Bwydlen Tymor Haf 2023

Ysgol Gymraeg Ystalyfera Bro Dur

Safle Bro Dur Campus

Summer Menu 2023

	Week 1	Week 2	Week 3
Monday	Cheese & Tomato Pizza <sup>1</sup> or Salmon Fishcakes <sup>2</sup> Potato Wedges <sup>3</sup> Baked Beans <sup>4</sup> or Salad Ice Cream <sup>6</sup> or Chocolate Arctic Roll <sup>69</sup> and Fruit	BBQ Chicken Wraps <sup>27</sup> or Salmon fishcake <sup>2</sup> Potato wedges <sup>3</sup> , sweetcorn <sup>10</sup> and salad. <i>Mini donuts<sup>28</sup></i> V – Quorn Chicken <sup>68</sup>	<ul> <li>Frikadellens (pork bites)<sup>42</sup> with sauteed potatoes<sup>43</sup> or mashed potatoes<sup>15</sup></li> <li>Salad and Baked Beans<sup>4</sup>/Spaghetti Hoops<sup>44</sup></li> <li><i>Raspberry ripple artic roll<sup>45</sup></i></li> <li>V – Sausages<sup>56</sup></li> </ul>
Tuesday	Roast Beef <sup>12</sup> , Yorkshire Pudding <sup>13</sup> and gravy <sup>14</sup> Mashed Potatoes <sup>15</sup> , peas <sup>16</sup> , carrots <sup>17</sup> & gravy <sup>14</sup> <i>Chocolate Sponge<sup>18</sup> and Custard<sup>33</sup></i> V – Pastie <sup>62</sup>	Roast Turkey <sup>34</sup> , stuffing <sup>35</sup> and gravy <sup>14</sup> Mashed potato <sup>15</sup> , cabbage <sup>36</sup> and carrots <sup>17</sup> <i>Assorted Yogurt</i> V – Pastie <sup>62</sup>	Chicken fillets <sup>63</sup> , mash <sup>15</sup> and gravy <sup>14</sup> Swede <sup>49</sup> and broccoli <sup>50</sup> or carrots <sup>17</sup> Strawberry crunch pot <sup>51</sup> V – Quorn Chicken <sup>68</sup>
Wednesday	Pasta Bolognaise <sup>8+55</sup> with garlic bread <sup>9</sup> Sweetcorn <sup>10</sup> or Salad <i>Jelly<sup>11</sup> &amp; Fruit</i> V – Quorn Mince <sup>57</sup>	Chicken curry <sup>29</sup> , rice <sup>30</sup> , mixed veg <sup>72</sup> & naan bread <sup>31</sup> <i>Apple Crumble<sup>32</sup> and custard<sup>33</sup></i> V - Cauliflower Curry <sup>58</sup>	Chicken sweet and sour rice <sup>59</sup> with mixed vegetables <sup>72</sup> <i>Fruit Cocktail</i> V – Vegetable Sweet and Sour <sup>60</sup>
Thursday	Ham <sup>73</sup> , Parsley Sauce <sup>74</sup> , mash <sup>15</sup> , peas <sup>16</sup> and carrots <sup>17</sup> <i>Yogurt or fruit</i> V – Vegetable Wrap <sup>65</sup>	Chicken Burgers <sup>70</sup> with sauteed potatoes <sup>43</sup> Beans <sup>4</sup> Chocolate ice cream roll <sup>71</sup> or Ice Cream <sup>6</sup> V – Pastie <sup>62</sup>	Sausage <sup>46</sup> , yorkshire puddings <sup>13</sup> , mashed potato <sup>15</sup> , carrots <sup>17</sup> , peas <sup>16</sup> , broccoli <sup>50</sup> and gravy <sup>14</sup> . <i>Ice cream<sup>6</sup> or Chocolate Arctic Roll<sup>69</sup> with fruit</i> Strawberry crunch pot <sup>51</sup> V – Pastie <sup>62</sup>
Friday	Fish Fingers <sup>24</sup> or Salmon Fishcakes <sup>2</sup> & Chips <sup>25</sup> Peas <sup>16</sup> or salad <i>Milk chocolate cookie</i> <sup>26</sup> V – Vegetable Fingers <sup>66</sup>	Breaded Fish <sup>40</sup> or Salmon Fishcakes <sup>2</sup> & Chips <sup>25</sup> Baked Beans <sup>4</sup> & salad <i>Chocolate Chip Cookie</i> <sup>41</sup> V – Vegetable Fingers <sup>66</sup>	Fish bites <sup>67</sup> or salmon fishcakes <sup>2</sup> with chips <sup>25</sup> Baked Beans <sup>4</sup> or Salad <i>White chocolate cookie</i> <sup>54</sup> V – Vegetable Fingers <sup>66</sup>

Available daily: - Fresh Fruit ,Salads , A daily choice of sandwiches, Pasta, Wholemeal bread.

Occasionally, for reasons beyond our control, the menus may have to be changed at short notice

	Week 1	Week 2	Week 3
Week commencing (Monday)	24/04/23, 15/05/23, 01/06/23, 03/07/23	01/05/23, 22/05/23, 19/06/23, 10/07/23	17/04/23, 08/05/23, 03/06/23, 26/06/23, 17/06/23