

Pembrokeshire Primary School Summer Menu 2017

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 5/06/17 26/06/17 17/07/17 18/09/17	MAIN	Pork meatballs in tomato sauce with pasta Garlic bread Broccoli	Freshly filled chicken wrap Herby diced potatoes Crunchy coleslaw	Roast turkey with herb stuffing and gravy Creamed potatoes / Boiled potatoes Fresh carrots & peas	Minced beef pastry topped pie with gravy Creamed potatoes / Boiled potatoes Farmhouse vegetables	Fishy potato boats (Jacket potato stuffed with salmon, cheese & sweetcorn) Garlic dough balls Baked beans or Summerslaw
	VEGETARIAN	Vegeballs in tomato sauce with pasta Garlic bread Broccoli	Dinner Jackets (Jacket potato with cheese, beans or cheese & beans) Bread roll Crunchy coleslaw	Vegetarian sausage with herb stuffing and gravy Creamed potatoes / Boiled potatoes Fresh carrots & peas	Dinner jackets (Jacket potato with cheese, beans or cheese & beans) Bread roll Farmhouse vegetables	Margarita Pizza Thick cut chips Baked beans or Summerslaw
	DESSERT	Freshly made scone with jam & cream or Fresh fruit wedges	Fruit sundae or Fresh fruit wedges	Fruit yoghurt jelly or Fresh fruit wedges	Chocolate waffle with custard or Fresh fruit wedges	Strawberry Angel Delight or Fresh fruit wedges

Bwydlen Ysgolion Cynradd Haf 2017

		Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Wythnos 5/06/17 26/06/17 17/07/17 18/09/17	PRIF	Pelenni porc mewn saws tomato gyda phasta Bara garlleg Brocoli	Tortilla cyw iâr ffres Tatws wedi'u torri'n fân a pherlysiâu Colslo crensiog	Twrci rhost gyda stwffin perlysiâu a grefi Tatws hufennog / Tatws wedi'u berwi Moron a phys ffres	Pastai briwrig eidion caead crwst gyda grefi Tatws hufennog / Tatws wedi'u berwi Llysiâu ffermdy	Cychod tatws pysgodlyd (Taten trwy'i chroen gyda samwn, caws a chorn) Peli toes garlleg Ffa pob neu Colslo haf
	LLYSIEUOL	Pelenni llysiâu mewn saws tomato gyda phasta Bara garlleg Brocoli	Siacedi Cinio (Taten trwy'i chroen gyda chaws, ffa neu gaws a ffa) Rholyn bara Colslo crensiog	Selsigen lysiau gyda stwffin perlysiâu a grefi Tatws hufennog / Tatws wedi'u berwi Moron a phys ffres	Siacedi Cinio (Taten trwy'i chroen gyda chaws, ffa neu gaws a ffa) Rholyn bara Llysiâu ffermdy	Pitsa Margarita Sglodion trwchus Ffa pob neu Golslo haf
	PWDIN	Sgonsen ffres gyda jam a hufen neu Ddarnau ffrwythau ffres	Hufen iâ a ffrwythau neu Ddarnau ffrwythau ffres	Jeli logwrt ffrwythau neu Ddarnau ffrwythau ffres	Waffl siocled gyda chwstard neu Ddarnau ffrwythau ffres	Angel Delight Mefus neu Ddarnau ffrwythau ffres

Pembrokeshire Primary School Summer Menu 2017

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 2 12/06/17	MAIN	Pembrokeshire pork patty in a roll Smiley faces Baked beans or Chopped tomatoes	Pasta bolognese Garlic bread Sweetcorn & Pea medley	Freshly cooked ham Creamed potatoes / Boiled potatoes Baked beans	Breaded chicken strips with tomato spaghetti Garlic bread Sweetcorn	Cod fillet fish finger Thick cut chips Crunchy coleslaw or Baked beans
3/07/17 4/09/17	VEGETARIAN	Vegetarian sausage in a roll Smiley faces Baked beans or Chopped tomatoes	Cheese & tomato pasta bake Garlic bread Sweetcorn & Pea medley	Freshly made cheese and onion quiche Creamed potatoes / Boiled potatoes Baked beans	Dinner jackets (Jacket potato with cheese, beans or cheese and beans) Garlic bread Sweetcorn	Margarita pizza Thick cut chips Crunchy coleslaw or Baked beans
25/09/17	DESSERT	Chocolate brownie with strawberry milkshake or Fresh fruit wedges	Fruit salad with shortbread finger or Fresh fruit wedges	Blueberry muffin with fruit juice or Fresh fruit wedges	Fruity ice lolly or Fresh fruit wedges	Lemon drizzle cake with custard or Fresh fruit wedges

