

DYDD LLUN

OPSIWN 1	BYSEDD PYSGOD
OPSIWN 2	CYRI CYW IÂR TIKKA
OPSIWN 3	PITSA
LLYSIEUOL	BYSEDD DI BYSGOD

CARBOHYDRADAU SGLODION/REIS/BARA NAAN

DYDD MAWRTH

OPSIWN 1	SELSIG GYDA PWDIN EFROG
OPSIWN 2	BOLOGNESE/CHILLI CIG EIDION
OPSIWN 3	KEBAB CYW IÂR
LLYSIEUOL	BOLOGNESE/CHILLI SOIA

CARBOHYDRADAU PASTA/REIS/TATWS HUFEN/BARA GARLLEG

DYDD MERCHER

OPSIWN 1	PASTAI CIG EIDION
OPSIWN 2	CYW IÂR BBQ GLUDIOG
OPSIWN 3	PIZZINI CHAWS A TOMATO
LLYSIEUOL	PASTAI CAWS A NIONYN

CARBOHYDRADAU TATWS HUFEN/REIS/PASTA/NWDLS

DYDD IAU

OPSIWN 1	RHOST Y DYDD
OPSIWN 2	PELI CIG PORC A CHENNIN
OPSIWN 3	CŴN POETH
LLYSIEUOL	MAC A CHAWS

CARBOHYDRADAU TATWS RHOST/HUFEN/REIS/PASTA

DYDD GWENER

OPSIWN 1	PYSGODYN GOJON MEWN BAP
OPSIWN 2	CYRI CYW IÂR KERALA
OPSIWN 3	SGLODION WEDI LLWYTHO
LLYSIEUOL	BYRGYR LLYSIAU

CARBOHYDRADAU REIS/BARA NAAN/SGLODION
TATWS WEDGE

BWYDLEN 2025

WYTHNOS 1

PWDINAU

LLUN

SBWNG SYROP/CHWIP CHWAFF/CACENNAU BACH
FFLAPJAC/CWSTARD

MAWRTH

CRYMBL FFRWYTH/CWCIS/CACEN
GAWS/CACENNAU BACH/CWSTARD

MERCHER

SBWNG SIOCLED/CRISPI CNAU COCO/NYTHOD MERINGUE
BISGED/CWSTARD SIOCLED

IAU

CRYMBL FFRWTHAU CEIRCH/SBWNG TAFFI GLUDIOG
JELI A HUFEN IÂ /BISGED/CWSTARD

GWENER

PWDIN REIS/SBWNG JAM/CACENNAU
BACH/BISGED/CWSTARD GWYN
GALL PWDINAU AMRYWIO'N DDYDDIOL

AR GAEL BOB DYDD

SALAD FFRWYTHAU/FFRWYTHAU
FFRES/IOGWRT/DEWIS HEB ALERGENAU

AR GAEL BOB DYDD:AMRYWIAETH

TATW TRWY'U CRWYN/BAR SALAD/CAWL/CARTREF
BRECHANAU/RÔL/BAGUETTE/CIABATTA/PANINI/WRAP
POT PASTA/POT REIS/POWLEN SALAD

**DEWIS DDYDDIOL O LYSIAU FFRES NEU
FFA POB/PYS GARDD**

AMSER EGWYL/NEWID YN DDYDDIOL

TOST/BAP SELSIG/BACWN/WÂY/BYSEDD PYSGOD
CACEN TE/CRYMPEDI/CREMPOG/CROISSANT
WAFFL/BAGEL

CYSYLLTWCH GYDA'R COGYDDES I DRAFOD
UNRHYW ANGHENION DIET NEU ALERGEDDAU

MONDAY

OPTION 1	FISH FINGERS
OPTION 2	CHICKEN TIKKA
GRAB & GO	VARIOUS PIZZAS
VEGETARIAN OPTION	FISHLESS FINGERS
CARBOHYDRATE OPTIONS	CHIPS /RICE /NAAN BREAD

TUESDAY

OPTION 1	SAUSAGES & YORKSHIRE PUDDING
OPTION 2	BEEF BOLOGNESE/CHILLI
GRAB & GO	CHICKEN KEBAB
VEGETARIAN OPTION	SOYA BOLOGNESE/CHILLI
CARBOHYDRATE OPTIONS	PASTA/RICE/POTATOES/GARLIC BREAD

