

PRIMARY SCHOOL MENU



2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 8/4/24 6/5/24 10/6/24 8/7/24 16/9/24 14/10/24	Home Baked Cheese and Tomato Pizza (V) (1, 3, 6, 7) With Pasta Twists (1) OR Quorn Sausage (1) and Baked Bean Pasta (V) (1) Corn on the Cob and Mixed Salad Oat Cookie (1) Or Fruit Wedges Milk (7)	Crispy Chicken Goujons (1) Tortilla Wrap (1) and Seasoned Potatoes (1) OR Filled Jacket Potato with Beans (V) Sweetcorn and Coleslaw (3, 10) Strawberry Shortcake (1, 7) Or Fresh Fruit Salad Milk (7)	Welsh Beef Bolognaise (1) With Pasta Twists (1) and Garlic Bread (1, 3, 6, 7) OR Welsh Rarebit (V) (1, 3, 7, 10) Peas and Mixed Salad Llaeth y Llan Fruit Yoghurt (7) with Apple or Banana Or Fruit Wedges	Roast Pork with Stuffing (1, 6) and Apple Sauce, Creamed Potatoes and Gravy (1, 3, 6, 7, 10) OR Macaroni Cheese (V) (1, 7, 10) Carrots and Broccoli Ice Cream (7) and Raspberry Puree Or Crackers (1), Cheese (7) and Grapes Or Assorted Fruit Bowl	Breaded Salmon Fillet (1, 4) OR Spanish Omelette (V) (3) Chips Baked Beans or Peas Mixed Salad Golden Krispie Bar (1, 7) Or Fresh Fruit Salad Fruit Juice
WEEK 2 15/4/24 13/5/24 17/6/24 15/7/24 23/9/24 21/10/24	Home Baked Cheese and Tomato Pizza (V) (1, 3, 6, 7) With Pasta Twists (1) OR Creamy Tomato Pasta Bake (V) (1, 7) Corn on the Cob and Coleslaw (1, 10) Golden Crunch Cookie (1, 7) Or Fruit Wedges Milk (7)	Chicken Korma with Rice (1, 7) and Naan Bread (1) and Broccoli OR Filled Cheesy Potato Skins (V) (7) with Sweetcorn and Mixed Salad Chocolate Orange Muffin (1, 3, 7) Or Fresh Fruit Salad Milk (7)	Welsh Beef Burger (12, 1, 3, 6, 7) Seasoned Potato Wedges (1) with Baked Beans OR Welsh Cheddar & Leek Risotto (V) (7) Mixed Salad Llaeth y Llan Fruit Yoghurt (7) with Apple or Banana Or Fruit Wedges	Oven Baked Sausages or Roast Beef with Yorkshire Puddings (1, 3, 7), Creamed Potatoes (7) and Gravy (1, 3, 9, 10) OR Macaroni Cheese (V) (1, 7, 10) Carrots and Broccoli Ice Cream (7) and Raspberry Puree Or Crackers (1), Cheese (7) and Grapes Or Assorted Fruit Bowl	Breaded Salmon Fillet (1, 4) OR Poached Egg (V) (3) Chips Baked Beans or Peas Mixed Salad Lemon Cookie (1) Or Fruit Wedges Fruit Juice
WEEK 3 22/4/24 20/5/24 24/6/24 2/9/24 30/9/24	Home Baked Cheese and Tomato Pizza (V) (1, 3, 6, 7) With Pasta Twists (1) OR Quorn Tomato Pasta Bake (V) (1, 3, 10) Corn on the Cob and Mixed Salad Caramel Cornflake Crunch (1, 7) Or Fresh Fruit Salad Milk (7)	Crispy Chicken Goujons (1) with a Tortilla Wrap (1) OR Cheesy Vegetable Quesadilla (V) (1, 7) Mexican Rice Sweetcorn and Coleslaw (3, 10) Lemon Drizzle Cake (1, 3) Or Fruit Bowl Milk (7)	Welsh Beef Penne Pasta Bake (1, 7) Peas and Garlic Bread (1, 3, 6, 7) OR Welsh Cheddar and Potato Wrap (V) (1, 7) with Baked Beans Llaeth y Llan Fruit Yoghurt (7) with Apple or Banana Or Fruit Wedges	Roast Turkey with Creamed Potatoes (7) and Gravy (1, 3, 9, 10) OR Macaroni Cheese (V) (1, 7, 10) Carrots and Broccoli Ice Cream (7) and Raspberry Puree Or Crackers (1), Cheese (7) and Grapes Or Assorted Fruit Bowl	Breaded Salmon Fillet (1, 4) With Chips Baked Beans or Peas OR Jacket Potato with Baked Beans (V) Mixed Salad Orange Shortbread (1) Or Fruit Wedges Fruit Juice
WEEK 4 29/4/24 3/6/24 1/7/24 9/9/24 7/10/24	Home Baked Cheese and Tomato Pizza (V) (1, 3, 6, 7) With Pasta Twists (1) OR Cheese and Baked Bean Pasta Bake (V) (1, 7) Corn on the Cob and Mixed Salad Chocolate Krispie Bar (1, 7) Or Fresh Fruit Salad Milk (7)	Chicken Fillet (1) or Oven Baked Sausages and Creamed Potatoes (7) OR Filled Jacket Potato With Cheese (V) (7) Baked Beans and Coleslaw (3, 10) Orange Sponge Cake (1, 3) Or Fruit Wedges Milk (7)	Welsh Beef Meatballs (12) in Mediterranean Sauce (1, 9) OR Glamorgan Sausage (V) (1, 7, 10) Pasta Twists (1) Garlic Bread (1, 3, 6, 7) Peas Llaeth y Llan Fruit Yoghurt (7) with Apple or Banana Or Fruit Wedges	Roast Gammon With Roast Potatoes and Gravy (1, 3, 9, 10) OR Macaroni Cheese (V) (1, 7, 10) Carrots and Broccoli Ice Cream (7) and Raspberry Puree Or Crackers (1), Cheese (7) and Grapes Or Assorted Fruit Bowl	Breaded Salmon Fillet (1, 4) OR Cheese and Tomato Omelette (V) (3, 7) with Chips Baked Beans or Peas Mixed Salad Date Slice (1) Or Cut Fruit Platter Fruit 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

