

Carmarthenshire Primary School Summer Menu 2017

Our summer inspired healthy menu will be implemented in all primary schools as from Tuesday 2nd May

What's New?

We know that Global Citizenship is an important part of the school curriculum so we hope pupils will enjoy our homemade dishes inspired from other parts of the world.

Award Winning Dishes

In March of this year, Mr Balfour our school cook from Ysgol Bro Brynach reached the final of a national School Chef of the Year Competition. We are extremely proud of Mr Balfour's efforts and have showcased his award winning dishes on our menu.

Interesting fact:

Our homemade chocolate desserts don't contain chocolate, they contain cocoa. Cocoa is a healthy alternative to chocolate which is high in iron

We encourage parents and pupils to contact us to provide feedback and offer suggestions in relation to our menus.

Email us at

schoolmeals@carmarthenshire.gov.uk or
telephone: 01267 246537

For further information in relation to our service or to find out if you qualify for free school meals, visit our website www.carmarthenshire.gov.uk

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Commencing 1st May 22nd May 5th June 26th June 17th July 4th September 25th September 16th October	Main	Homemade Tomato & Basil Pasta Bake (v)	Mr Balfour's Homemade Moroccan Chicken or Moroccan Quorn (v)	Roast Turkey or Vegetarian Roast (v)	Oven Baked Sausage or Vegetable Sausage in a Roll (v)	Salmon Fish Finger or Vegetable Grill (v)
	Veg	Broccoli	Green Beans	Carrots and Peas	Mixed Salad	Beans or Peas
	Carb	Garlic Bread	Mixed Rice	Selection of Potatoes Stuffing and Gravy	Diced Potato / Potato Wedges	Chips or Potatoes
	Dessert	Arctic Roll	Homemade Chocolate Cookie with Raisins	Frozen Yogurt with Mixed Summer Berries	Homemade Fruit Crumble and Custard or Fruit Sponge and Custard	Welsh Cake
	Drink	Water	Fruit Juice	Water	Water	Milk
Week 2 Commencing 8th May 12th June 3rd July 11th September 2nd October 23rd October	Main	Homemade Pizza or Pizza Panini (v)	Homemade Beef or Vegetarian Bolognese with Spaghetti (v)	Roast Pork with Apple Sauce or Roast Turkey with Stuffing or Vegetarian Roast (v)	Chicken Fajita or Quorn Fajita (v)	Mini Fish Bites or Breaded Vegetable Burger (v)
	Veg	Baked Beans or Peas	Mixed Veg	Carrots and Cabbage	Mixed Salad	Baked Beans or Peas
	Carb	Diced Potato / Potato Wedges	Garlic Bread	Selection of potatoes Gravy	Spanish Rice / Herby potatoes	Chips or Potatoes
	Dessert	Yoghurt Fruit Sundae	Mr Balfour's Homemade Healthy Raspberry Cheesecake	Fruit & Jelly	Homemade Brownie & Ice cream	Homemade Coconut Muffin with Raisins
	Drink	Water	Fruit Juice	Water	Water	Milk
Week 3 15th May 19th June 10th July 18th September 9th October	Main	Chicken Burger or Vegetable Grill (v)	Homemade Chicken Korma or Quorn Korma (v)	Roast Beef or Vegetarian Roast with Yorkshire Pudding (v)	Gammon or Cheese and Potato Pie (v)	Salt and Vinegar Fish or Glamorgan Sausage (v)
	Veg	Sweetcorn or Baked Beans	Peas	Carrots & Broccoli	Mixed Salad	Baked Beans or Peas
	Carb	Diced Potato / Potato Wedges	Mixed Rice and Naan Bread	Selection of potatoes Gravy	Bread Roll Boiled Potatoes	Chips or Potatoes
	Dessert	Raspberry Mousse	Homemade Chocolate Muffin	Fruit Salad and Ice Cream	Homemade Fairtrade Banana Crumbly Square with Custard	Llaeth Y Llan Yogurt with Fruit Compote
	Drink	Water	Milk	Water	Water	Fruit Juice

As alternative to our puddings, we will offer Fresh Fruit as a dessert on a daily basis

Food Allergies - please contact your school cook for information regarding the content of our recipes and products on our menu.

Due to circumstances beyond our control, there may at times be a slight variance in our menus; we apologise for any inconvenience this may cause

Bwydlen yr Haf ar gyfer Ysgolion Cynradd Sir Gaerfyrddin 2017

Byddwn yn cyflwyno ein bwydlen iachus, sydd wedi cael ei hysbrydoli gan yr haf, ym mhob ysgol gynradd o ddydd Mawrth, 2 Mai

Beth sy'n newydd?

Rydym yn gwybod bod Dinasyddiaeth Fyd-eang yn rhan bwysig o gwricwlwm yr ysgol felly rydym yn gobeithio y bydd disgyblion yn mwynhau ein prydau cartref sydd wedi cael eu hysbrydoli gan rannau eraill o'r byd.

Prydau sydd wedi ennill gwobrwyon

llwyddodd Mr Balfour, sy'n gogydd yn Ysgol Bro Brynach, i gyrraedd rownd derfynol Cystadleuaeth Genedlaethol Cogydd Ysgol y Flwyddyn. Rydym yn hynod o falch o waith caled Mr Balfour ac rydym wedi arddangos ei brydau, sydd wedi ennill gwobrwyon, ar ein bwydlen.

