

2025

PRIMARY SCHOOL MENU

WEEK 1

MONDAY

Cheese & Tomato Pizza, 
 Chicken & Sweetcorn Pizza,
 or
 Broccoli & Cauliflower 
 Cheese Pasta Bake 

Served with
Garlic and Herb Wedges

Carrot sticks and
sliced Cucumber 

Fresh Fruit &
Frozen Yoghurt  

TUESDAY

Beef & Veggie Meatballs
in tomato sauce
served with pasta 
 or
 Cheese & Potato Bake 

Served with
Green beans and
Mixed Vegetables 

Apple Sponge
& Custard 

WEDNESDAY

Pork Sausage 
 or
 Quorn Fillet 

Served with Gravy
and Mashed Potato
Swede and Broccoli 

Cocoa Cookie &
Fresh Fruit Slices 

THURSDAY

Mild Chicken Curry 
 served with rice
 or
 Tomato Pasta  

Served with
Sweetcorn and
Garden Peas 

Banana Flapjack  

FRIDAY

Fish Goujons, 
 Bubble Salmon Fillet 
 or
 Veggie Burger  
 in a whole meal bun

Served with Chips
 Coleslaw and
Baked Beans

Fruit Sundae 

Available daily!

Salad

Jacket
potatoes
with fillings

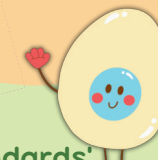
Fresh
Fruit

50/50
bread

Yoghurt

Milk
and
Water

If you have any
allergies, intolerances
or special dietary
requirements please
contact catering here



WEEK 2

MONDAY

Rainbow Veggie Pizza, 
 Chicken & Sweetcorn Pizza
 or
 Mac n' Cheese 

Served with Herby
Diced Potatoes

Carrot sticks and
Sliced Cucumber 

Fresh Fruit &
Frozen Yoghurt  

TUESDAY

Beefburger in a
wholemeal Bun 
 or
 Fishless Fingers 

Served with
Plain Wedges

Coleslaw and
Garden Peas 

Rice Crispy Cake &
Fresh Fruit Slices 

WEDNESDAY

Roast Chicken
 or
 Glamorgan Sausage 

Served with Gravy
and Mashed Potato
Swede and Broccoli 

Carrot Cake &
Fresh Fruit Slices 

THURSDAY

Tuna Pasta   
 or
 Veggie Curry  
 served with rice

Served with
Sweetcorn and
Garden Peas 

Cocoa & Orange Sponge
Cake with Custard 

FRIDAY

Breaded Fish Fillet 
 or
 Quorn Dippers 

Served with Chips

Baked Beans
and Sweetcorn 

Waffle Finger Served
with Fruit & Ice Cream 

Wholegrain

Dietitian's Choice

Welsh Produce

Sustainably Sourced Fish

Fruit Based

Vegetarian

www.rctcbc.gov.uk/schoolcatering

This menu complies with the WG 'Healthy Eating in Schools Food and Drink Standards'

2025

BWYDLEN YSGOLION CYNRADD

MYTHNOS 1

DYDD LLUN

Pizza Caws a Tomato 
 Pizza Cyw lâr ac India Corn
 neu
 Pasta wedi'i Bobi gyda 
 Chaws Brocoli a Blodfresych

Talpiau Tatws â Garlleg a
 Pherlysiau

Ffyn Moron a
 darnau cul o Giwcymbr 

Ffrwyth Ffres a
 logwrt wedi'i Rewi  

DYDD MAWRTH

Pelenni Cig Eidion neu
 Lysieuol mewn Saws
 Tomato gyda Gwenith
 Cyflawn
 neu Pryd Tatws a 
 Chaws wedi'i Bobi

Ffa Gwyrdd a
 Llysiau Cymysg 

Sbwng Afal a 
 Chwstard

DYDD MERCHER

Selsig Porc 
 neu

Ffiled 'Quorn' 

Wedi ei weini gyda grefi
 Tatws Stwnsh

Swêj, Brocoli 

Bisged Goco gyda
 Darnau o Ffrwythau 

DYDD IAU

Cyri Cyw lâr - Ddim yn
 Sbeislyd lawn
 Wedi ei weini gyda reis
 neu Powlen Pasta
 Tomato  

India Corn a Phys 

Banana Bara  
 Ceirch Melys

DYDD GWENER

Pysgod mewn darnau hir
 wedi'u gorchuddio â
 briwsion Bara,  
 Eog mewn Briwsion Bara 
 neu Byrgyr Llysieuol mewn
 Bynsen Gwenith Cyflawn 

Wedi'u gweini gyda
 Sglodion
 Ffa Pob a Salad Bresych

Hufen lâ a
 Ffrwythau 

Ar gael bob dydd

Salad

Tatw pob â
 llenwad

Ffrwythau
 ffres

Bara
 50/50

logwrt

Llaeth
 a dŵr

Os oes gennych chi
 unrhyw alergeddau,
 anoddefiadau neu
 ofynion dietegol
 arbennig, cysylltwch
 ag arlwyo yma



www.rctcbc.gov.uk/arlwyoysgolion

MYTHNOS 2

DYDD LLUN

Pizza Llysiau, 
 Pizza Cyw lâr ac India Corn
 neu
 Pasta Macaroni a Chaws 

Tatws Perlysiog
 mewn sgwariau mân

Ffyn Moron a darnau
 cul o Giwcymbr 

Ffrwyth Ffres a
 logwrt wedi'i Rewi  

DYDD MAWRTH

Byrgyr Cig Eidion 
 mewn Bynsen Gwenith
 Cyflawn
 neu
 Ffiledi Dibysgod 

Talpiau o Datws wedi'u
 pobi yn y ffwrn

Salad Bresych a Phys 

Cacen Creision Reis
 gyda darnau o 
 Ffrwythau

DYDD MERCHER

Cyw lâr wedi'i Rostio
 neu

Selsigen Bro
 Morgannwg 

Wedi ei weini gyda grefi
 Tatws Stwnsh

Swêj, Brocoli 

Cacen Foron gyda
 darnau cul o Ffrwythau 

DYDD IAU

Powlen Pasta  
 Tiwna
 neu
 Cyri Llysieuol Wedi'i 
 weini gyda Reis

Pys ac India-corn 

Cacen Sbwng Coco ac
 Oren gyda Chwstard 

DYDD GWENER

Ffiled o Bysgodyn 
 mewn Briwsion Bara
 neu
 Darnau "Quorn" 
 Dippers"

Wedi'u gweini gyda
 Sglodion

Ffa Pob ac
 India Corn 

Waffl Siâp Petryal Wedi'i 
 weini gyda llwyaid o Hufen
 lâ Fanila a Ffrwythau drosto



Mae'r fwydlen yma'n cydymffurfio â
 Rheoliadau Bwyta'n Iach mewn Ysgolion
 (Gofynion a Safonau Maeth) (Cymru)