

Pembrokeshire Primary School Winter Menu 2016/17

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 3/10/16	MAIN	Preseli gold chicken burger in a bun Herby diced potatoes Baked beans or Sweetcorn	Beef Lasagne/Pasta bolognaise Garlic bread Rainbow vegetables (Farmhouse vegetables)	Roast Pork with rich gravy, herby stuffing and apple sauce Creamed potatoes Fresh carrots and broccoli	Winter warmer chicken pie with gravy Root mash (mashed carrot, swede and potato) Garden Peas	Bubble Salmon Thick cut chips Crunchy coleslaw or Baked beans
31/10/16 21/11/16 12/12/16	VEGETARIAN	Cheese and tomato pasta bake Mini petit pain Baked beans or Sweetcorn	Vegetarian Noodles Garlic bread Rainbow vegetables (Farmhouse vegetables)	Bro Inqli Bake (Glamorgan sausage bake) Creamed potatoes Fresh carrots and broccoli	Dinner jackets (Jacket potato with cheese, beans or cheese & beans) Garlic bread Garden Peas	Margarita Pizza Thick cut chips Crunchy coleslaw or Baked beans
16/01/17 6/02/17	DESSERT	Jaffa sponge with white sauce or Fresh fruit wedges	Raspberry ripple ice cream roll with fruit or Fresh fruit wedges	Creamy rice pudding with sultanas or Yoghurt or Fresh fruit wedges	Banoffee waffle or Fresh fruit wedges	Marble muffin with milk or Fresh fruit wedges

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		Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Wythnos 3/10/16	PRIF	Byrger cyw iâr euraid Preseli mewn bynsen Thatws wedi'u torri'n fân â pherlysiau Ffa pob neu Gorn melys	Lasagne cig eidion ffres/ Pasta bolognaise Bara garleg Llysiau'r Enfys (Llysiau'r Ffermdy)	Porc rhost gyda greffi, stwffin perlysiau a saws afal Tatws hufennog Moron a brocoli ffres	Pastai cyw iâr gynnes gyda greffi Mash gwreiddiau (moron, sweden a thatws) Pys gardd	Bybl Eog Sglodion trwchus Colslo crensiog neu Ffa pob
31/10/16 21/11/16 12/12/16	LLYSIEUOL	Pasta caws a thomato wedi'i bobi Petit pain bach Ffa pob neu Gorn melys	Nwdls llysieuol Bara garleg Llysiau'r Enfys (Llysiau'r Ffermdy)	Pryd Pob Bro Inqli (Selsig Morgannwg) Tatws hufennog Moron a brocoli ffres	Tatws trwy eu crwyn (gyda chaws, ffa pob, neu gaws a ffa pob) Bara garleg Pys gardd	Pizza Margarita Sglodion trwchus Colslo crensiog neu Ffa pob
16/01/17 6/02/17	PWDIN	Sbwng siocled ac oren gyda saws gwyn neu Ddarnau o ffrwythau ffres	Rhôn Sbwng hufen iâ mafon gyda ffrwythau neu Ddarnau o ffrwythau ffres	Pwdin reis gyda syltanau neu iogwrt ffrwythau neu Ddarnau o ffrwythau ffres	Waffl banoffee neu Ddarnau o ffrwythau ffres	Myffin marblis gyda llaeth neu Ddarnau o ffrwythau ffres

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Week 2 10/10/16	MAIN	Pembrokeshire pork sausages with onion gravy Creamy mashed potatoes Rainbow vegetables (Farmhouse vegetables)	Breaded chicken strips with tomato spaghetti Garlic bread Garden peas	Roast beef with yorkshire pudding and rich gravy Creamy mashed potatoes Fresh carrots & broccoli	Mild chicken curry with rice Naan bread Pea and sweetcorn medley	Cod fish fillet fingers in a bun Chunky chips Baked beans or Sweetcorn
7/11/16 28/11/16	VEGETARIAN	Vegetarian sausages with onion gravy Creamy mashed potatoes Rainbow vegetables (Farmhouse vegetables)	Dinner jackets (Jacket potato with cheese, beans or cheese & beans) Garlic bread Garden peas	Cauliflower and leek cheese bake Creamy mashed potatoes Fresh carrots and broccoli	Dinner jackets (Jacket potato with cheese, beans or cheese & beans) Mini petit pain Pea and sweetcorn medley	Vegetable fingers in a bun Chunky chips Baked beans or Sweetcorn
2/01/17 23/01/17 13/02/17	DESSERT	Cornflake fruit crumble with custard sauce or Fresh fruit wedges	Chocolate cookie with strawberry milkshake or Fresh fruit wedges	Frozen raspberry ripple mousse or Fresh fruit wedges	Blueberry muffin with juice or Fresh fruit wedges	Jam Sponge with custard sauce or Fresh fruit wedges

