt

TUESDAY

Beefburger in a
 wholemeal Bun
 or
 Fishless Fingers

Served with
 Plain Wedges

Coleslaw and
 Garden Peas

Rice Crispy Cake &
 Fresh Fruit Slices

WEDNESDAY

Roast Chicken
 or
 Glamorgan Sausage

Served with Gravy
 and Mashed Potato

Swede or carrots
 and Broccoli

Carrot Cake &
 Fresh Fruit Slices

THURSDAY

Tuna Pasta
 or
 Tomato Pasta
 or
 Veggie Curry
 served with rice

Served with
 Sweetcorn and
 Garden Peas

Cocoa & Orange Sponge
 Cake with Custard

FRIDAY

Breaded Fish Fillet
 or
 Quorn Dippers

Served with Chips

Baked Beans
 and Sweetcorn

Waffle Finger Served
 with Fruit & Ice Cream

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

MYTHNOS 1

DYDD LLUN

Pizza Caws a Tomato. 

Pizza Cyw Iâr ac India Corn
neu

Basta Brocoli a Blodfresych
wedi'i Bobi gyda Chaws 

Talpiau Tatws â Garleg a
Pherlysiau

Ffyn Moron a
darnau cul o Giwcymbr 

Ffrwyth Ffres a
logwrt wedi'i Rewi  

DYDD MAWRTH

Pelenni Cid Eidion a
Lysieuol mewn Saws 
Tomato gyda Gwenith
Cyflawn

neu
Bryd Tatws a
Chaws wedi'i Bobi 

Ffa Gwyrdd a
Llysiau Cymysg 

Sbwng Afal a
Chwstard 

DYDD MERCHER

Selsig Porc 
neu

Ffiled 'Quorn' 

Wedi'i weini gyda grefi
Tatws Stwnsh

Swêj neu foron
a brocoli 

Bisged Goco gyda
Darnau o Ffrwythau 

DYDD IAU

Cyri Cyw Iâr - Ddim yn
sbeislyd iawn 

Wedi'i weini gyda reis

neu  
Bowlen Pasta Tomato

India Corn a Phys 

Fflapjac Banana  

DYDD GWENER

Pysgod mewn darnau hir
wedi'u gorchuddio â 
briwsion Bara,

Eog mewn Briwsion Bara  
neu

Fyrgyr Llysieuol mewn
Bynsen Gwenith Cyflawn 

Wedi'u gweini gyda
Sglodion

Ffa Pob a Salad Bresych

Hufen Iâ a
Ffrwythau 



Tatw pob â
llenwad

Ffrwythau
ffres

MYTHNOS 2

DYDD LLUN

Pizza Llysiau, 

Pizza Cyw Iâr ac India Corn
neu

Basta Macaroni a Chaws 

Tatws Perlysiog
mewn sgwariau mân

Ffyn Moron a darnau
cul o Giwcymbr 

Ffrwyth Ffres a
logwrt wedi'i Rewi  

DYDD MAWRTH

Byrgyr Cig Eidion 
mewn Bynsen Gwenith
Cyflawn

neu
Ffiledi Dibysgod 

Talpiau o Datws wedi'u
pobi yn y ffwrn

Salad Bresych a Phys 

Cacen Creision Reis
gyda darnau o
Ffrwythau 

DYDD MERCHER

Cyw Iâr wedi'i Rostio
neu

Selsigen Bro
Morgannwg 

Wedi'i weini gyda grefi
Tatws Stwnsh

Swêj neu foron
a brocoli 

Cacen Foron gyda
darnau cul o Ffrwythau 

DYDD IAU

Powlen Pasta   
Tiwna
neu Bowlen Pasta Tomato  
neu Gyri Llysieuol Wedi'i
weini gyda Reis  

Pys ac India-corn 

Cacen Sbwng Coco ac
Oren gyda Chwstard 

DYDD GWENER

Ffiled o Bysgodyn 
mewn Briwsion Bara
neu
Ddarnau "Quorn
Dippers" 

Wedi'u gweini gyda
Sglodion

Ffa Pob ac
India Corn 

Waffi 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 arlwyio yma

Grawn cyflawn

Dewis y dietegol

Cynnyrch Cymreig

Bisged o ffrwythau cyffwrdd

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

