

# Pembrokeshire Primary School Spring Menu 2017

		Monday	Tuesday	Wednesday	Thursday	Friday		
Week   27/02/17	MAIN	<b>Cowboy Brunch</b> Pembrokeshire sausage patty in a roll Mini Waffles Baked beans or Chopped tomatoes	Savoury mince with Yorkshire pudding and gravy Creamed potatoes Farmhouse vegetables	Roast chicken with rich gravy and herb stuffing Creamed potatoes Fresh carrots and peas	BBQ pulled pork in a pitta bread Pasta or Boiled rice Broccoli	Bubble Salmon Thick cut chips Sweetcorn or Baked beans		
		20/03/17	VEGETARIAN	Vegetarian sausage in a roll Mini Waffles Baked beans or Chopped tomatoes	Dinner jackets (Jacket potato with cheese, beans or cheese & beans) Bread roll Farmhouse vegetables	Cauliflower & broccoli cheese Creamed potatoes Fresh carrots and peas	Dinner jackets (Jacket potato with cheese, beans or cheese & beans) Bread roll Broccoli	Margarita Pizza Thick cut chips Sweetcorn or Baked beans
				24/04/17	DESSERT	Chocolate brownie with fruit juice or Fresh fruit wedges	Strawberry jam tart with custard or Fresh fruit wedges	Apple, cheese & crackers or Fresh fruit wedges
		15/05/17						

# Bwydlen Ysgolion Cynradd Sir Benfro Gwanwyn 2017

		Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener		
Wythnos   27/02/17	PRIF	<b>Brecwast Hwyr Cowboi</b> Pati selsig Sir Benfro mewn rhôl Wafflau bach Ffa pob neu domatos wedi eu torri	Mins sawrus gyda phwddin Efrog a grefi Tatws hufennog Llysiau'r ffermdy	Cyw iâr rhost gyda grefi a stwffin perlyisiau Tatws hufennog Moron a phys ffres	Porc barbeciw wedi ei dynnu, mewn bara pitta Pasta neu reis wedi ei ferwi Brocoli	Bybl eog Sglodion trwchus Corn melys neu ffa pob		
		20/03/17	LLYSIEUOL	Selsigen lysieuol mewn rhôl Wafflau bach Ffa pob neu domatos wedi eu torri	Tatws trwy eu crwyn (gyda chaws, ffa pob neu gaws a pha pob) Rhôl fara Llysiau'r ffermdy	Caws blodfresych a brocoli Tatws hufennog Moron a phys ffres	Tatws trwy'u croen (gyda chaws, ffa pob neu gaws a ffa pob) Rhôl fara Brocoli	Pizza Margarita Sglodion trwchus Corn melys neu ffa pob
				24/04/17	PWDIN	Browni siocled gyda sudd ffrwythau neu Ddarnau o ffrwythau ffres	Tarten jam mefus gyda chwstard neu Ddarnau o ffrwythau ffres	Afal, caws a bisgedi neu Ddarnau o ffrwythau ffres
		15/05/17						

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Week <b>2</b> 6/03/17	<b>MAIN</b>	Pork meatballs in tomato sauce with pasta Garlic bread Broccoli	Freshly filled chicken wrap Herby diced potatoes Sweetcorn	Roast pork with apple sauce and gravy Creamed potatoes Fresh carrots & broccoli	Freshly cooked ham (parsley sauce optional) Cheesy mash Baked beans or Farmhouse vegetables	Cod fish fillet fingers Chunky chips Coleslaw or Peas
	<b>VEGETARIAN</b>	Vegeballs in tomato sauce with pasta Garlic bread Broccoli	Dinner jackets (Jacket potato with cheese, beans or cheese & beans) Bread roll Sweetcorn	Macaroni cheese Creamed potatoes Fresh carrots & broccoli	Freshly made quiche Cheesy mash Baked beans or Farmhouse vegetables	Margarita pizza Chunky chips Coleslaw or Peas
	<b>DESSERT</b>	Eve's pudding with custard sauce or Fresh fruit wedges	Fruit yoghurt with shortbread finger or Fresh fruit wedges	Pancakes with fruit and ice cream or Fresh fruit wedges	Syrup sponge with custard or Fresh fruit wedges	Fruity flapjack with strawberry milkshake or Fresh fruit wedges

