

PRIMARY SCHOOL MENU * 2024/25

* Conwy County, the right environment for learning and achieving *



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Home Baked Cheese and Tomato Pizza 1 3 7 (V)	Crispy Chicken Goujons 1 6 with a Tortilla Wrap 1	Welsh Beef Lasagne 1 7 9 10 with Garlic Bread 1 3 7	Roast Chicken with Gravy	Breaded Salmon Fillet 1 4
Option 2	Sausage and Bean Filled Jacket Potato	Vegetable Noodles 1 3 12 & Naan Bread (V) 1	Welsh Rarebit (V) 1 3 7 10	Macaroni Cheese (V) 1 7 10	Cheese Omelette (V) 3 7
Sides	Pasta Twists 1 Sweetcorn	Seasoned Wedges Baked Beans Vegetable Batons	Baked Beans Peas Coleslaw 3	Carrots and Broccoli Creamed Potatoes 7	Chips Baked Beans or Peas
Dessert	Chocolate and Banana Flapjack 1 & Milk 7	Apple and Cinnamon Sponge Cake 1 3 and Caramel Sauce 7	Llaeth y Llan Fruit Yoghurt 7 with Apple or Banana Or Melon Wedge	Lemon Cheesecake 1 3 7 Bara Brith 1 3 Milk 7	Golden Krispie Bar 1 7 Fruit Juice
Dates	Week commencing: 04/11/24 • 02/12/24 • 13/01/25 • 10/02/25 • 17/03/25				

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Home Baked Cheese and Tomato Pizza 1 3 7 (V)	'Cooks Choice' Chicken Curry 1 7 12 with Rice & Naan Bread 1 7	Welsh Beef Burger in a Bap 1 12	Oven Baked Sausages with Yorkshire Puddings 1 3 7 and Gravy	Breaded Salmon Fillet 1 4
Option 2	Chilli Beef Filled Jacket Potato	Baked Bean Pasta Bake 1 (V)	Welsh Cheddar and Potato Wrap 1 7 (V)	Macaroni Cheese 1 7 10 (V)	Cheese & Tomato Omelette 3 7 (V)
Sides	Sweetcorn Mixed Salad Pasta Twists 1	Broccoli Vegetable Batons	Seasoned Potato Wedges Baked Beans Coleslaw 3	Creamed Potatoes 7 Carrots and Broccoli	Chips Baked Beans or Peas
Dessert	Rice Pudding with Cranberries 7	Blueberry Muffin 1 3 7 Milk 7	Llaeth y Llan Fruit Yoghurt 7 with Apple or Banana Or Melon Wedge	Raspberry and Vanilla Ice Cream Roll 1 3 6 7 with Raspberries Or Crackers 1 Cheese 7 and Grapes Milk 7	Lemon Cookie 1 Fruit Juice
Dates	Week commencing: 11/11/24 • 09/12/24 • 20/01/25 • 17/02/25 • 24/03/25				

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Home Baked Cheese and Tomato Pizza 1 3 7 (V)	Crispy Chicken Goujons 1 6 with a Tortilla Wrap 1	Welsh Beef Bolognese, & Garlic Bread 1 3 7	Roast Gammon and Gravy	Breaded Salmon Fillet 1 4
Option 2	Tuna Crunch Filled Potato 3 4 7 10	Tex Mex Burrito 1 3 7 (V)	Glamorgan Sausage 1 7 10 (V)	Macaroni Cheese 1 7 10 (V)	Scrambled Egg 3 7 (V)
Sides	Pasta Twists 1 Corn on the Cob	Seasoned Wedges Baked Beans Vegetable Batons	Peas • Pasta 1 Baked Beans Coleslaw 3	Creamed Potatoes 7 Carrots and Broccoli	Chips Baked Beans or Peas
Dessert	Date Cookie 1 & Milk 7	Lemon Cake 1 3 7 with Vanilla Sauce 7	Llaeth y Llan Fruit Yoghurt 7 with Apple, Banana Or Melon Wedge	Pancakes 1 3 7 with Mixed Berries Bara Brith 1 3 Milk 7	Caramel Cornflake Crunch 1 7 Fruit Juice
Dates	Week commencing: 18/11/24 • 16/12/24 • 27/01/25 • 03/03/25 • 31/03/25				

