

City and County of Swansea School Meals

Cinio Ysgol Dinas a Sir Abertawe



Week one - Week Commencing 1st Sept, 21st Sept, 12th Oct, 9th Nov 2009

**Menu at
£1.90 a day, £9.50 a week**

Parents who sign up for school meals this term will find a great menu offering a wide choice of food without repetition, and will appeal to children. We aim to provide a hot, healthy, nutritionally, balanced meal, which is value for money.

It is hoped that families will look afresh at School Meals as a very competitive alternative to packed lunches, forget the planning and preparing a healthy packed lunch each day and encourage your child to try the delicious variety of dishes on the school meals menu.

To find out if your child is eligible for free school meals or if your school has opted to participate in the free breakfast scheme contact your primary school clerk or Swansea 636207.

There is no better value than a school meal. Value for money, value for health and value for fitness.

Special and vegetarians diet on request.

**WE ENCOURAGE EACH CHILD
TO CHOOSE ONE ITEM FROM
EACH COLOURED SECTION**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yorkshire pudding sausage surprise or Cheesy Beaney Jacket Potato	Lamb Pasta Egg & Cheese & Chopped Pork	Pork Grill Cheese and Tomato Pizza	Roast Turkey Breast Shepherds Pie & Gravy	Salmon Fillet Fillet of White Fish
Baked beans Salad Choice	Broccoli Spaghetti rings Salad Choice	Peas Sweet corn Salad Choice	Cabbage Carrots Salad Choice	Peas Salad Choice
Potatoes Jacket Potato Bread & Butter	Potatoes Pasta Spirals, Jacket Potato Bread & Butter	Potatoes Jacket Potato Bread & Butter	Roast & Creamed Potatoes Jacket Potato Bread & Butter	Chipped Potatoes Jacket Potato Bread & Butter
Chocolate Sponge & Pink Sauce Fresh Fruit, Cheese & Biscuits	Ice Cream & Peaches Fresh Fruit, Cheese & Biscuits	Marbled Cake with Dried Fruit & Custard, Fresh Fruit, Cheese & Biscuits	Jelly and Yogurt Fresh Fruit, Cheese & Biscuits	Jam and Cream Scone or Rice Pudding Fresh Fruit, Cheese and Biscuits
Milk, Water, Juicy Water	Milk, Water, Juicy Water	Milk, Water, Juicy Water	Milk, Water, Juicy Water	Milk, Water, Juicy Water

Week Two - Week commencing 7th Sept, 28th Sept, 19th Oct 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese & Tomato Pizza Sliced Gammon Ham	Meat Balls, Chicken Korma	Oven Baked Sausages Vegetarian Pasta Bake	Roast Pork & Apple Sauce Cold Meat and Cheese	Oven Baked Fish Lamb Grill
Baked Beans Salad Choice	Peas Salad Choice	Roasted Vegetables Salad Choice	Carrots Cabbage Salad Choice	Baked Beans Sweetcorn Salad Choice
Jacket Potato Bread & Butter	Creamed Potatoes Jacket Potato, Whole Grain Rice Bread & Butter	Jacket Potato Bread & Butter	Roast & Creamed Potatoes Jacket Potato Bread & Butter	Chipped Potatoes Jacket Potato Bread & Butter
Apple Crumble & Custard Fresh Fruit, Cheese & Biscuits	Ice Cream & Chocolate Cookie Fresh Fruit, Cheese & Biscuits	Jam Sponge & Custard Fresh Fruit, Cheese & Biscuits	Jelly and Fruit Salad, Fresh Fruit, Cheese & Biscuits	Cornflake Crisp Fresh Fruit, Cheese & Biscuits
Milk, Water, Juicy Water	Milk, Water, Juicy Water	Milk, Water, Juicy Water	Milk, Water, Juicy Water	Milk, Water, Juicy Water

