

Torfaen Primary Catering Autumn/Winter 2014/2015



Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 3/11/14 01/12/14 12/01/15 09/02/15 16/03/15 Cheesy Corned Beef Hash Served with Baked Beans or a Side Salad Steamed Pineapple Sponge Served with Custard 	Bolognese Pasta Bake Served with Garlic Bread and a Side Salad Jam and Cream Scone	Roast Turkey served with Stuffing Roast and Boiled Potatoes Selection of Seasonal Vegetables and Gravy Fruit Salad Topped with Greek Yoghurt and Muesli	Chicken & Veg Chow Mein Served with a Tortilla Wrap and a Side Salad Chocolate Banana Cake Served with Custard 	Breaded Fish Fillet Served with Chips and Peas Frozen Yoghurt with Fruit
Week 2 10/11/14 8/12/14 19/01/15 23/02/15 23/03/15 Salmon Fish Fingers Served with Herby Diced Potato Baked Beans or a Side Salad Carrot Cake	Spaghetti Bolognese Served with Garlic Bread and Side Salad Apple & Cinnamon Crumble Served with Custard 	Roast Chicken Served with Stuffing Roast and Boiled Potatoes Selection of Seasonal Vegetables and Gravy Fruit Jelly with a Milk Drink	Baked Sausage Served with Mashed Potato Mixed Vegetables and Gravy Choccy Beet Cake Served with Cream	Pork & Tomato Grill in a Bun Served with Chips and a Side Salad Peach Melba
Week 3 17/11/13 15/12/14 26/01/15 02/03/15 Chicken Tikka Served with Savoury Vegetable Rice Tomato, Onion & Cucumber Salsa 3 Fruits Oaty Crumble Served with Custard	Ham & Pineapple Pizza Served with Herby Diced Potato and a Side Salad Fruit Gateau	Roast Beef with Yorkshire Pudding Roast and Boiled Potatoes Selection of Seasonal Vegetables and Gravy Strawberry Whirl Served with Fresh Fruit	Sausage Served with Mashed Potato and Baked Beans Eves Pudding Served with Cream	Cod Fillet Chunks Served with Chips and Peas Pineapple Sundae
Week 4 24/11/14 05/01/15 02/02/15 09/03/15 Homemade Beef Lasagne Served with Garlic Bread and a Side Salad Chocolate Mandarin Sponge Served with Custard 	Homemade Chicken Curry Served with Savoury Vegetable Rice and a Side Salad Pear Upside-down Pudding Served with Chocolate Sauce	Roast Pork Served with Stuffing Roast and Boiled Potatoes Selection of Seasonal Vegetables and Gravy Fruit Jelly with a Milk Drink	Salmon Fish Fingers Served with Baked or Mashed Potato Baked Beans or Peas Sticky Toffee Pudding 	Cheese & Tomato Pizza Served with Chips and a Side Salad Arctic Roll with Mandarins

SALAD BAR

Available daily as an alternative to the Hot Meal of the day

Choose from – Jacket Potato, Freshly Baked Baguette or Tortilla Wrap

Add one choice of – Ham, Turkey, Tuna, Cheese or Egg

Finish with – Fresh Iceberg lettuce, Tomatoes, Cucumber, Sweetcorn, Pasta Salad, Cous Cous,
Coleslaw, Baked Beans and a selection of Pickles (choices may vary)

Available
Daily

Dessert of
the Day

Special diets for medical and religious reasons can be supplied. Parents must contact the catering office on 01633 647714 before your child can be offered a special dietary meal.

Whilst we do everything in our power to ensure our meat and fish products are bone free, this cannot be guaranteed.

Every effort is made to provide the correct balance of choices for our customers but we cannot guarantee that all choices will be available right to the end of service.

A selection of fresh fruit, yoghurt or cheese and biscuits will be available every day as an alternative dessert.

Our menu is nutritionally analysed and fully compliant with Appetite for Life food and nutrient guidelines.