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Home Baked Cheese and Tomato Pizza 1 3 7 (V)	Oven Baked Sausages	Welsh Beef Meatballs 12 in Mediterranean Sauce & Garlic Bread 1 3 7 9	Roast Pork with Stuffing 1 Apple Sauce, and Gravy	Breaded Salmon Fillet 1 4
Option 2	Ham & Cheese Filled Potato 7	Hot Vegetable Wraps 1 7 (V)	Welsh Cheddar, Potato and Leek Bake 3 7 10 (V)	Macaroni Cheese 1 7 10 (V)	Poached Egg 3 (V)
Sides	Pasta Twists 1 Corn on the Cob	Creamed Potatoes 7 Beans Vegetable Batons	Pasta Twists 1 Peas Coleslaw 3	Carrot & Swede Mash Roast Potatoes Broccoli	Chips Baked Beans or Peas
Dessert	Rice Pudding 7 with Raspberry Puree	Sticky Toffee Pudding 1 3 Milk 7	Llaeth y Llan Fruit Yoghurt 7 with Apple or Banana Or Melon Wedge	Chocolate Pudding 7 with Bananas Or Crackers 1 Cheese 7 and Grapes Milk 7	Golden Crunch Cookie 1 Fruit Juice
Dates	Week commencing: 25/11/24 • 06/01/25 • 03/02/25 • 10/03/25 • 07/04/25				

Available Daily : Freshly prepared salad, fresh fruit and wholemeal bread • Please contact the cook in charge for any dietary needs.

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 | 5 Peanuts | 10 Mustard |
| 2 Crustaceans e.g. prawns / crabs | 6 Soya beans | 11 Sesame |
| 3 Eggs | 7 Milk | 12 Sulphur dioxide |
| 4 Fish | 8 Nuts | 13 Lupin |
| | 9 Celery and celeriac | 14 Molluscs e.g. mussels |
- (V) Vegetarian

Contact Education Catering Department: 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



Information

This menu complies with the Healthy Food in Schools Regulations 2013



BWYDLEN YSGOL GYNRADD * 2024/25

* Sir Conwy, yr amgylchedd iawn ar gyfer dysgu a chyflawni *



WYTHNOS 1	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Dewis 1	Pizza Caws a Tomato Cartref 1 3 7 (LI)	Goujons Cyw 1 6 lâr gyda Rap Tortilla 1	Lasagne Cig Eidion Cymreig 1 7 9 10 Bara Garleg 1 3 7	Cyw lâr Rhost & Grefi	Ffiled Eog Mewn Briwsion Bara 1 4
Dewis 2	Selsig a Thaten Bob wedi ei Llenwi Ffa Pob	Nwdls Llysiau gyda 1 3 12 Bara Naan (LI) 1	Caws Pob (LI) 1 3 7 10	Macaroni a Chaws (LI) 1 7 10	Omlod Caws (LI) 3 7
Ar yr Ochr	Pasta Troellog 1 India-corn	Talpiau Tatws Sawrus Ffa Pob Ffyn Llysiau	Ffa Pob Pys Colso 3	Tatws Hufenog 7 Moron a Brocoli	Sglodion Ffa Pob neu Bys
Pwddin	Fflapjac Siocled a Banana 1 Llefrith 7	Teisen Sbwng Afal a Sinamon 1 3 a Saws Caramel 7	logwrt Ffrwythau Llaeth y Llan 7 gydag Afal neu Fanana neu Darn o Felon	Cracers Gaws Lemon 1 3 7 Bara Brith Llefrith 7	Bar Crensiog Euraidd 1 7 Sudd Ffrwythau
Dyddiadau	Wythnos yn dechrau: 04/11/24 • 02/12/24 • 13/01/25 • 10/02/25 • 17/03/25				

WYTHNOS 2	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Dewis 1	Pizza Caws a Tomato Cartref 1 3 7 (LI)	Cyri Cyw lâr 'Dewis y Cogydd' 1 7 12 gyda Reis, Bara Naan 1 7	Byrgyr Cig Eidion Cymreig mewn Rhôl 1 12	Selsig wedi eu Pobi gyda Phwdinau Efrog 1 3 7 a Grefi 7	Ffiled Eog Mewn Briwsion Bara 1 4
Dewis 2	Taten Bob gyda Chilli Cig Eidion 1	Pasta Ffa Pob 1 (LI)	Rap Caws Cheddar Cymreig a Thatws 1 7 (LI)	Macaroni a Chaws 1 7 10 (LI)	Omlod Caws a Tomato 3 7 (LI)
Ar yr Ochr	Pasta Troellog 1 India-corn Salad Cymysg	Brocoli Ffyn Llysiau	Talpiau Tatws Sawrus Ffa Pob Colso 3	Tatws Hufenog 7 Moron a Brocoli	Sglodion Ffa Pob neu Bys
Pwddin	Pwddin Reis 7 gyda Llugaeron	Myffin Llus 1 3 7 Llefrith 7	logwrt Ffrwythau Llaeth y Llan 7 gydag Afal neu Fanana neu Darn o Felon	Rhól Mafon a Hufen lâr Fanila 1 3 6 7 gyda Mafon Cracers 1 Caw 7 a Grawnwin Llefrith 7	Cwci Lemon 1 Sudd Ffrwythau
Dyddiadau	Wythnos yn dechrau: 11/11/24 • 09/12/24 • 20/01/25 • 17/02/25 • 24/03/25				