Week Three - Week commencing 14th Sept, 5th Oct, 2nd Nov 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked Sausages Pasta with Spicy Tomato Sauce	Turkey Tikka with Rice Fish Star	Corned Beef Tart Pork Patties	Boiled Gammon Chicken Fillets	Turkey Burger in Roll Fish Fingers
Peas and Sweetcorn Salad Choice	Baked Beans Salad Choice	Vegetable Medley Salad Choice	Spaghetti in Tomato Sauce Fresh Carrots Salad Choice	Peas Salad Choice
Potatoes, Pasta Jacket Potato Bread & Butter	Sauté or Jacket Potato Bread & Butter Rice	Potatoes Jacket Potato, Pasta Bread & Butter	Roast & Creamed Potatoes Jacket Potato Bread & Butter	Chipped Potatoes Jacket Potato, Bread & Butter
Chocolate Peach Sponge and Pink Sauce Fresh Fruit, Cheese & Biscuits	Fruit and Ice Cream Fresh Fruit, Cheese & Biscuits	Fruit Crumble & Custard Fresh Fruit, Cheese & Biscuits	Chocolate Cornflake Crisp Fresh Fruit, Cheese & Biscuits	Chocolate Vienneese Biscuits Fresh Fruit, Cheese & Biscuits
Milk, Water, Juicy Water	Milk, Water, Juicy Water	Milk, Water, Juicy Water	Milk, Water, Juicy Water	Milk, Water, Juicy Water

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Wythnos 1 – Bwydlen wythnosol yn cychwyn 1af Medi, 21ain Medi, 12ed Hydref, 9ed Tachwedd 2009

LLUN	MAWRTH	MERCHER	IAU	GWENER
Pwdin efrog gyda selsig Taten bob gyda chaws a ffa pob	Pasta cig oen Wy a Chaws a Ham	Pizza caws a tomato Gril cig porc	Cig Twrci wedi Rhostio neu Pastai Bugail a Grefi	Samwn Ffiled wedi Pobi Ffillet Pysgodyn
Ffa Pôb Salad Llysiau	Brocoli Spagetti gyda saws tomato Salad Llysiau	Corn Melys Pys Salad Llysiau	Bresych a Moron Salad Llysiau	Pys Salad Ffres
Tatws Hufennog a Pôb Bara Menyn	Taten Pôb neu Hufennog Pasta Bara Menyn	Tatws Hufennog a Pôb, Bara Menyn	Tatws Rhost a Hufennog Taten Pôb Bara Menyn	Sglodion Trwchws Tatws Pôb Bara Menyn
Teisen Siocled a Saws Pinc Ffrwyth, Caws a Bisgedi	Hufen ia a ffrwyth Ffrwyth, Caws a Bisgedi	Teisen Sultanas a Chwstard Ffrwyth, Caws a Bisgedi	Jeli a Yogwrt Ffrwyth, Caws a Bisgedi	Sgonen gyda Hufen a Jam neu Pwdin Reis Ffrwyth, Caws a Bisgedi
Llaeth, Dŵr a Dŵr Ffrwyth	Llaeth, Dŵr a Dŵr Ffrwyth	Llaeth, Dŵr a Dŵr Ffrwyth	Llaeth, Dŵr a Dŵr Ffrwyth	Llaeth, Dŵr a Dŵr Ffrwyth

Wythnos 2 – Bwydlen wythnosol yn cychwyn 7ed Medi, 28ain Medi, 19eg Hydref 2009

LLUN	MAWRTH	MERCHER	IAU	GWENER
Pizza Caws a Tomato Gamwn Ham	Cyrri Korma cyw iâr Peli Cig Man	Selsig Pob Pasta Llyseiw	Cig Porc wedi Rhostio Cig Oer a Chaws	Ffiled o Bysgodyn wedi, Pobi neu Gril Gig Oen
Ffa Pôb Salad Llysiau	Pys Salad Llysiau	Llysiau wedi Rhostio Salad Llysiau	Moron Ffres a Bresych Salad Llysiau	Ffa Bob Corn Melys Salad Llysiau
Tatws, Wedi Berwi Tatws Pôb Bara Menyn	Tatws Hufennog Reis, Tatws Pôb Bara Menyn	Tatws Hufennog Tatws Pôb Bara Menyn	Tatws Rhost a Hufennog Tatws Pôb Bara Menyn	Sglodion Tatws Tatws Pob Bara Menyn
Briwsion Grwst Afal a Chwstard neu Ffrwyth, Caws a Bisgedi	Hufen Ia a Bisged Siocled Ffrwyth, Caws a Bisgedi	Teisen Jam a Chwstard Ffrwyth, Caws a Bisgedi	Jeli a Salad Ffrwythau Ffrwyth, Caws a Bisgedi	Crispen Siocled Ffrwyth, Caws a Bisgedi
Llaeth, Dŵr a Dŵr Ffrwyth	Llaeth, Dŵr a Dŵr Ffrwyth	Llaeth, Dŵr a Dŵr Ffrwyth	Llaeth, Dŵr a Dŵr Ffrwyth	Llaeth, Dŵr a Dŵr Ffrwyth

