

Carmarthenshire Primary Menu

(Effective from w/c 1st May to 27th October 2023)

Week 1

Week commencing

1st May, 22nd May, 5th June,
26th June, 17th July, 4th Sept,
25th Sept, 16th Oct

Monday

Welsh Pork Sausage/Sausage Pattie or
Vegetable Sausage (v)

Bread Roll / Sliced Bread
Baked Beans or Sweetcorn
Diced Potatoes

Jaffa Sponge and Custard

Tuesday

Chicken or Quorn Korma (v)

Peas and Broccoli
Mixed Rice and Naan Bread

Chocolate Muffin and
Glass of Milk

Wednesday

Roast Pork or
Vegetarian Roast (v)

Stuffing, Carrots and Green Beans
Selection of Potatoes
Gravy

Peaches and Ice cream

Thursday

Beef Pasta Bake or
Tomato and Basil Pasta Bake (v)

Carrot Batons and Cucumber
Garlic Bread

Shortcake Biscuit and Apple Wedges

Friday

Salmon Fish Finger
or Quorn Burger (v)

Baked Beans or Peas
Chips or Potatoes

Jam Bun and Fruit Juice

Week 2

Week commencing

8th May, 12th June, 3rd July,
11th Sept, 2nd Oct, 23rd Oct

Monday

Chicken or Quorn
Quesadilla Wrap (v)

Sweetcorn and Grated Carrot
Mixed Rice

Oat Biscuit, Raisins and
Glass of Milk

Tuesday

Ham and Cheese Pizza or
Cheese and Tomato Pizza (v)

Baked Beans or Peas
Diced Potatoes

Fruit Salad

Wednesday

Roast Beef or
Vegetarian Roast (v)

Yorkshire Pudding
Carrots and Broccoli
Selection of Potatoes, Gravy

Welsh Cake and Glass of Milk

Thursday

Pork and Carrot Meatballs or Vegetable
Balls (v) served in Tomato Sauce

Pasta, Green Beans
and Garlic Bread

Sponge and Custard

Friday

Fish or Quorn Dippers (v)

Baked Beans or Peas
Chips or Potatoes

Chocolate Brownie and Ice Cream

Week 3

Week commencing

21st November,
15th May, 19th June, 10th July,
18th Sept, 9th Oct

Monday

Loaded Pizza or
Cheese and Tomato Pizza (v)

Baked Beans or Peas
Diced Potatoes

Yoghurt and Fruit

Tuesday

Beef Bolognese or Vegetarian
Bolognese (v)

Pasta
Broccoli and Garlic Bread

Chocolate Sponge
and Custard

Wednesday

Roast Turkey or
Vegetarian Roast (v)

Stuffing, Carrots and Cabbage
Selection of Potatoes, Gravy

Flapjack

Thursday

Moroccan Chicken or
Quorn Wrap (v)

Savoury Rice
Mixed Salad

Vanilla Muffin and Milk

Friday

Seaside Salmon Wrap or
Hot Cheese and Tomato Wrap (v)

Baked Beans or Peas
Chips or Potatoes

Strawberry Shortcake Biscuit
and Ice Cream

We offer fresh fruit as an alternative to our daily dessert option. We also provide jugs of drinking water in our dining halls to promote good hydration with pupils. Food allergies - please contact your school cook for information regarding the content of our recipes and products on our menu. Due to circumstances beyond our control, there may at times be a slight variance in our menus; we apologise for any inconvenience this may cause.

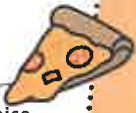
Cyngor Sir Gâr
Carmarthenshire
County Council

For further information in relation to school meals visit our website: www.carmarthenshire.gov.wales

SR-3346

Bwydlen i Ysgolion Cynradd Sir Gaerfyrddin

(Yn weithredol o'r wythnos sy'n dechrau 1 Mai tan 27 Hydref 2023)

