WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOMEMADE TOMATO PASTA BAKE & HOMEMADE GARLIC BREAD	HOMEMADE KATSU CHICKEN CURRY & RICE	MEATBALLS IN TOMATO SAUCE & PASTA TWISTS	CHICKEN FILLET ROAST POTATOES & GRAVY	BEEF GRILL & CHIPPED POTATOES
SALMON STAR & NEW POTATOES	VEGGIE BURITO BOWL	HOMEMADE FRITTATA & HOMEMADE CRUSTY BREAD	HOMEMADE VEGETABLE FRITTERS & SWEET CHILLI DIP	GLAMORGAN SAUSAGE & CHIPPED POTATOES
PEAS & MIXED SALAD	HOMEMADE RAINBOW COLESLAW & MIXED SALAD	SWEETCORN & MIXED SALAD	FRESH CARROTS BROCCOLI & MIXED SALAD	BAKED BEANS & MIXED SALAD
HOMEMADE SHORTBREAD BISCUIT & MILK	FRUIT YOGHURT & SELECTION OF FRUIT WEDGES	HOMEMADE BLUEBERRY & COCONUT SQUARE	FRUIT YOGHURT & SELECTION OF FRUIT WEDGES	HOMEMADE APPLE FLAPJACK

FRUIT YOGHURT WITH A SELECTION OF FRUIT WEDGES OR WHOLE FRUIT AVAILABLE DAILY

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALMON FISHCAKE & NEW POTATOES	HOMEMADE CHICKEN PASTA BAKE	HOMEMADE WELSH MINCED BEEF TOPPED WITH CREAMED POTATO	PORK LOIN STEAK ROAST POTATOES & GRAVY	BREADED CHICKEN GOUJONS & CHIPPED POTATOES
MARGHERITA PIZZA SLICE	HOMEMADE VEGETABLE COTTAGE PIE	HOMEMADE VEGGIE FAJITAS	HOMEMADE VEGETABLE LOAF ROAST POTATOES & GRAVY	HOMEMADE WELSH RAREBIT & CHIPPED POTATOES
PEAS & MIXED SALAD	SWEETCORN & MIXED SALAD	COUNTRY MIXED VEGETABLES & MIXED SALAD	FRESH CARROTS CAULIFLOWER & MIXED SALAD	BAKED BEANS & MIXED SALAD
HOMEMADE OATIE APPLE BISCUIT & MILK	FRUIT YOGHURT & SELECTION OF FRUIT WEDGES	HOMEMADE BANOFFEE SPONGE	FRUIT YOGHURT & SELECTION OF FRUIT WEDGES	HOMEMADE CHOCOLATE & ORANGE BROWNIE

FRUIT YOGHURT WITH A SELECTION OF FRUIT WEDGES OR WHOLE FRUIT AVAILABLE DAILY

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OVEN BAKED SAUSAGE POTATO WAFFLE & PLAIN OMELETTE	HOMEMADE CHICKEN FAJITA	HOMEMADE BEEF BOLOGNAISE HOMEMADE GARLIC BREAD & PASTA TWISTS	ROAST BEEF YORKSHIRE PUDDING CREAMED POTATOES & GRAVY	COD FISH STAR & OVEN BAKED POTATO WEDGES
HOMEMADE CAULIFLOWER CHEESE BAKE	HOMEMADE VEGETABLE SAVOURY RICE	HOMEMADE MIXED BEAN CHILLI & STEAMED RICE	HOMEMADE CHEESE PIE	HOMEMADE VEGETABLE LASAGNE
BAKED BEANS & MIXED SALAD	HOMEMADE RAINBOW COLESLAW & MIXED SALAD	SWEETCORN & MIXED SALAD	FRESH CARROTS BROCCOLI & MIXED SALAD	PEAS & MIXED SALAD
HOMEMADE WELSH CAKE & MILK	FRUIT YOGHURT & SELECTION OF FRUIT WEDGES	HOMEMADE SPICED SPONGE	FRUIT YOGHURT & SELECTION OF FRUIT WEDGES	HOMEMADE CHOCOLATE CUPCAKES