INFORMATION

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 Telephone: 01492 575586



Llaeth y Llan Yogurts



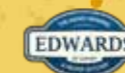
We only use Welsh Beef



Welsh Beef Burgers and Welsh Meatballs from Edwards of Conwy



Henllan wholemeal bread is available daily



Pork Sausages made with Farm Assured Pork from Edwards of Conwy



BWYDLEN YSGOL GYNRADD



2024

	DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
WYTHNOS 1 8/4/24 6/5/24 10/6/24 8/7/24 16/9/24 14/10/24	Pizza Caws a Tomato Cartref (LI) (1, 3, 6, 7) a Phasta Troellog (1) NEU Pasta Selsig Quorn (1) a Ffa Pob (LI) India-corn ar y Cobyn a Salad Cymysg Cwci Ceirch (1) neu Dalpiau Ffrwythau Llefrith (7)	Gwjons Cyw Iâr Crensiog (1) mewn wrap Tortilla (1) a Thatws Sbeislyd NEU Taten Drwy'i Chroen gyda Ffa (LI) India-corn a Cholslo (3, 10) Teisen Frau Fefus (1, 7) neu Salad Ffrwythau Ffres Llefrith (7)	Bolognese Cig Eidion Cymreig (1) efo Pasta Troellog (1) a Bara Garlleg (1, 3, 6, 7) NEU Caws Pob ar Dost (LI) (1, 3, 7, 10) Pys a Salad Cymysg logwrt Ffrwythau Llaeth y Llan (7) gydag Afal neu Fanana neu Dalpiau Ffrwythau	Porc Stwffin (1, 6) a Saws Afal, Tatws Hufennog (7) a Grefi (1, 3, 6, 7, 10) NEU Macaroni a Chaws (1, 7, 10) (LI) Moron a Brocoli Hufen Iâ (7) a Purée Mafon neu Cracers (1), Caws (7) a Grawnwin neu Ddewis o Ffrwythau	Ffiled Eog Mewn Briwsion Bara (1, 4) NEU Omlod Sbaenaidd (LI) (3) Sglodion Ffa Pob neu Bys Salad Cymysg Bar Crensiog Euraidd (1, 7) neu Salad Ffrwythau Ffres Sudd Ffrwythau
WYTHNOS 2 15/4/24 13/5/24 17/6/24 15/7/24 23/9/24 21/10/24	Pizza Caws a Tomato Cartref (LI) (1, 3, 6, 7) a Phasta Troellog (1) NEU Pasta Tomato Hufennog wedi'i Bobi (LI) (1, 7) gydag India-Corn ar y Cobyn a Cholslo (3, 10) Cwci Crensiog Euraidd (1, 7) neu Dalpiau Ffrwythau Llefrith (7)	Korma Cyw Iâr (1, 7) gyda Reis a Bara Naan (1) a Brocoli NEU Crwyn Tatws wedi'u Llenwi â Chaws (LI) (7) gydag India-corn a Salad Cymysg Myffin Siocled Oren (1, 3, 7) neu Salad Ffrwythau Ffres Llefrith (7)	Byrgyr Cig Eidion Cymreig (12, 1, 3, 6, 7) Talpiau Tatws Sbeislyd (1) gyda Ffa Pob NEU Risotto Cheddar Cymreig a Chennin (LI) (7) Salad Cymysg logwrt Ffrwythau Llaeth y Llan (7) gydag Afal neu Fanana neu Dalpiau Ffrwythau	Selsig wedi'u Pobi neu Gig Eidion Rhost gyda Phwddin Efrog (1, 3, 7), Tatws Hufennog (7) a Grefi NEU Macaroni a Chaws (LI) (1, 7, 10) Moron a Brocoli Hufen Iâ (7) a Purée Mafon neu Cracers (1), Caws (7) a Grawnwin neu Ddewis o Ffrwythau	Ffiled Eog Mewn Briwsion Bara (1, 4) NEU Wy wedi'i Botsio (LI) (3) Sglodion Ffa Pob neu Bys Salad Cymysg Cwci Lemon (1) neu Dalpiau Ffrwythau Sudd Ffrwythau