Ffaith ddiddorol:

Nid yw ein pwdinau siocled cartref yn cynnwys siocled - maent yn cynnwys coco. Mae coco yn gynhwysyn mwy iachus na siocled ac yn cynnwys lefelau uchel o haearn

Rydym yn annog rhieni a disgyblion i gysylltu â ni gyda'u hadborth ac i gynnig awgrymiadau mewn perthynas â'n bwydleni. Anfonwch e-bost at: schoolmeals@sirgar.gov.uk neu ffoniwch: 01267 246537

I gael rhagor o wybodaeth ynghylch ein gwasanaeth neu i gael gwybod a ydych chi'n gymwys i gael prydau ysgol am ddim, ewch i'n gwefan: www.sirgar.llyw.cymru

		Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Wythnos 1 sy'n dechrau ar 1 Mai 22 Mai 5 Mehefin 26 Mehefin 17 Gorffennaf	Prif	Pasta Pob Tomato a Basil Cartref (Ilys)	Cyw iâr Moroco neu Quorn Moroco (Ilys) Cartref Mr Balfour	Twrci Rhost neu Rost Llysieuol (Ilys)	Selsigen Bob neu Selsigen Llysieuol (Ilys) mewn Rhôl	Sglodyn Eog neu Gril Llysieuol (Ilys)
	Llysiau	Brocoli	Ffa Gwyrdd	Moron a Phys	Salad Cymysg	Ffa Pob neu Bys
	Carb	Bara Garleg	Reis Cymysg	Dewis o Dato Stwffin a Grefi	Tato wedi'u Deisio / Talpiau Tato	Sglodion neu Dato
	Pwddin	Rôl Arctig	Cwci Siocled Cartref gyda Resins	logwrt wedi'i rewi gydag Aeron Cymysg yr Haf	Crymbl Ffrwythau Cartref a Chwstard neu Sbnwj Ffrwythau Gartref a Chwstard	Picen ar y Maen
	Diod	Dŵr	Sudd Ffrwythau	Dŵr	Dŵr	Llaeth
Wythnos 2 sy'n dechrau ar 8 Mai 12 Mehefin 3 Gorffennaf 11 Medi 2 Hydref 23 Hydref	Prif	Pizza NEU Banini Pizza (Ilys) Cartref	Bolognaise Cig Eidion Cartref neu Bolognaise Llysieuol Cartref (Ilys) a Sbageti	Porc Rhost gyda Saws Afal neu Dwrci Rhost gyda Stwffin neu Rost Llysieuol (Ilys)	Fajita Cyw Iâr neu Fajita Quorn (Ilys)	Darnau Bach o Bysgod neu Fyrgyr Llysieuol mewn Briwsion (Ilys)
	Llysiau	Ffa Pob/Pys	Llysiau Cymysg	Moron a Bresych	Salad Cymysg	Ffa Pob neu Bys
	Carb	Tato wedi'u Deisio / Talpiau Tato	Bara Garleg	Dewis o Dato Grefi	Reis Sbaenaidd / Tato â Pherlysiau	Sglodion neu Dato
	Pwddin	Sundae logwrt a Ffrwythau	Cacen Gaws Mafon iach Gartref Mr Balfour	Ffrwythau a Jeli	Browni Cartref a Hufen Iâ	Myffin Cnau Coco Cartref gyda Resins
	Diod	Dŵr	Sudd Ffrwythau	Dŵr	Dŵr	Llaeth
Wythnos 3 sy'n dechrau ar 15 Mai 19 Mehefin 10 Gorffennaf 18 Medi 9 Hydref	Prif	Byrgyr Cyw Iâr neu Gril Llysieuol (Ilys)	Korma Cyw Iâr neu Korma Quorn (Ilys) Cartref	Cig Eidion Rhost neu Rost Llysieuol gyda Phwddin Ffrog (Ilys)	Gamwn neu Bastai Caws a Thatws (Ilys)	Pysgod Halen a Finegr neu Selsigen Morgannwg (Ilys)
	Llysiau	Corn Melys neu Ffa Pob	Pys	Moron a Brocoli	Salad Cymysg	Ffa Pob neu Bys
	Carb	Tato wedi'u Deisio / Talpiau Tato	Reis Cymysg a Bara Naan	Dewis o Dato Grefi	Rhól fara Tato wedi'u Berwi	Sglodion neu Dato
	Pwddin	Mousse Mafon	Myffin Siocled Cartref	Salad Ffrwythau a Hufen Iâ	Sgwâr Crymbl Banana Masnach Deg Cartref gyda Chwstard	logwrt Llaeth y Llan gyda Chompot Ffrwythau
	Diod	Dŵr	Laeth	Dŵr	Dŵr	Sudd Ffrwythau

Byddwn hefyd yn cynnig ffrwythau ffres yn lle pwddin bob dydd.

Alergeddau Bwyd - cysylltwch â chogydd eich ysgol i gael gwybodaeth ynghylch cynnwys ein ryseitiai a'r cynnyrch ar ein bwydlen.

Oherwydd amgylchiadau sydd y tu hwnt i'n rheolaeth, efallai y bydd ein bwydleni'n newid ychydig ar adegau;

Rydym yn ymddiheuro am unrhyw anghyfleustra a gall hyn ei achosi