# Bwydlen Ysgolion Cynradd Sir Benfro Gwanwyn 2017

		Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Wythnos <b>2</b> 6/03/17	<b>PRIF</b>	Peli cig porc mewn saws tomato gyda phasta Bara garleg Brocoli	Wrap cyw iâr Tatws wedi'u torri'n fân â pherlysiâu Corn melys	Porc rhost â saws afal a grefi Tatws hufennog Moron a broccoli ffres	Ham wedi ei goginio'n ffres (â'r dewis o saws persli) Tatws stwnsh cawsiog Ffa pob neu lysiau'r ffermdy	Bysedd ffled penfras Sglodion tatws trwchus Colslo neu bys
	<b>LLYSIEUOL</b>	Peli llysieuol mewn saws tomato gyda phasta Bara garleg Brocoli	Tatws trwy eu crwyn (gyda chaws, ffa pob neu gaws a ffa pob) Rhôl fara Corn melys	Caws macaroni Tatws hufennog Moron a broccoli ffres	Quiche ffres Tatws stwnsh cawsiog Ffa pob neu lysiau'r ffermdy	Pizza Margarita Sglodion tatws trwchus Colslo neu bys
	<b>PWDIN</b>	Pwdin Efa gyda chwstard neu Ddarnau o ffrwythau ffres	logwrt ffrwythau gyda darn o deisen frau neu Ddarnau o ffrwythau ffres	Crempogau gyda ffrwythau a hufen ia neu Ddarnau o ffrwythau ffres	Sbwng triog gyda chwstard neu Ddarnau o ffrwythau ffres	Fflapjac ffrwythau gydag ysgytlaeth mefus neu Ddarnau o ffrwythau ffres

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Week <b>3</b> 13/03/17	<b>MAIN</b>	Pembrokeshire beef grill with gravy Creamed potatoes Broccoli and fresh swede	Breaded chicken strips with tomato spaghetti Garlic bread Sweetcorn	Sausage with yorkshire pudding and gravy Creamed potatoes Garden peas & carrots	Bolognese / Lasagne Garlic bread Farmhouse vegetables	Salmon and sweet potato cake Thick cut chips Baked beans or Carrot & cucumber sticks
	<b>VEGETARIAN</b>	Cheese and bean yorkie Creamed potatoes Broccoli and fresh swede	Dinner jackets (Jacket potato with cheese, beans or cheese & beans) Garlic bread Sweetcorn	Vegetarian sausage roll with yorkshire pudding and gravy Creamed potatoes Garden peas & carrots	Baked bean lasagne Garlic bread Farmhouse vegetables	Margarita Pizza Thick cut chips Baked beans or Carrot & cucumber sticks
	<b>DESSERT</b>	Chocolate waffle with custard and fruit coulis or Fresh fruit wedges	Chewy oat cookie or Fresh fruit wedges	Chocolate sponge with white sauce or Fresh fruit wedges	Arctic roll with fruit or Fresh fruit wedges	Blueberry muffin with fruit juice or Fresh fruit wedges

# Bwydlen Ysgolion Cynradd Sir Benfro Gwanwyn 2017

		Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Wythnos <b>3</b> 13/03/17	<b>PRIF</b>	Gril cig eidion Sir Benfro gyda grefi Tatws hufennog Brocoli a swedsen ffres	Stribedi cyw iâr mewn briwsion bara gyda sbageti tomato Bara garleg Corn melys	Selsig gyda phwdin Efrog a grefi Tatws Hufennog Pys a moron o'r ardd	Bolognese / Lasagne Bara garleg Llysiau'r ffermdy	Cacen eog a thatws melys Sglodion trwchus Ffa pob neu ffyn moron a chiwcymbr
	<b>LLYSIEUOL</b>	Pwdin Efrog caws a ffa Tatws hufennog Brocoli a swedsen ffres	Tatws drwy eu crwyn (gyda chaws, ffa pob neu gaws a ffa pob) Bara garleg Corn melys	Rôl selsig llysieuol gyda phwdin Efrog a grefi Tatws Hufennog Pys a moron o'r ardd	Lasagne ffa pob Bara garleg Llysiau'r ffermdy	Pizza Margarita Sglodion trwchus Ffa pob neu ffyn moron a chiwcymbr
	<b>PWDIN</b>	Waffl siocled gyda chwstard a coulis ffrwythau neu Ddarnau o ffrwythau ffres	Cwci ceirch gwerth ei gnoi neu Ddarnau o ffrwythau ffres	Sbwng siocled gyda saws gwyn neu Ddarnau o ffrwythau ffres	Rhôn arctig gyda ffrwythau neu Ddarnau o ffrwythau ffres	Myffin Blueberry gyda sudd ffrwythau neu Ddarnau o ffrwythau ffres