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Wythnos 2 10/10/16	PRIF	Selsig porc Sir Benfro gyda grefi winwns Tatws stwnsh hufennog Llysiau'r enfys (Llysiau'r Ffermdy)	Stribedi cyw iâr mewn briwsion bara gyda sbageti tomato Bara garleg Pys gardd	Cig eidion rhost gyda Phwdin Efrog a grefi Tatws stwnsh hufennog Brocoli a moron ffres	Cyrri Cyw iâr gyda reis Bara naan Cymysgedd o bys a chorn melys	Bysedd ffled penfras mewn bynsen Sglodion tatws trwchus Ffa pob neu gorn melys
7/11/16 28/11/16	LLYSIEUOL	Selsig lysieuol gyda grefi winwns Tatws stwnsh hufennog Llysiau'r enfys (Llysiau'r Ffermdy)	Tatws trwy eu crwyn (gyda chaws, ffa pob, neu gaws a ffa pob) Bara garleg Pys gardd	Pasta pob blodfresych, cennin a chaws Tatws stwnsh hufennog Brocoli a moron ffres	Tatws trwy eu crwyn (gyda chaws, ffa pob, neu gaws a ffa pob) Petit pain bach Cymysgedd o bys a chorn melys	Bysedd llysiau mewn bynsen Sglodion tatws trwchus Ffa pob neu gorn melys
2/01/17 23/01/17 13/02/17	PWDIN	Crymbl creision ffrwythau gyda saws cwstard neu Ddarnau o ffrwythau ffres	Cwci siocled gyda ysgytlaeth mefus neu Ddarnau o ffrwythau ffres	Mw's mefus neu Ddarnau o ffrwythau ffres	Myffin blueberry gyda sudd neu Ddarnau o ffrwythau Ffres	Sbwng jam gyda saws cwstard neu Ddarnau o ffrwythau ffres

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Week 3 17/10/16 14/11/16 5/12/16 9/01/17 30/01/17	MAIN	Meatballs in a homemade tomato and basil sauce with pasta Garlic bread Farmhouse vegetables	Chicken noodle medley Mini petit pain Broccoli	Freshly cooked ham (parsley sauce optional) Creamy mashed potatoes Baked beans or Garden peas	Freshly filled chicken wrap with green salad Herby diced potatoes Carrot & sultana salad	Salmon and sweet potato cake Thick cut chips Garden peas or Winter salad
		VEGETARIAN	Vegetable curry with rice Garlic bread Farmhouse vegetables	Dinner jackets (Jacket potato with cheese, beans or cheese & beans) Mini petit pain Broccoli	Vegetarian sausage roll Creamy mashed potatoes Baked beans or Garden peas	Freshly made cheese and onion flan Herby diced potatoes Carrot & sultana salad
	DESSERT		Apple & sultana flapjack with milk or Fresh fruit wedges	Chocolate brownie with chocolate sauce or Fresh fruit wedges	Pancake with fruit and ice cream or Fresh fruit wedges	Fruit yoghurt or Fresh fruit wedges

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Wythnos 3 17/10/16 14/11/16 5/12/16 9/01/17 30/01/17	PRIF	Peli cig mewn saws tomato a basil cartref gyda phasta Bara garleg Llysiau'r Ffermdy	Nwdls cyw iâr Petit pain bach Brocoli	Ham wedi'i goginio'n ffres (saws persli yn ddewisol) Tatws stwnsh hufennog Ffa pob neu bys	Wrap cyw iâr gyda salad gwyrdd Tatws wedi'u torri'n fân â pherlyisiau Salad moron a sylvana	Cacen eog a thatws melys Sglodion tatws trwchus Pys neu salad
		LLYSIEUOL	Cyri llysiau gyda reis Bara garleg Llysiau'r Ffermdy	Tatws trwy eu crwyn (gyda chaws, ffa pob neu gaws a ffa pob) Petit pain bach Brocoli	Rôl selsig lysieuol Tatws stwnsh hufennog Ffa pob neu bys	Tarten winwns a chaws ffres Tatws wedi'u torri'n fân â pherlyisiau Salad moron a sylvana
	PWDIN		Fflapjac ffrwythau gyda llaeth neu Ddarnau o ffrwythau ffres	Browni siocled gyda saws siocled neu Ddarnau o ffrwythau ffres	Crempog gydag eirin gwlanog a hufen iâ neu Ddarnau o ffrwythau ffres	logwrt ffrwythau neu Ddarnau o ffrwythau ffres