 Wythnos 1 Wythnos yn dechrau, 1 Mai, 22 Mai, 5 Mehefin, 26 Mehefin, 17 Gorffennaf, 4 Medi, 25 Medi, 16 Hydref Dydd Llun Selsigen Borc Gymreig/Pati Selsig neu Selsigen Lysieuol (llys) Rhól fara/Tafell o Fara Ffa Pob neu Gorn Melys Tato wedi'u deisio Sbwnj Jaffa a Chwstard	 Wythnos 2 Wythnos yn dechrau 8 Mai, 12 Mehefin, 3 Gorffennaf, 11 Medi, 2 Hydref, 23 Hydref Dydd Llun Lapiad Quesadilla Cyw Iâr neu Quorn (llys) Corn Melys a Moronen wedi'i Gratio Reis Cymysg Bisgiën Geirch, Resins a Gwydraid o Laeth	 Wythnos 3 Wythnos yn dechrau 15 Mai, 19 Mehefin, 10 Gorffennaf, 18 Medi, 9 Hydref Dydd Llun Pizza Pob Dim neu Pizza Caws a Tomato (llys) Pys neu Ffa Pob Tato wedi'u deisio logwrt a Ffrwythau
 Dydd Mawrth Korma Cyw Iâr neu Korma Quorn (llys) Pys a Brocoli Reis Cymysg a Bara Naan Myffin Siocled a Gwydraid o Laeth	 Dydd Mawrth Pizza Ham a Chaws neu Pizza Caws a Tomato (llys) Pys neu Ffa Pob Tato wedi'u deisio Salad Ffrwythau	 Dydd Mawrth Bolognaise Cig Eidion neu Bolognaise Llysieuol (llys) Pasta Brocoli a Bara Garleg Sbwnj Siocled a Chwstard
 Dydd Mercher Porc Rhost neu Rost Llysieuol (llys) Stwffin Moron a Ffa Gwyrdd Dewis o Dato, Grefi Eirin Gwlanog a Hufen Iâ	 Dydd Mercher Cig Eidion Rhost neu Rost Llysieuol (llys) Pwddin Efrog Moron a Brocoli Dewis o Dato, Grefi Picen ar y Maen a Gwydraid o Laeth	 Dydd Mercher Twrci Rhost a neu Rost Llysieuol (llys) Stwffin, Moron a Bresych Dewis o Dato, Grefi Fflapjac
 Dydd Iau Pasta Pob Cig Eidion neu Basta Pob Tomato a Basil (llys) Ffyn Moron a Chiwcymbr Bara Garleg Bisgiën Frau a Thalpiaau Afal	 Dydd Iau Peli Cig Porc a Moron neu Beli Llysieuol mewn Saws Tomato (llys) Pasta, Ffa Gwyrdd a Bara Garleg Sbwnj a Chwstard	 Dydd Iau Lapiad Cyw Iâr Morocco neu Lapiad Quorn (llys) Reis Sawrus Salad Cymysg Myffin Fanila a Llaeth
 Dydd Gwener Bys Pysgod Eog neu Byrgyr Quorn (llys) Pys neu Ffa Pob Sglodion neu Dato Bynen Jam a Sudd Ffrwythau	 Dydd Gwener Dipwyr Pysgod neu Ddipwyr Quorn (llys) Pys neu Ffa Pob Sglodion neu Dato Browni Siocled a Hufen Iâ	 Dydd Gwener Lapiad Eog neu Lapiad Caws a Tomato Cynnes (llys) Pys neu Ffa Pob Sglodion neu Dato Bisgiën Frau Fefus a Hufen Iâ

Byddwn yn cynnig ffrwythau ffres yn lle pwddin bob dydd. Rydym hefyd yn darparu ysgiau o ddŵr yfed yn ein neuaddau bwyta er mwyn annog disgyblion i yfed digon. Alergeddau bwyd - cysylltwch â chogydd eich ysgol i gael gwybodaeth ynghylch cynnwys ein ryseitiaau a'r cynnyrch ar ein bwydlen. Oherwydd amgylchiadau sydd y tu hwnt i'n rheolaeth, efallai y bydd ein bwydlenni'n newid ychydig ar adegau. Rydym yn ymddiheuro am unrhyw anghyfleustra y gall hyn ei achos