Menu 2015 - 16

WEEK ONE

MONDAY
Chicken Grill
or
Cowboy Stew (V)
Potato Wedges
Beans / Broccoli
Krispie Cake

TUESDAY
Baked Sausages
or
Filled Omelette (V)
Potato Waffles
Peas / Beans
Fruit Sponge and Custard

WEDNESDAY
Cottage Pie
or
Quorn Curry and Naan (V)
Rice
Green Beans / Carrots
Fruit Cheesecake

THURSDAY
Roast Chicken and Stuffing
or
Macaroni Cheese (V)
Mashed Potatoes / Crusty Bread
Farmhouse Mixed Veg
Oaty Cookie

FRIDAY
Breaded Salmon
or
Pizza (V)
Chips
Peas / Salad
Fruity Jelly and Ice Cream

WEEK TWO

MONDAY
Chicken Curry and Naan
or
Cheese and Tomato Ciabatta (V)
Rice / Diced Potatoes
Salad / Coleslaw
Fruit Pie and Custard

TUESDAY
Beefburger Bap
or
Vegetarian Bolognaise (V)
Potato Wedges / Pasta
Sweetcorn / Peas
Coconut Crunch

WEDNESDAY
Mini Brunch –
Chicken or Vegetarian Sausage and Omelette
Hash Browns / Bread
Beans / Tomatoes
Chocolate Sponge and Chocolate Sauce

THURSDAY
Roast Pork
or
Quorn and Pasta in a Tasty Tomato Sauce (V)
Creamed Potatoes/ Crusty Roll
Broccoli / Carrots
Fruit Cocktail and Ice Cream

FRIDAY
Fish Fillet
or
Crispy Nugget Wraps (V)
Chips
Coleslaw / Peas
Cup Cake

WEEK THREE

MONDAY
Beef and Vegetable Pie
or
Tomato & Basil Pasta (V)
Creamed Potatoes / Crusty Bread
Farmhouse Mixed Veg
Shortbread and Chocolate Sauce

TUESDAY
Pulled Pork Bap
or
Quorn Nuggets and Dip (V)
Fries
Coleslaw / Peas
Muffin Medley

WEDNESDAY
Pasta Bolognaise
or
Vegetable Bake (V)
Garlic Bread / Diced Potatoes
Mixed Salad / Beans
Fruit Crumble and Custard

THURSDAY
Roast Turkey and Stuffing
or
Cheese and Tomato Pasta Bake (V)
Mashed Potatoes / Crusty Bread
Cabbage / Carrots / Salad
Fruit Trifle

FRIDAY
Fish Fingers
or
Cheese and Bean Pasty (V)
Chips
Beans / Peas
Frozen Yoghurt

Also available – filled jacket potatoes, salad and fresh fruit

SEPTEMBER 2015

MON	TUES	WED	THURS	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBER 2015

MON	TUES	WED	THURS	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOVEMBER 2015

MON	TUES	WED	THURS	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

DECEMBER 2015

MON	TUES	WED	THURS	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JANUARY 2016

MON	TUES	WED	THURS	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY 2016

MON	TUES	WED	THURS	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29						

MARCH 2016

MON	TUES	WED	THURS	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

APRIL 2016

MON	TUES	WED	THURS	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MAY 2016

MON	TUES	WED	THURS	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JUNE 2016

MON	TUES	WED	THURS	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

JULY 2016

MON	TUES	WED	THURS	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Key
(V) = Vegetarian
= Red Tractor
= Locally Sourced

WK 1 WK 2 WK 3 HOLIDAYS

For any information please go to: www.wrexham.gov.uk/school meals or email us at SchoolMeals@wrexham.gov.uk

Bwydlen 2015 - 16

WYTHNOS UN

DYDD LLUN
Gril Cyw lâr
neu
Stiw Cowboi (V)
Talpau Tatws
Ffa / Brocoli
Cacen Crispi

DYDD MAWRTH
Selsig Pob
neu
Omled Wedi ei Lenwi (V)
Wafflau Tatws
Pys / Ffa Pob
Teisen Sbwng Ffrwythau a Chwstard

DYDD MERCHER
Pastai'r Bwthyn
neu
Cyri Quorn a Bara Naan (V)
Reis
Ffa / Moron
Cacen Gaws Ffrwythau

