

PRIMARY SCHOOL MENU

2025

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 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



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 and Broccoli

Carrot Cake &
 Fresh Fruit Slices

THURSDAY

Tuna 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



2025

BWYDLEN YSGOLION CYNRADD



MYTHNOS 1

DYDD LLUN

Pizza Caws a Tomato
 Pizza Cyw Iâr ac India Corn
 neu
 Pasta wedi'i Bobi gyda
 Chaws Brocoli a Blodfresych

Talpiau Tatws â Garlleg a
 Pherlysiau

Ffyn Moron a
 darnau cul o Giwcymbr

Ffrwyth Ffres a
 logwrt wedi'i Rewi

DYDD MAWRTH

Pelenni Cig Eidion neu
 Lysieuol mewn Saws
 Tomato gyda Gwenith
 Cyflawn
 neu Pryd Tatws a
 Chaws wedi'i Bobi

Ffa Gwyrdd a
 Llysiau Cymysg

Sbwng Afal a
 Chwstard

DYDD MERCHER

Selsig Porc
 neu
 Ffiled 'Quorn'

Wedi ei weini gyda grefi
 Tatws Stwnsh

Swêj, Brocoli

Bisged Goco gyda
 Darnau o Ffrwythau

DYDD IAU

Cyri Cyw Iâr - Ddim yn
 Sbeislyd lawn
 Wedi ei weini gyda reis
 neu Powlen Pasta
 Tomato

India Corn a Phys

Banana Bara
 Ceirch Melys

DYDD GWENER

Pysgod mewn darnau hir
 wedi'u gorchuddio â
 briwsion Bara,
 Eog mewn Briwsion Bara
 neu Byrgyr Llysieuol mewn
 Bynsen Gwenith Cyflawn

Wedi'u gweini gyda
 Sglodion

Ffa Pob a Salad Bresych

Hufen Iâ a
 Ffrwythau



MYTHNOS 2

DYDD LLUN

Pizza Llysiau,
 Pizza Cyw Iâr ac India Corn
 neu
 Pasta 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 ei weini gyda grefi
 Tatws Stwnsh

Swêj, Brocoli

Cacen Foron gyda
 darnau cul o Ffrwythau

DYDD IAU

Powlen Pasta
 Tiwna
 neu
 Cyri 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
 Darnau "Quorn"
 Dippers"

Wedi'u gweini gyda
 Sglodion

Ffa Pob ac
 India Corn

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



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

www.rctcbc.gov.uk/arlwyoysgolion

