

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast and milk / Cereal	Toast and milk / Cereal	Toast and milk / Cereal	Toast and milk / Cereal	Toast and milk / Cereal
Dinner	Fish stars, potatoes, and spaghetti hoops	Beef & vegetable keema Curry, couscous with naan bread.	Cheese, ham, and tomato pasta bake, with broccoli, peas. Garlic bread	Fish Curry with rice and naan Bread	Pork dinner, Stuffing, potatoes, cauliflower, and carrots
Pudding	Rice pudding and peaches	School sponge cake with pink custard.	Scone with Jam and Cream	Yogurt with rich tea finger biscuits	Summer fruit crumble with custard
Afternoon snack	Pancakes with strawberries, and Bananas	pizza with various toppings. Biscuit	Crumpets with cheese spread Flapjack	Cheese, Pineapple and Bread sticks Apple or Pear and Banana	Ham sandwich with crisps

*Mae diod o ddŵr neu llefrith ar gael i pob plentyn.

* A drink of water or milk is available to each child.

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast and milk / Cereal	Toast and milk / Cereal	Toast and milk / Cereal	Toast and milk / Cereal	Toast and milk / Cereal
Dinner	Cod in Tomato mix peppers sauce with cous cous	Beef Chili with rice and naan bread	Sausage, potatoes, and beans	Chicken pie, Potato's, Carrots and sweetcorn with gravy	Spaghetti bolognaises with broccoli and garlic bread
Pudding	Peaches with custard	Trifle	Chocolate cake with Cream	Fruits	Yoghurt With biscuits
Afternoon snack	Vegetable Soup with bread rolls and Biscuits.	Chicken Wraps Banana and choc chip Cupcake	Egg Mayo pitta pockets, Carrots, cucumber sticks	Ham Sandwich Watermelon slices	Crackers, Grated Cheese With Apple

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast and milk / Cereal	Toast and milk / Cereal	Toast and milk / Cereal	Toast and milk / Cereal	Toast and milk / Cereal
Dinner	Fish fingers, potatoes, and beans	Lasagna with garlic bread and broccoli	Cottage pie with sweet potato mash with peas and sweetcorn	Homemade chicken curry with rice. Naan bread and poppadom's	Lopsgows With Bread and Butter
Pudding	Banana and Custard	Angels Delight	Semolina and jam	Syrup sponge with custard	Red Jelly and ice cream
Afternoon snack	Hot Dogs Homemade mini carrot cake	Tuna Mayo pitta pockets chocolate crispy cakes	Beans on toast ½ banana or Apple	Mini English muffin pizza ½ Banana or Apple	Bread sticks With Hummus cucumber, carrots sticks

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* A drink of water or milk is available to each child.

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast and milk / Cereal	Toast and milk / Cereal	Toast and milk / Cereal	Toast and milk / Cereal	Toast and milk / Cereal
Dinner	Mini Toad in the hole with mix vegetables	Meatballs in a tomato sauce, spaghetti pasta with broccoli and garlic bread	Beef or Pork dinner with potatoes, cauliflower, swede mash and Yorkshire pudding	Veg fingers mashed potatoes, peas a Gravy.	Keema Curry cous cous with Naan Bread.
Pudding	Fruit cocktail with cream.	Apple crumble with custard	Jam Sponge with ice cream	Bread and butter pudding with custard.	Yoghurt and a biscuit
Afternoon snack	Crumpets with jam. With Lemon shortbread	Chicken/ Ham Lettuce wraps. Strawberries and Bananas	Ham and cheese toasties Banana and Apple	Rice cakes with dairylea. Peppers, tomato	Bread sticks, pineapples, Cheese. Biscuit

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* A drink of water or milk is available to each child.