Bwydlen Arlwyo Torfaen Hydref/Gaeaf 2014/15

Bwydlen
Ffunki

Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Wythnos 1 3/11/14 01/12/14 12/01/15 09/02/15 16/03/15 Hash Corn Biff â Chaws Wedi ei weini gyda Ffa Pob neu a Salad Ymyl Sbwng Pin-afal wedi Stemio gyda Chwstard	Pastai Pob Bolognaise gyda Bara Garleg a Salad Sgon Agored â Jam a Hufen	Twrci Rhost gyda Stwffin Tatws Rhost ac Wedi Berwi gyda Dewis o Llysiau'r Tymor a Grefi Salad Ffrwythau gydag Iogwrt Groegaidd a Muesli	Chow Mein Cyw Iâr a Llysiau Wedi ei weini gyda Thortilla a Salad Ymyl Cacenn Siocled Banana gyda Chwstard	Pysgod Mewn Briwsion gyda Sgłodion, a Phys Iogwrt wedi ei Rewi
Wythnos 2 10/11/14 8/12/14 19/01/15 23/02/15 23/03/15 Bysedd Eog Mewn Briwsion gyda Thatws Deisiog Ffa Pob neu Salad Ymyl Cacenn Foron	Spaghetti Bolognese gyda Bara Garleg a Salad Ymyl Crymbl Afal a Sinamon gyda Chwstard	Cyw Iâr Rhost gyda Stwffin Tatws Rhost ac Wedi Berwi gyda Dewis o Llysiau'r Tymor a Grefi Jeli Ffrwyth gyda Llaeth	Selsig Pob Wedi eu gweini gyda Thatws Stwnsh, Llysiau Cymysg, a Grefi Cacenn Siocled Betys gyda Hufen	Porc o'r Gridyll a Thomato mewn Rhodyn gyda Sgłodion a Salad Ymyl Melba Eirin Gwlanog
Wythnos 3 17/11/13 15/12/14 26/01/15 02/03/15 Tikka Cyw Iâr a Reis Llysiau gyda Salsa Tomato, Winwns a Chiwcymbr Crymbl Ceirch 3 Ffrwyth gyda Chwstard	Pizza Cig Mocha Phinafal Gyda Thatws Deisiog a Salad Ymyl Gateau Ffrwythau	Cig Eidion Rhost Gyda Phwddin Efrog Tatws Rhost ac Wedi Berwi gyda Dewis o Llysiau'r Tymor a Grefi Chwyrll Mefus Wedi ei weini gyda Ffrwythau Ffres	Sosej Pob gyda Thatws Stwnsh a Ffa Pob Pwddin Efa a Chwstard	Darnau Ffiled Penfras gyda Sgłodion, a Pys Syndi Pinafal
Wythnos 4 24/11/14 05/01/15 02/02/15 09/03/15 Lasagne Cig Eidion gyda Bara Garleg a Salad Ymyl Sbwng Siocled a Mandarin gyda Chwstard	Cyri Cyw Iâr Cartref gyda Reis Llysiau a Salad Ymyl Pwddin Gellyg Wyneb I Waered a Saw Siocled	Porc Rhost Gyda Stwffin Sawrus Tatws Rhost ac Wedi Berwi gyda Dewis o Llysiau'r Tymor a Grefi Jeli Ffrwyth gyda Llaeth	Bysedd Pysgod Eog Wedi ei weini gyda Thaten Bob neu Datws Stwnsh Ffa Pob neu Pys Pwddin Taffi Gludiog	Pizza Caws a Thomato Gyda Sgłodion a Salad Ymyl Rhôl Arctig gyda Mandarinaid

BAR SALAD

Bob dydd fe allwch ddewis naill ai Pryd Twym neu'r Bar Salad.

DEWIS O BLITH - Taten Bob, Baguette wedi ei bobi'n ffres neu Tortilla wedi ei rapio

DEWIS UN LLENWAD - Ham, Twrci, Tiwna, Caws, Wŷ

WEDI I'W ORFEN - Cymysgedd, Tomato, Chorn Melys, Ffa Pob, Saladau Pasta, Colslo, Picl

(Gall dewisiadau o salad amrywio o ddydd i ddydd)

Pob Dydd

MELYSFWYD
YR DYDD

Gellir paratoi dietau arbennig am resymau meddygol a chrefyddol. Rhaid i rieni gysylltu â'r Swyddfa Arlwyo ar 01633 647714 cyn i ni fedru cynnig pryd ysgol dietegol i'ch plentyn.

Tra ein bod yn gwneud popeth o fewn ein gallu i sicrhau nad yw ein cynnyrch cig a physgod yn cynnwys esgyrn, ni ellir sicrhau hyn

Gwneir pob ymdrech i greu'r cydbwysedd cywir rhwng y dewisiadau i'n cwsmeriaid ond ni allwn sicrhau y bydd y dewisiadau ar gael hyd at ddiwedd y gwasanaeth.

Mae dewis o ffrwythau ffres, iogwrt neu gaws a bisgedi ar gael yn lle'r pwddin.

Mae ein bwydlen yn cael ei dadansoddi'n faethol ac yn cydymffurfio'n llwyr â chanllawiau bwyd a maeth Blas am Oes.