WEDNESDAY

OPTION 1	STEAK PIE
OPTION 2	BBQ GLAZED CHICKEN
GRAB & GO	CHEESE PIZZINI
VEGETARIAN OPTION	CHEESE & ONION PASTY
CARBOHYDRATE OPTIONS	CREAMED POTATOES/RICE /NOODLES

THURSDAY

OPTION 1	ROAST OF THE DAY
OPTION 2	WELSH PORK & LEEK MEATBALLS
GRAB & GO	HOT DOGS
VEGETARIAN OPTION	MAC N'CHEESE
CARBOHYDRATE OPTIONS	PASTA/RICE/DRY ROAST/CREAMED POTATO

FRIDAY

OPTION 1	FISH GOJON BURGER
OPTION 2	KERALA CHICKEN CURRY
GRAB & GO	LOADED FRIES
VEGETARIAN OPTION	VEGETARIAN BURGER
CARBOHYDRATE OPTIONS	RICE/NAAN BREAD/CHIPS/WDEGES

menu 2025

WEEK 1

DESSERTS

MONDAY
SYRUP SPONGE/MOUSSE/CUPCAKES/FLAPJACKS/ CUSTARD

TUESDAY
FRUIT CRUMBLE/COOKIES/FRUIT
CHEESECAKE/CUPCAKES/CUSTARD

WEDNESDAY
CHOCOLATE SPONGE/COCONUT KRISPIE/MERINGUE
NESTS/BISCUITS/ CHOCOLATE SAUCE

THURSDAY
OATY CRUMBLE/STICKY TOFFEE SPONGE/JELLY & ICE
CREAM/BISCUITS/CUSTARD

FRIDAY
RICE PUDDING & PEACHES/JAM
SPONGE/CUPCAKES/BISCUITS/WHITE CUSTARD

SOME DESSERTS MAY VARY DAILY

AVAILABLE DAILY

FRUIT SALAD/FRESH
FRUIT/YOGURTS/ALLERGEN FREE
ALTERNATIVES

AVAILABLE DAILY AN ASSORTMENT OF

JACKET POTATOES/SALAD BAR/SOUPS
SANDWICHES/ROLLS/BAPS/BAGUETTES/CIABATTA/PANINI
WRAPS/COLD PASTA /RICE POTS /SALAD BOWLS

**CHOICE OF FRESH VEGETABLES OF THE DAY OR
BEANS /PEAS**

BREAKTIMES ASSORTMENT/ CHANGES DAILY

TOAST/SAUSAGE/BACON/EGG/ FISH FINGER BAPS
TEA CAKES/CRUMPETS/PANCAKES/
CROISSANTS/WAFFLES/BAGELS

**FOR ALL ALLERGEN AND DIETARY
REQUIREMENTS, PLEASE SPEAK DIRECTLY TO
THE COOK IN CHARGE.**

DYDD LLUN

BWYDLEN 2025

OPSIWN 1	PITSA
OPSIWN 2	CYW IÂR CHILLI MELYS
OPSIWN 3	WRAP CAWSLYD CIG EIDION
LLYSIEUOL	PITSA
CARBOHYDRADAU	REIS/NWDLS/SGLODION/TATWS WEDGE

DYDD MAWRTH

OPSIWN 1	CACEN BYSGODYN EOG
OPSIWN 2	LASAGNE CIG EIDION
OPSIWN 3	COESAU CYW IÂR MEWN SAWNS BARBECIW
LLYSIEUOL	LASAGNE LLYSIEUOL
CARBOHYDRADAU	REIS/TATWS HUFEN/BARA GARLLEG

DYDD MERCHER

OPSIWN 1	PASTAI PORC A STWFFIN
OPSIWN 2	CYW IÂR TSIEINEAIDD
OPSIWN 3	BURRITOS/TACOS CIG EIDION
LLYSIEUOL	RÔL GWANWYN LLYSIEUOL
CARBOHYDRADAU	TATWS HUFEN/REIS

DYDD IAU

OPSIWN 1	RHOST Y DYDD
OPSIWN 2	CIG EIDION FFADU COREAIDD A SOIA
OPSIWN 3	CALZONES
LLYSIEUOL	PASTA TOMATO
CARBOHYDRADAU	TATWS RHOST/HUFEN/REIS