FRUIT YOGHURT WITH A SELECTION OF FRUIT WEDGES OR WHOLE FRUIT AVAILABLE DAILY

WYTHNOS 1

DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
POBIAD PASTA A THOMATO CARTREFOL & BARA GARLLEG CARTREFOL	CYRI KATSU CYW IÂR CARTREFOL & REIS	PELI CIG MEWN SAWS TOMATO & PASTA	FFILED CYW IÂR TATWS RHOST & GREFI	TAFELL GIG EIDION & SGLODION
SEREN EOG & TATWS NEWYDD	BOWLEN BURRITO LLYSIAU CARTREFOL	FRITTATA CARTREFOL & BARA CARTREFOL CRYSTIOG	FFRITER LLYSIAU CARTREFOL & DIP TSILI MELYS	SELSIG MORGANNWG & SGLODION
PYS & SALAD CYMYSG	COLSLO ENFYS CARTREFOL & SALAD CYMYSG	INDIA-CORN & SALAD CYMYSG	MORON FFRES BROCOLI & SALAD CYMYSG	FFA POB & SALAD CYMYSG
BISGED FRAU CARTREFOL & LLEFRITH	IOGWRT FFRWYTH & WEDJIS FFRWYTH	SGWÂR GLASAERON & CHNAU COCO CARTREFOL	IOGWRT FFRWYTH & WEDJIS FFRWYTH	FFLAPJAC AFALAU CARTREFOL

IOGWRT FFRWYTH A DETHOLIAD O WEDJIS FFRWYTHAU NEU FFRWYTH CYFAN AR GAEL YN DDYDDIOL

WYTHNOS 2

DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
CACEN EOG & THATWS NEWYDD	POBIAD PASTA CYW IÂR CARTREFOL	PASTAI'R BWTHYN CARTREFOL	LWYN CIG MOC TATWS RHOST & GREFI	GOUJONS CYW IÂR & SGLODION
TAFELL O PIZZA & SALAD PASTA	PASTAI'R BWTHYN LLYSIEUOL CARTREFOL	FAJITAS LLYSIAU CARTREFOL	TORTH LLYSIEUOL CARTREFOL	CAWS POB CARTREFOL AR DOST & SGLODION
PYS & SALAD CYMYSG	INDIA-CORN & SALAD CYMYSG	LLYSIAU CYMYSG & SALAD CYMYSG	MORON FFRES BLODFRESYCH & SALAD CYMYSG	FFA POB & SALAD CYMYSG
BISGED CARTREFOL GEIRCH AC AFAL & LLEFRITH	IOGWRT FFRWYTH & WEDJIS FFRWYTH	SBWNG BANOFFI CARTREFOL	IOGWRT FFRWYTH & WEDJIS FFRWYTH	BROWNI CARTREFOL SIOCLED & OREN

IOGWRT FFRWYTH A DETHOLIAD O WEDJIS FFRWYTHAU NEU FFRWYTH CYFAN AR GAEL YN DDYDDIOL

WYTHNOS 3

DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
SELSIG WAFFL & OMLED	FAJITAS CYW IÂR CARTREFOL	BOLOGNAISE CIG EIDION BARA GARLLEG CARTREFOL & TROELLAU PASTA	CIG EIDION RHOST TATWS STWNSH & GREFI	SEREN PENFRAS & TALPIAU TATWS POPTY
POBAID BLODFRESYCH & CHAWS CARTREFOL	REIS SAWRUS LLYSIEUOL CARTREFOL	TSILI PUM FFA CARTREFOL & REIS	PASTAI GAWS GYDA CHRWST GWENITH CYFLAWN CARTREFOL	LASAGNE LLYSIAU CARTREFOL
FFA POB & SALAD CYMYSG	COLSLO ENFYS CARTREFOL & SALAD CYMYSG	INDIA-CORN & SALAD CYMYSG	MORON FFRES BROCOLI & SALAD CYMYSG	PYS & SALAD CYMYSG
CACEN GRI CARTREFOL & LLEFRITH	IOGWRT FFRWYTH & WEDJIS FFRWYTH	SBWNG SBEISLYD CARTREFOL	IOGWRT FFRWYTH & WEDJIS FFRWYTH	CACEN SIOCLED CARTREFOL

IOGWRT FFRWYTH A DETHOLIAD O WEDJIS FFRWYTHAU NEU FFRWYTH CYFAN AR GAEL YN DDYDDIOL