WYTHNOS 3	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Dewis 1	Pizza Caws a Tomato Cartref 1 3 7 (LI)	Goujons Cyw 1 6 lâr gyda Rap Tortilla 1	Bolognese Cig Eidion Cymreig, Bara Garleg 1 3 7	Gamon Rhost a Grefi	Ffiled Eog Mewn Briwsion Bara 1 4
Dewis 2	Taten wedi ei Llenwi gyda Thiwna 3 4 7 10	Burrito Tex Mex 1 3 7 (LI)	Selsig Morgannwg 1 7 10 (LI)	Macaroni a Chaws 1 7 10 (LI)	Wŷ wedi'i Sgramblo 3 7 (LI)
Ar yr Ochr	Pasta Troellog 1 India-Corn ar y Cobynd	Talpiau Tatws Sawrus India-corn Ffyn Llysiau	Pys • Pasta 1 Ffa Pob Colso 3	Tatws Hufenog 7 Moron a Brocoli	Sglodion Ffa Pob neu Bys
Pwddin	Cwci Datys 1 Llefrith 7	Teisen Lemon 1 3 7 gyda Saws Fanila 7	logwrt Ffrwythau Llaeth y Llan 7 gydag Afal neu Fanana neu Darn o Felon	Crempogau 1 3 7 gydag Aeron Cymysg neu Bara Brith 1 3 Llefrith 7	Teisen Creision Yd Caramel 1 7 Sudd Ffrwythau
Dyddiadau	Wythnos yn dechrau: 18/11/24 • 16/12/24 • 27/01/25 • 03/03/25 • 31/03/25				

WYTHNOS 4	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Dewis 1	Pizza Caws a Tomato Cartref 1 7 (LI)	Selsig wedi'u Pobi	Peli o Gig Eidion Cymreig 12 gyda Saws Môr y Canoldir 1 9 a Bara Garleg 1 3 7	Porc Rhost, Stwffin 1 a Saws Afal, a Grefi	Ffiled Eog Mewn Briwsion Bara 1 4
Dewis 2	Taten wedi ei Llenwi gyda Ham a Chaws 7	Rap Llysiau Poeth 1 7 (LI)	Caws Cheddar Cymreig, Tatws a Chennin wedi'u Pobi 3 7 10 (LI)	Macaroni a Chaws 1 7 10 (LI)	Wŷ wedi'i Botsio 3 (LI)
Ar yr Ochr	Pasta Troellog 1 India-Corn ar y Cobynd	Tatws Hufenog 7 Ffa Ffyn Llysiau	Pasta 1 Pys Colso 3	Tatws Rhost Moron a Rwden wedi'u Stwnsio, Brocoli	Sglodion Ffa Pob neu Bys
Pwddin	Pwddin Reis 7 gyda Phiwri Mafon	Pwddin Taffi Gludog 1 3 Llefrith 7	logwrt Ffrwythau Llaeth y Llan 7 gydag Afal neu Fanana neu Darn o Felon	Pwddin Siocled 7 gyda Bananas neu Cracers 1 Caws 7 a Grawnwin Llefrith 7	Cwci Crensiog Euraidd 1 Sudd Ffrwythau
Dyddiadau	Wythnos yn dechrau: 25/11/25 • 06/01/25 • 03/02/25 • 10/03/25 • 07/04/25				

Ar Gael Bob Dydd: Salad wedi ei baratoi'n ffres, ffrwythau ffres a bara gwenith cyflawn • Cysylltwch â'r cogydd mewn gofal ar gyfer unrhyw anghenion dietegol.

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 Grawnfwyddid sy'n cynnwys Glwten
- 2 Cramenogion
- 3 Wyau
- 4 Pysgod

- 5 Pysgnau
- 6 Soia
- 7 Llaeth
- 8 Cnau
- 9 Seleri

(LI) Llysieuwr

- 10 Mwstard
- 11 Hadau Sesame
- 12 Sylffwr deuocsid
- 13 Bys y Blaidd
- 14 Molysgiaid

Adran Arlwyio 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 Gonwy



Bara cyflawn Henllan ar
gael bob dydd



Selsic Porc Edwards o Gonwy gyda
Phorc Gwarant Fferm



Gwybodaeth

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