DYDD GWENER

OPSIWN 1	FFILED PYSGODYN Mewn BRIWSION BARA
OPSIWN 2	CYRI CYW IÂR TINGA
OPSIWN 3	SGLODION WEDI LLWYTHO
LLYSIEUOL	TIKKA LLYS IBJOL
CARBOHYDRADAU	REIS/BARA NAAN/SGLODION

WYTHNOS 2

PWDINAU

LLUN

SBWNG GLUDIOG/ RÔL HUFEN IA /CACENNAU BACH
BISGEDI/CWSTARD

MAWRTH

SBWNG SIOCLED/CWCIS/CACEN
GAWS/SGON/SAWS SIOCLED

MERCHER

PASTAI AFAL/JELI FFRWYTH A HUFEN/CACENNAU BACH
FFLAPJAC/CWSTARD

IAU

SBWNG MANDARIN A SIOCLED/PWDIN MAFON/CRISPI
SIOCLED/BISGEDI/CWSTARD

GWENER

CRYMBL FFRWYTH/MUFFIN/BISGEDI/IOGWRT A
GRANOLA/CWSTARD

GALL PWDINAU AMRYWIO'N DDYDDIOL

AR GÆL BOB DYDD

SALAD FFRWYTHAU/FFRWYTHAU
FFRES/IOGWRT/DEWIS HEB ALERGENAU

AR GÆL BOB DYDD:AMRYWIAETH

TATW TRWY'U CRWYN/BAR SALAD/CAWL/CARTREF
BRECHANAU/RÔL/BAGUETTE/CIABATTA/PANINI/WRAP
POT PASTA/POT REIS/POWLEN SALAD

DEWIS DYDDIOL O LYSIAU FFRES NEU FFA POB/PYS GARDD

AMSER EGWYL/NEWID YN DDYDDIOL

TOST/BAP SELSIG/BACWN/WÝ/BYSEDD PYSGOD
CACEN TE/CRYMPEDI/CREMPOG/CROISSANT
WAFFL/BAGEL

CYSYLLTWCH GYDA'R COGYDDES I DRAFOD
UNRHYW ANGHENION DIET NEU ALERGEDDAU

MONDAY

OPTION 1	PIZZA
OPTION 2	SWEET CHILLI CHICKEN
GRAB & GO	CHEESY BEEF WRAPS
VEGETARIAN OPTION	PIZZA
CARBOHYDRATE OPTIONS	RICE/NOODLES/CHIPS/WEDGES

TUESDAY

OPTION 1	SALMON FISH CAKES
OPTION 2	BEEF LASAGNE
GRAB & GO	STICKY BBQ CHICKEN DRUMSTICKS
VEGETARIAN OPTION	VEGETABLE LASAGNE
CARBOHYDRATE OPTIONS	RICE/POTATOES/GARLIC BREAD

WEDNESDAY

OPTION 1	PORK & STUFFING PIE
OPTION 2	CHINESE CHICKEN CURRY
GRAB & GO	BEEF BURRITOS/TACOS
VEGETARIAN OPTION	VEGETABLE SPRING ROLL
CARBOHYDRATE OPTIONS	CREAMED POTATOES/RICE

THURSDAY

OPTION 1	ROAST OF THE DAY
OPTION 2	KOREAN BLACK BEAN & SOY BEEF
GRAB & GO	CALZONES
VEGETARIAN OPTION	SPICY TOMATO PASTA
CARBOHYDRATE OPTIONS	RICE/DRY ROAST/CREAMED POTATO

FRIDAY

OPTION 1	BREADED FISH
OPTION 2	CHICKEN TINGA
GRAB & GO	LOADED FRIES
VEGETARIAN OPTION	VEGETABLE TIKKA
CARBOHYDRATE OPTIONS	RICE/NAAN BREAD/CHIPS