Wythnos 3 – Bwydlen wythnosol yn cychwyn 14eg Medi, 5ed Hydref, 2il Tachwedd 2009

LLUN	MAWRTH	MERCHER	IAU	GWENER
Selig Wedi Pobi Pasta gyda Saws Sbeislyd	Cyrri Twrci Tikka Pysgodyn Siap Seren	Pastai Corn Biff neu Byrger Porc	Ham Wedi Berwi neu Cig Cyw Iar	Bwrger Twrci mewn Roll Bara Bysedd Pysgodyn
Pys a Corn Melys Salad Llysiau	Ffa Pob Salad Llysiau	Llysiau Cymysg Salad Llysiau	Sbageiti gyda Saws Tomato Moron Ffresgyda Salad Llysiau	Pys Salad Llysiau
Taws Hufennog Tatws Pôb Bara Menyn	Tatws wedi Ffrio, Reis a Bara Menyn	Pasta Tatws Pôb / hufennog Bara Menyn	Tatws Rhost a Hufennog Tatws Pôb Bara Menyn	Sglodion Trwchws Tatws Pôb Bara Menyn
Teisen Siocleda ac Eirinen Wlanog a Saws Pinc Ffrwyth, Caws a Bisgedi	Hufen ia a Ffrwyth, Ffrwyth, Caws a Bisgedi	Briwsion Grws Afal a Chwstard Ffrwyth, Caws a Bisgedi	Crispen Siocled Ffrwyth, Caws a Bisgedi	Bisgedi Viennese Ffrwyth, Caws a Bisgedi
Llaeth, Dŵr a Dŵr Ffrwyth	Llaeth, Dŵr a Dŵr Ffrwyth	Llaeth, Dŵr a Dŵr Ffrwyth	Llaeth, Dŵr a Dŵr Ffrwyth	Llaeth, Dŵr a Dŵr Ffrwyth

**Pris y Fwydlen £1.90 y dydd
£9.50 yr wythnos**

Bydd rhieni sy'n trefnu i'w plant gael cinio ysgol y tymor hwn yn darganfod bwydlen wych yn cynnig dewis eang o fwydydd heb ailadrodd ac a fydd yn apelio at y plant. Ein nod yw darparu pryd o fwyd poeth, iachus a maethlon gytbwys sy'n cynnig gwerth am arian.

Rydym yn gobeithio y bydd teuluoedd yn edrych or newydd ar brydau ysgol eleni fel dewis cystadleuol iawn i becynnau bwyd, anghofiwch y gwaith caled o gynllunio a pharatoi pecyn bwyd iachus bob dydd ac annogwch eich plant i brofi yr amrywiaeth o brydau ar fwydlen cinio ysgol.

I ddarganfod a oes hawl gan eich plentyn i gael prydau ysgol am ddim, neu a yw eich ysgol yn cymryd rhan yny cynllun brecwast am ddim, cysylltwch ag ysgrifennydd eich ysgol gynradd leol neu ffoniwch Abertawe 636207.

Ni chewch gwerth gwell na chinio ysgol. Gwerth am arian, gwerth am iechyd a gwerth am ffitydd.

Mae deiet arbennig a deiet ar gyfer llystyrawyr ar gael ar gais.

**ANNOGWY Y PLANT I
DDEWIS UN EITEM O
BOB ADRAN LLIW**

