

PRIMARY SCHOOL MENU



2023-24

INFORMATION



Llaeth y Llan Yogurts



We only use Welsh Beef



Welsh Beef Burgers and Welsh Meatballs from Edwards of Conwy



Henllan wholemeal bread is available daily



Pork Sausages from Edwards of Conwy made with Farm Assured Pork

This menu complies with the **Healthy Food in Schools Regulations 2013**.

A drink of fresh water is available every day to all. Wholemeal bread and fresh fruit are available daily. Special diets are catered for, please contact the school cook in charge.

Conwy Education Catering
Department Tel: 01492 575586

TACHWEDD/NOVEMBER							
	LL/M	M/T	M/W	I/TH	G/F	S/S	S/S
			1	2	3	4	5
WK1	6	7	8	9	10	11	12
WK2	13	14	15	16	17	18	19
WK3	20	21	22	23	24	25	26
WK1	27	28	29	30	1	2	3

RHAGFYR/DECEMBER							
	LL/M	M/T	M/W	I/TH	G/F	S/S	S/S
WK2	4	5	6	7	8	9	10
WK3	11	12	13	14	15	16	17
WK1	18	19	20	21	22	23	24
	25	26	27	28	29	30	31

IONAWR/ JANUARY							
	LL/M	M/T	M/W	I/TH	G/F	S/S	S/S
	1	2	3	4	5	6	7
WK2	8	9	10	11	12	13	14
WK3	15	16	17	18	19	20	21
WK1	22	23	24	25	26	27	28
WK2	29	30	31	1	2	3	4

CHWEFROR/FEBRUARY							
	LL/M	M/T	M/W	I/TH	G/F	S/S	S/S
WK3	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
WK1	19	20	21	22	23	24	25
WK2	26	27	28	29	1	2	3

MAWRTH/MARCH							
	LL/M	M/T	M/W	I/TH	G/F	S/S	S/S
WK3	4	5	6	7	8	9	10
WK1	11	12	13	14	15	16	17
WK2	18	19	20	21	22	23	24
	25	26	27	28	29	30	31

	WEEK 1	WEEK 2	WEEK 3
MONDAY	Home Baked Pizza (1,3,6,7,9) or Filled Jacket Potato with Cheese (V) (7) Pasta (1) Sweetcorn and Mixed Salad Fruit Yoghurt (7) with Apple or Banana	Hunters Chicken (1) or Crispy Vegetable Bake (V) (9) Herby Diced Potatoes Coleslaw (3,10) with Broccoli or Baked Beans Rice Pudding (7) and Peaches	Crispy Chicken Wrap (1,6,7,9) or Baked Bean and Cheese Wrap (V) (1,7) Seasoned Wedged Potatoes or Pasta (1) Sweetcorn and Coleslaw (3,10) Fruit Yoghurt (7) With Apple or Banana
TUESDAY	Chicken Korma (1,6,7,10) with Rice or Noodles (1,3) or Welsh Rarebit (1,3,7,10) and Sweetcorn Salad Peas and Broccoli (V) Lemon Sponge Cake (1,3,7) and Vanilla Sauce (7)	Home Baked Pizza (1,6,7) or Filled Jacket Potato with Cheese (V) (7) Pasta (1) with Corn On The Cob and Mixed Salad Strawberry Muffin (1,3,7) or Fresh Fruit Salad Milk (7)	Welsh Beef Bolognese or Tuna Salad Wrap (1,3,4,7) Pasta (1) Garlic Bread (1,6,7) Broccoli and Sweetcorn Caramel Cornflake Slice (1,7) or Fresh Fruit Salad Milk (7)
WEDNESDAY	Welsh Beef Burger (12) or Quorn Burger (1,3,7) (V) Seasoned Wedged Potatoes or Pasta (1) Baked Beans and Vegetable Batons Golden Crunch Cookie (1,7) or Fresh Fruit Salad Milk	Welsh Meatballs in a Mediterranean Sauce (1,12) or Cheese Omelette (V) (3,7) Peas Home Baked Garlic Bread Vegetable Rice Fruit Yoghurt (7) with Apple or Banana	Home Baked Pizza (1,6,7) or Jacket Potato with Cheese (V) (7) Vegetable Rice Mixed Salad and Corn on the Cob Apple and Raspberry Crumble (1,7) with White Sauce (7)
THURSDAY	Roast Gammon and Pineapple with New Potatoes or Creamy Tomato Pasta (1,7) and Garlic Bread (V) (1,6,7) Sweetcorn and Broccoli Date and Sultana Loaf (1,3) or Cheese (7), Crackers (1) and Grapes Fruit Juice	Roast Pork or Chicken with Apple Sauce, Stuffing (1) and Gravy (1) or Macaroni Cheese (V) (1,7,10) Creamed Potatoes (7) Carrots and Broccoli Strawberry Shortcake (1,7) Milk (7)	Roast Beef or Edwards Oven Baked Sausages or Quorn Sausage (V) (1,3,7) Creamed Potatoes (7) Gravy (1) and Yorkshire Pudding (1,3,7) Carrots and Peas Oat Cookie (1,7) or Fruit Wedges Milk (7)
FRIDAY	Breaded Salmon Fillet (1,4) or Poached Egg (V) (3) Chips or Pasta (1) Baked Beans or Peas Mixed Salad Lemon or Orange Shortbread (1,6,7) with Assorted Fruit Milk (7)	Breaded Salmon Fillet (1,4) or Spanish Omelette (V) (3) Chips or Pasta (1) Peas Or Sweetcorn Mixed Salad Chocolate Date Cake (1,3,7) or Fruit Wedges Fruit Juice	Breaded Salmon Fillet (1,4) with Chips Baked Beans or Peas or Creamy Broccoli Spaghetti (1,7) and Garlic Bread (V) (1,6,7) Mixed salad Golden Krispie Bar (1,7) Juice