menu 2025

WEEK 2

DESSERTS

MONDAY

STICKY SPONGE/CUPCAKES/ARTIC ROLL/BISCUITS/ CUSTARD

TUESDAY

CHOCOLATE SPONGE/FRUIT CHEESECAKE/COOKIES/SCONE/CUSTARD

WEDNESDAY

APPLE PIE/FRUIT JELLY/CUPCAKE/FLAPJACK/CUSTARD

THURSDAY

MANDARIN & CHOCOLATE SPONGE/ANGEL DELIGHT/CHOC KRISPIE/BISCUITS/CHOCOLATE SAUCE

FRIDAY

FRUIT CRUMBLE/MUFFIN/BISCUIT/YOGURT & GRANOLA/CUSTARD

SOME DESSERTS MAY VARY DAILY

AVAILABLE DAILY

FRUIT SALAD/FRESH FRUIT/YOGURTS/ALLERGEN FREE ALTERNATIVES

AVAILABLE DAILY AN ASSORTMENT OF

JACKET POTATOES/SALAD BAR/SOUPS SANDWICHES/ROLLS/BAPS/BAGUETTES/CIABATTA/PANINI WRAPS/COLD PASTA /RICE POTS /SALAD BOWLS

CHOICE OF FRESH VEGETABLES OF THE DAY OR BEANS /PEAS

BREAKTIME ASSORTMENT/ CHANGES DAILY

TOAST/SAUSAGE/BACON/EGG/ FISH FINGER BAPS TEA CAKES/CRUMPETS/PANCAKES/ CROISSANTS/WAFFLES/BAGELS

FOR ALL ALLERGEN AND DIETARY REQUIREMENTS, PLEASE SPEAK DIRECTLY TO THE COOK IN CHARGE.

DYDD LLUN

OPSIWN 1	GOUJON CYW IÂR
OPSIWN 2	CYRI BALTI/JALFREZI CIG EIDION
OPSIWN 3	BYRGYR CIG EIDION A CHAWS
LLYSIEUOL	CYRI BALTI/JALFREZI LLYSIEUOL
CARBOHYDRADAU	SGLODION/REIS/BARA NAAN

DYDD MAWRTH

OPSIWN 1	SELSIG
OPSIWN 2	CYW IÂR/PORC MELYS A SUR/HOISIN
OPSIWN 3	PELI CIG MEWN RÔL SUB
LLYSIEUOL	SELSIG MORGANNWG
CARBOHYDRADAU	PASTA/REIS/TATWS HUFEN

DYDD MERCHER

OPSIWN 1	LOBSGÔWS
OPSIWN 2	HAM WEDI RHOSTIO
OPSIWN 3	WRAP BYSEDD PYSGOD
LLYSIEUOL	FALAFEL
CARBOHYDRADAU	PASTA/TATWS NEWYDD/BARA GARLLEG RÔL BARA

DYDD IAU

OPSIWN 1	RHOST Y DYDD
OPSIWN 2	PORC BARBECIW WEDI'U DYNNU
OPSIWN 3	CYW IÂR PESTO
LLYSIEUOL	QUESIDILLA LLYSIAU
CARBOHYDRADAU	TATWS RHOST/HUFEN/REIS/PASTA

DYDD GWENER

OPSIWN 1	PYSGODYN MEWN BRIWSION BARA
OPSIWN 2	CYRI CYW IÂR KORMA
OPSIWN 3	PITSA CAWS A TOMATO
LLYSIEUOL	CYRI KORMA BLODFRSYCH WEDI ROSTIO A GWYGBYS
CARBOHYDRADAU	REIS/BARA NAAN/SGLODION/TATWS WEDGE