WYTHNOS 3 22/4/24 20/5/24 24/6/24 2/9/24 30/9/24	Pizza Caws a Tomato Cartref (LI) (1, 3, 6, 7) a Phasta Troellog (1) NEU Pasta Quorn a Tomato Pob (LI) (1, 3, 10) India-corn ar y Cobyn a Salad Cymysg Teisen Creision Yd Caramel (1, 7) neu Salad Ffrwythau Ffres Llefrith (7)	Gwjons Cyw Iâr Crensiog (1) mewn wrap Tortilla (1) NEU Quesadilla Caws a Llysiau (LI) (1) Reis Mecsicanaidd India-corn a Cholslo (3, 10) Teisen Lemon (1, 3) neu Ddewis o Ffrwythau Llefrith (7)	Pasta Penne Cig Eidion Cymreig (1, 7), Pys a Bara Garlleg (1, 3, 6, 7) NEU Wrap Caws Cheddar Cymreig a Thatws (LI) (1, 7) a Ffa Pob logwrt Ffrwythau Llaeth y Llan (7) gydag Afal neu Fanana neu Dalpiau Ffrwythau	Twrci Rhost a Thatws Hufennog (7) a Grefi (1, 3, 9, 10) NEU Macaroni a Chaw (LI) (1, 7, 10) Moron a Brocoli Hufen Iâ (7) a Purée Mafon neu Cracers Hufen Iâ (1), Caws (7) a Grawnwin neu Ddewis o Ffrwythau	Ffiled Eog Mewn Briwsion Bara (1, 4) gyda Sglodion, Ffa Pob neu Bys NEU Taten Drwy'i Chroen gyda Ffa Pob (LI) Salad Cymysg Teisen Frau Oren (1) neu Dalpiau Ffrwythau Sudd Ffrwythau
WYTHNOS 4 29/4/24 3/6/24 1/7/24 9/9/24 7/10/24	Pizza Caws a Tomato Cartref (LI) (1, 3, 6, 7) a Phasta Troellog (1) NEU Pasta Caws a Ffa Pob (LI) (1, 7) India-Corn ar y Cobyn a Salad Cymysg Bar Siocled Crensiog (1, 7) neu Salad Ffrwythau Ffres Llefrith (7)	Ffiled Cyw Iâr (1) neu Selsig Pob a Thatws Hufennog (7) NEU Taten drwy'i Chroen â Chaws (LI) (7) Ffa Pob a Cholslo (3, 10) Teisen Oren (1, 3) neu Dalpiau Ffrwythau Llefrith (7)	Peli Cig Eidion Cymreig (12) mewn Saws Môr y Canoldir (1, 9) NEU Selsig Morgannwg (LI) (1, 7, 10) Pastai Troellog (1) Bara Garlleg (1, 3, 6, 7) Pys logwrt Ffrwythau Llaeth y Llan (7) gydag Afal neu Fanana neu Dalpiau Ffrwythau	Gamon Rhost gyda Thatws Rhost a Grefi (1, 3, 9, 10) NEU Macaroni a Chaws (LI) (1, 7, 10) Moron a Brocoli Hufen Iâ a Purée (7) Mafon neu Cracers (1), Caws (7) a Grawnwin neu Ddewis o Ffrwythau	Ffiled Eog Mewn Briwsion Bara (1, 4) NEU Omlod Caws a Tomato (LI) (3, 7) gyda Sglodion Ffa Pob neu Bys Salad Cymysg Sleisen Dêts (1) neu Plât o Ffrwythau Wedi'u Torri 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. Grawnffwydd 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

GWYBODAETH

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

Mae dwr 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 Arlwyyo Addysg Conwy Ffôn: 01492 575586



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



Selsig Porc Edwards o Gonwy gyda Phorc Gwarant Fferm