Allergen Information

Information is available at your Child's school kitchen for every item on the menu that contains any of the 14 allergens as ingredients.

These are the 14 Allergens:

1. Cereals containing gluten
2. Crustaceans
e.g. prawns / crabs
3. Eggs
4. Fish
5. Peanuts
6. Soya beans
7. Milk
8. Nuts
9. Celery and celeriac
10. Mustard
11. Sesame
12. Sulphur dioxide
13. Lupin
14. Molluscs
e.g. mussels

(Allergens shown in brackets)

(V) Vegetarian



BWYDLEN YSGOL GYNRADD



2023-24

GWYBODAETH



logwrt
Llaeth y Llan



Rydym yn darparu
Cig Eidion Cymreig
yn unig



Byrgyr Cig Eidion
Cymreig a Peli Cig
Cymreig Edwards
o Gonwyy



Bara cyflawn
Henllan ar gael
bob dydd



Selsic Porc
Edwards o Gonwy
gyda Phorc
Gwarant Fferm

Mae'r fwydlen hon yn cydymffurfio
â Rheoliadau Bwyta'n Iach mewn
Ysgolion 2013.

Mae dŵr yfed ffres ar gael bob
dydd i bawb. Mae bara cyflawn a
ffrwythau ffres ar gael bob dydd.
Darperir ar gyfer diet arbennig,
cysylltwch â chogydd/es yng ngofal
yr ysgol.