Bwydlen Ysgolion Cynradd Haf 2017

		Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Wythnos 2 12/06/17	PRIF	Pati porc Sir Benfro mewn rholyn Gwenau Ffa pob neu Domatos mâl	Pasta Bolognese Bara garlleg Cymysgfa corn a phys	Ham newydd ei goginio Tatws hufennog / Tatws wedi'u berwi Ffa pob	Stribedi cyw iâr mewn briwsion gyda sbagetu tomato Bara garlleg Corn	Sglodyn penfras Sglodion trwchus Colslo crensiog neu Ffa pob
3/07/17 4/09/17	LLYSIEUOL	Selsigen lysiau mewn rholyn Gwenau Ffa pob neu Domatos mâl	Pasta pob caws a thomato Bara garlleg Cymysgfa corn a phys	Quiche caws a winwns o'r popty Tatws hufennog / Tatws wedi'u berwi Ffa pob	Siacedi Cinio (Taten trwy'i chroen gyda chaws, ffa neu gaws a ffa) Bara garlleg Corn	Pitsa Margarita Sglodion trwchus Colslo crensiog neu Ffa pob
25/09/17	PWDIN	Browni siocled gydag ysgythaeth mefus neu Ddarnau ffrwythau ffres	Salad ffrwythau gyda darn o deisen frau neu Ddarnau ffrwythau ffres	Myffin llus gyda sudd ffrwythau neu Ddarnau ffrwythau ffres	Lolipop rhew blas ffrwythau neu Ddarnau ffrwythau ffres	Teisen gwllith lemon gyda chwstard neu Ddarnau ffrwythau ffres

Pembrokeshire Primary School Summer Menu 2017

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 3 19/06/17	MAIN	Pembrokeshire beef grill Creamed potatoes / Boiled potatoes Baked beans	Chicken pitta pockets Thick cut chips Salad or Baked beans	Sausages with Yorkshire pudding and gravy Creamed potatoes / Boiled potatoes Fresh carrots & broccoli	Freshly made chicken curry with naan bread Boiled rice Garden peas	Bubble salmon Thick cut chips Cucumber & carrot sticks or Baked beans
	VEGETARIAN	Vegetable burger Creamed potatoes / Boiled potatoes Baked beans	Macaroni cheese Garlic bread Salad or Baked beans	Vegetarian sausage with Yorkshire pudding and gravy Creamed potatoes / Boiled potatoes Fresh carrots & broccoli	Dinner jackets (Jacket potato with cheese, beans or cheese and beans) Bread roll Garden peas	Margarita Pizza Thick cut chips Cucumber & carrot sticks or Baked beans
	DESSERT	Peach Melba sponge with custard or Fresh fruit wedges	Chocolate krispie cake with fruit juice or Fresh fruit wedges	Chewy oat cookie with milk or Fresh fruit wedges	Apricot shortbread slice with cream or Fresh fruit wedges	Pancakes with fruit and ice cream or Fresh fruit wedges

Bwydlen Ysgolion Cynradd Haf 2017

		Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Wythnos 3 19/06/17	PRIF	Gril cig eidion Sir Benfro Tatws hufennog / Tatws wedi'u berwi Ffa pob	Pocedi pita cyw iâr Sglodion trwchus Salad neu Ffa pob	Selsig gyda phwddin Efrog a grefi Tatws hufennog / Tatws wedi'u berwi Moron a brocoli ffres	Cyrri cyw iâr ffres gyda bara naan Reis berw Pys gardd	Swigen eog Sglodion trwchus Ffyn ciwcymbr a moron neu Ffa pob
	LLYSIEUOL	Byrger llysiau Tatws hufennog / Tatws wedi'u berwi Ffa pob	Caws macaroni Bara garleg Salad neu Ffa pob	Selsigen llysiau gyda phwddin Efrog a grefi Tatws hufennog / Tatws wedi'u berwi Moron a brocoli ffres	Siacedi Cinio (Taten trwy'i chroen gyda chaws, ffa neu gaws a ffa) Rholyn bara Pys gardd	Pitsa Margarita Sglodion trwchus Ffyn ciwcymbr a moron neu Ffa pob
	PWDIN	Sbwng Melba eirin gwlanog gyda chwstard neu Ddarnau ffrwythau ffres	Teisen krispie siocled gyda sudd ffrwythau neu Ddarnau ffrwythau ffres	Cwci ceirch gwerth ei gnoi gyda llaeth neu Ddarnau ffrwythau ffres	Darn o deisen frau bricyll gyda hufen neu Ddarnau ffrwythau ffres	Crempog gyda ffrwythau a hufen iâ neu Ddarnau ffrwythau ffres