BWYDLEN 2025

WYTHNOS 3

PWDINAU

LLUN

SBWNG JAM A CNAU COCO/ SLEISEN DATYS/CACEN GAWS
CACENNAU BACH/CWSTARD

MAWRTH

CACEN CYFFUG SIOCLED/BISGEDI/HUFEN
IÂ/CACENNAU BACH/CWSTARD SIOCLED

MERCHER

SBWNG LEMWN /CACENNAU BACH/JELI A
HUFEN/FFLAPJAC/CWSTARD

IAU

CRYMBL FFRWYTHAU/SGON/CACENNAU BACH
BISGEDI/CWSTARD

GWENER

PWDIN SIOCLED/CWCIS/CHWIP CHWAP
BYNS MAFON/SAWS SIOCLED

GALL PWDINAU AMRYWIO'N DDYDDIOL

AR GAEL BOB DYDD

SALAD FFRWYTHAU/FFRWYTHAU
FFRES/IOGWRT/DEWIS HEB ALERGENAU

AR GAEL POB DYDD AMRYWIAETH O

TATW TRWY'U CRWYN/BAR SALAD/CAWL/CARTREF
BRECHANAU/RÔL/BAGUETTE/CIABATTA/PANINI/WRAP
POT PASTA/POT REIS/POWLEN SALAD

DEWIS DYDDIOL O LYSIAU FFRES NEU
FFA POB/PYS GARDD

AMSER EGWYL

AR GAEL POB DYDD AMRYWIAETH O

TOST/BAP SELSIG/BACWN/WŶ/BYSEDD PYSGOD
CACEN TE/CRYMPEDI/CREMPOG/CROISSANT
WAFFL/BAGEL

CYSYLLTWCH GYDA'R COGYDDES I DRAFOD
UNRHYW ANGHENION DIET NEU ALERGEDDAU

MONDAY

OPTION 1	CHICKEN GOJONS
OPTION 2	BEEF BALTI/JALFREZI
GRAB & GO	CHEESE BURGER
VEGETARIAN OPTION	VEGETABLE BALTI/JALFREZI
CARBOHYDRATE OPTIONS	RICE/CHIPS/NAAN BREAD

TUESDAY

OPTION 1	SAUSAGES
OPTION 2	SWEET & SOUR/HOISIN CHICKEN/PORK
GRAB & GO	MEATBALL SUB
VEGETARIAN OPTION	GLAMORGAN SAUSAGE
CARBOHYDRATE OPTIONS	RICE/POTATOES/DRY ROAST

WEDNESDAY

OPTION 1	LOBSCOUSE
OPTION 2	HONEY ROAST HAM
GRAB & GO	FISH FINGER WRAP
VEGETARIAN OPTION	SWEET POTATO FALAFELS
CARBOHYDRATE OPTIONS	PASTA/NEW POTATOES/GARLIC BREAD BREAD ROLL

THURSDAY

OPTION 1	ROAST OF THE DAY
OPTION 2	BBQ PULLED PORK
GRAB & GO	CHICKEN PESTO PASTA
VEGETARIAN OPTION	VEGETABLE QUESADILLA
CARBOHYDRATE OPTIONS	RICE/DRY ROAST/CREAMED POTATO

FRIDAY

OPTION 1	SH
OPTION 2	CHICKEN KORMA
GRAB & GO	CHEESE & TOMATO PIZZA
VEGETARIAN OPTION	ROASTED CAULIFLOWER & CHICKPEA KORMA
CARBOHYDRATE OPTIONS	RICE/NAAN BREAD/CHIPS/VEGETABLES

menu 2025

WEEK 3

DESSERTS

MONDAY

JAM & COCONUT SPONGE/CUPCAKES/DATE SLICE/CHEESECAKE CUSTARD

TUESDAY

CHOCOLATE FUDGE CAKE/BISCUITS/ICE CREAM & PEACHES/CUPCAKE CHOCOLATE CUSTARD

WEDNESDAY

ZESTY LEMON CAKE/CUPCAKES JELLY & DREAM TOPPING/FLAPJACK/CUSTARD

THURSDAY

MIXED FRUIT CRUMBLE SCONE/CUPCAKE/BISCUIT/CUSTARD

FRIDAY

RICH CHOCOLATE PUDDING/COOKIES/CHOCOLATE DELIGHT/RASPBERRY BUNS/CHOCOLATE SAUCE

SOME DESSERTS MAY VARY DAILY

AVAILABLE DAILY

FRUIT SALAD/FRESH FRUIT/YOGURTS/ALLERGEN FREE ALTERNATIVES

AVAILABLE DAILY AN ASSORTMENT OF

JACKET POTATOES/SALAD BAR/SOUPS SANDWICHES/ROLLS/BAPS/BAGUETTES/CIABATTA/PANINI WRAPS/COLD PASTA /RICE POTS /SALAD BOWLS

CHOICE OF FRESH VEGETABLES OF THE DAY OR BEANS /PEAS

BREAKTIME ASSORTMENT / CHANGES DAILY

TOAST/SAUSAGE/BACON/EGG/ FISH FINGER BAPS TEA CAKES/CRUMPETS/PANCAKES CROISSANTS/WAFFLES/BAGELS

FOR ALL ALLERGEN AND DIETARY REQUIREMENTS, PLEASE SPEAK DIRECTLY TO THE COOK IN CHARGE.