Adran Arlwygo Addysg Conwy
Ffôn: 01492 575586

WYTHNOS 1

WYTHNOS 2

WYTHNOS 3

	WYTHNOS 1	WYTHNOS 2	WYTHNOS 3
DYDD LLUN	Pitsa Cartref wedi ei Bobi (1,3,6,7,9) neu Taten trwy'i chroen gyda Chaws (LI) (7) Pasta (1) India-corn a Salad Cymysg logwrt Ffrwythau (7) gyda Afal neu Fanana	Cyw Iâr yr Heliwr (1) neu Darnau Llysiau Crensiog wedi pobi (LI) (9) Tatws bach gyda Pherlysiau Brocoli a Cholslo (3,10) neu Ffa Pob Pwddin Reis (7) ac Eirin Gwlanog	Wrap Cyw Iâr Crensiog (1,6,7,9) neu Wrap Ffa Pob a Chaws (LI) (1,7) Talpiau Tatws Sawrus neu Basta (1) India-corn, Salad Cymysg a Cholslo (3,10) logwrt Ffrwythau (7) gydag Afal neu Fanana
DYDD MAWRTH	Korma Cyw Iâr (1,6,7,10) gyda Reis neu Nwdls (1,3) neu Caws Pob (1,3,7,10) a Salad India-corn (LI) Pys a Brocoli Cacen Sbwng Lemwn (1,3,7) a Saws Fanila (7)	Pitsa Cartref wedi ei Bobi (1,6,7) neu Taten trwy'i chroen gyda Chaws (LI) (7) Pasta (1) gydag India-corn Cyfan a Salad Cymysg Myffin Mefus (1,3,7) neu Salad Ffrwythau Ffres Llefrith (7)	Bolognese Cig Eidion Cymreig neu Wrap Salad Tiwna (1,3,4,7) Pasta (1); Bara Garlleg (1,6,7) Brocoli ac India-corn Darn o Gacen Creision Yd Caramel (1,7) neu Salad Ffrwythau Llefrith (7)
DYDD MERCHER	Byrgyr Cig Eidion Cymreig (12) neu Fyrgyr Quorn (LI) (1,3,7) Talpiau Tatws Sawrus neu Basta (1) Ffa Pob a Batonau Llysiau Cwci Euraid Crensiog (1,7) neu Salad Ffrwythau Ffres Llefrith (7)	Peli Cig Cymreig mewn Saws Mediteranaidd (1,12) neu Omlod Gaws (LI) (3,7) Pys Bara Garlleg Cartref wedi'i Bobi (6,7) Reis Llysiau logwrt Ffrwythau (7) gydag Afal neu Fanana	Pitsa Cartref wedi ei Bobi (1,6,7) neu Taten trwy'i chroen gyda Chaws (LI) (7) Reis Llysiau Salad Cymysg ac India-corn Cyfan Crymbl Afal a Mafon (1,7) a Saws Gwyn (7)
DYDD IAU	Gamwn Rhost a Phîn-afal gyda Thatws Newydd neu Pasta Tomato Hufenog (1,7) a Bara Garlleg (LI) (1,6,7) India-corn a Brocoli Torth Ddatys a Syltanas (1,3) neu Caws (7), Craceri (1) a Grawnwin Sudd Ffrwythau	Porc neu Gyw Iâr Rhost gyda Saws Afal, Stwffin (1) a Grefi (1) neu Caws Macaroni (LI) (1,7,10) Tatws Hufenog (7) Moron a Brocoli Teisen Frau Mefus (1,7) Llefrith (7)	Cig Eidion Rhost neu Selsig Edwards wedi'u Pobi neu Selsig Quorn (LI) (1,3,7) Tatws Hufenog (7) Grefi (1) a Phwdin Swydd Efrog (1,3,7) Moron a Phys Cwci Ceirch (1,7) neu Ddarnau o Ffrwythau Llefrith (7)
DYDD GWENER	Ffiled Eog Mewn Briwsion Bara (1,4) neu Wy wedi ei botsio (LI) (3) Sglodion neu Basta (1) Ffa Pob neu Bys Salad Cymysg Teisen Frau Lemwn neu Oren (1,6,7) gyda Ffrwythau Amrywiol Llefrith (7)	Ffiled Eog Mewn Briwsion Bara (1,4) neu Omlod Sbaenaidd (LI) (3) Sglodion neu Basta (1) Pys neu India-corn Salad Cymysg Cacen Datys Siocled (1,3,7) neu Ddarnau o Ffrwythau Sudd Ffrwythau	Ffiled Eog Mewn Briwsion Bara (1,4) gyda Sglodion Ffa Pob neu Bys neu Sbageti Hufenog (1,7) gyda Brocoli a Bara Garlleg (LI) (1,6,7) Salad Cymysg Bar Rice Krispie Euraid (1,7) Sudd Ffrwythau

Gwybodaeth am Alergenau

Mae gwybodaeth ar gael yng
nghegin ysgol eich plentyn ar
gyfer pob eitem ar y fwydlen
sy'n cynnwys unrhyw un o'r 14
alergen hyn fel cynhwysion.

Dyma'r 14 Alergen:

1. Grawnfwydydd sy'n cynnwys Glwten
2. Cramenogion
3. Wyau
4. Pysgod
5. Pysgnau
6. Soia
7. Llaeth
8. Cnau
9. Seleri
10. Mwstard
11. Hadau Sesame
12. Sylffwr deuocsid
13. Bys y Blaidd
14. Molysgiaid

(Alergenau sydd mewn cromfachau)

(LI) Llysieuwr

TACHWEDD/NOVEMBER	LL/M	M/T	M/W	I/TH	G/F	S/S	S/S
			1	2	3	4	5
WK1	6	7	8	9	10	11	12
WK2	13	14	15	16	17	18	19
WK3	20	21	22	23	24	25	26
WK1	27	28	29	30	1	2	3

RHAGFYR/DECEMBER	LL/M	M/T	M/W	I/TH	G/F	S/S	S/S
WK2	4	5	6	7	8	9	10
WK3	11	12	13	14	15	16	17
WK1	18	19	20	21	22	23	24
	25	26	27	28	29	30	31

IONAWR/ JANUARY	LL/M	M/T	M/W	I/TH	G/F	S/S	S/S
	1	2	3	4	5	6	7
WK2	8	9	10	11	12	13	14
WK3	15	16	17	18	19	20	21
WK1	22	23	24	25	26	27	28
WK2	29	30	31	1	2	3	4

CHWEFROR/FEBRUARY	LL/M	M/T	M/W	I/TH	G/F	S/S	S/S
WK3	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
WK1	19	20	21	22	23	24	25
WK2	26	27	28	29	1	2	3

MAWRTH/MARCH	LL/M	M/T	M/W	I/TH	G/F	S/S	S/S
WK3	4	5	6	7	8	9	10
WK1	11	12	13	14	15	16	17
WK2	18	19	20	21	22	23	24
	25	26	27	28	29	30	31