DYDD IAU
Cyw lâr Rhost gyda Stwffin
neu
Gaws Macaroni (V)
Tatws Stwnsh / Fara Crystiog
Llysiau Fferm Cymysg
Bisged Ceirch

DYDD GWENER
Eog mewn Briwsion Bara
neu
Pizza (V)
Sglodion
Pys / Salad
Jeli Ffrwythau a Hufen Iâ

WYTHNOS DAU

DYDD LLUN
Cyri Cyw lâr a Bara Naan
neu
Giabatta Caws a Thomato (V)
Reis / Tatws
Salad / Colslo
Pei Ffrwythau a Chwstard

DYDD MAWRTH
Byrgyr Cig Eidion mewn Bap
neu
Bolognaise Llysieuol (V)
Talpau Tatws / Pasta
Corn Melys / Pys
Crwnsh Coconyt

DYDD MERCHER
Brynsh Bach –
Selsig Cyw lâr neu Selsig Llysieuol ac Omled
Tatws Hash Brown / Bara
Ffa Pob / Tomatos
Teisen Sbwng Siocled a Saws Siocled

DYDD IAU
Porc Rhost
neu
Quorn a Phasta mewn Saws Tomato Blasus (V)
Tatws Hufennog / Rhôl Crystiog
Brocoli / Moron
Coctel Ffrwythau a Hufen Iâ

DYDD GWENER
Ffiled Pysgod
neu
Nygets mewn Wrap (V)
Sglodion
Colslo / Pys
Cacen Fach

WYTHNOS TRI

DYDD LLUN
Pastai Cig Eidion
neu
Basta Tomato a Basil (V)
Tatws Hufennog / Bara Crystiog
Llysiau Fferm Cymysg
Teisen Frau a Saws Siocled

DYDD MAWRTH
Porc wedi ei Dynnu mewn Bap
neu
Nygets Quorn a Dip (V)
Sglodion
Colslo / Pys
Myffin Amrywiol

DYDD MERCHER
Bolognaise Pasta
neu
Llysiau wedi eu Pobi (V)
Bara Garllegneu / Datws wedi eu Deisio
Salad Cymysg / Ffa
Crymbl Ffrwythau a Chwstard

DYDD IAU
Twrci Rhost a Stwffin
neu
Pasta Pob Tomato a Chaws (V)
Tatws Stwnsh / Fara Crystiog
Bresych / Moron / Salad
Treiffl Ffrwythau

DYDD GWENER
Bysedd Pysgod
neu
Bastai Caws a Pha (V)
Sglodion
Ffa Pob / Pys
Iogwrt wedi ei Rewi

Ar gael hefyd – Tatws trwy'u crwyn a llenwad, salad a ffrwythau ffres

MEDI 2015

LLU	MAW	MER	IAU	GWE	SAD	SUL
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

TACHWEDD 2015

LLU	MAW	MER	IAU	GWE	SAD	SUL
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

IONAWR 2016

LLU	MAW	MER	IAU	GWE	SAD	SUL
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

MAWRTH 2016

LLU	MAW	MER	IAU	GWE	SAD	SUL
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

MAI 2016

LLU	MAW	MER	IAU	GWE	SAD	SUL
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

GORFFENNAF 2016

LLU	MAW	MER	IAU	GWE	SAD	SUL
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

HYDREF 2015

LLU	MAW	MER	IAU	GWE	SAD	SUL
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

RHAGFYR 2015

LLU	MAW	MER	IAU	GWE	SAD	SUL
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

CHWEFROR 2016

LLU	MAW	MER	IAU	GWE	SAD	SUL
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29						

EBRILL 2016

LLU	MAW	MER	IAU	GWE	SAD	SUL
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MEHEFIN 2016

LLU	MAW	MER	IAU	GWE	SAD	SUL
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Allwedd

(V) = Llysieuwyr

= Tractor Coch

= Cynnyrch Lleol

WK 1 WK 2 WK 3 GWYLIAU

Am unrhyw wybodaeth ewch i: www.wrecsam.gov.uk/prydauysgol neu e-bostiwch ar SchoolMeals@wrexham.gov.uk