

We hope you like the new layout of our summer menu which will be introduced in all of our primary schools from week commencing 4th May 2015. Our menus are nutritionally analysed so that they ensure they comply with The Healthy Eating Regulations; we also pride ourselves on producing home-made dishes using good quality, seasonal ingredients supplied by local suppliers.

Whilst we cannot tailor our menus to meet the needs of individuals, we have made some changes following feedback received in conjunction with our school meals consultation undertaken last November:

- ✓ We have removed our 'Cooks Choice' off the menus so that you/your child know what is being served; although there may be slight variances in the meals provided, we aim to keep changes to a minimum;
- ✓ We have improved the layout of our menus to illustrate that they are nutritionally balanced ensuring the correct apportionments of protein, carbohydrates and fresh fruit & vegetables;
- ✓ We will continue to tailor our menus to suit the needs of pupils who have an allergy or intolerance to certain foods and also cater for a range of special and/or religious diets;
- ✓ We have kept some traditional summer dishes on the menu as well as included new main meals and desserts which we hope your child will enjoy.

For further information in relation to Carmarthenshire's School Meal Service, visit our website which has recently been updated www.carmarthenshire.gov.uk; alternatively you can contact us with any ideas or suggestions you may have on how we can further improve the meals/service:

Telephone:
01267 246537
Email:
schoolmeals@carmarthenshire.gov.uk



		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Commencing 4 May, 1 June, 22 June, 13 July, 31 August, 21 Sept & 12 October	Main	Cheese & Tomato Pizza (v) or Fully Loaded Pizza (v)	Chicken Portion / Vegetable Grill (v)	Roast Pork with Apple Sauce or Roast Turkey with Stuffing / Vegetarian Roast (v) (Gravy)	Chicken Tikka Panini / Quorn Tikka Panini (v)	Alaskan Salmon Bake / Vegetable & Cheese Country Bake (v)
	Veg	Baked Beans or Peas	Mixed Salad & Coleslaw	Carrots & Broccoli and Cauliflower Mix	Carrot & Cucumber Battons	Baked Beans or Peas
	Carb	Jacket Wedges or Pasta	Mashed or Boiled Potatoes	Mashed & Roast Potatoes	Herby Potatoes	Chips or Boiled Potatoes
	Dessert	Chocolate Krispie Cake or Fruit	Shortcake Biscuit with portion of Raisins or Fruit	Strawberry Yoghurt or Fruit	Chocolate Brownie with Ice Cream or Fruit	Apple Muffin or Fruit
	Drink	Aqua Juice	Milk	Water	Water	Milk
Week 2 Commencing 11 May, 8 June, 29 June, 20 July, 7th Sept, 28 Sept & 19 October	Main	Tomato & Basil Pasta Bake (v)	Sausage / Vegetarian Sausage (v)	Roast Beef with Yorkshire Pudding or Turkey with Stuffing / Vegetarian Roast (v) (Gravy)	Chicken Korma / Quorn Korma (v)	Fish Finger Wrap / Veggie Wrap (v)
	Veg	Broccoli	Baked Beans or Peas	Carrots & Green Beans	Peas	Sweetcorn & Coleslaw
	Carb	Garlic Bread	Chips or Potatoes	Mashed & Roast Potatoes	Mixed Rice & Naan Bread	Jacket Wedges or Boiled Potatoes
	Dessert	Pears with Ice Cream	Chocolate Cornflake Cake or Fruit	Peaches in Jelly or Fruit	Lemon Drizzle Cake with Custard or Fruit	Chocolate Flapjack or Fruit
	Drink	Water	Milk	Aqua Juice	Water	Milk
Week 3 18 May, 15 June, 6 July, 14 Sept & 5 October	Main	Chicken Grill / Vegetable Grill (v)	Spaghetti Bolognese / Vegetarian Spaghetti Bolognese (v)	Roast Turkey with Stuffing or Roast Pork with Apple Sauce / Vegetarian Roast (v) (Gravy)	BBQ Chicken Wrap / BBQ Quorn Wrap (v)	Chip Shop Fish or Alaskan Salmon Bake / Breaded Vegetable Bake (v)
	Veg	Baked Beans or Peas	Sweetcorn	Carrots & Broccoli	Grated Carrot & Coleslaw	Baked Beans or Peas
	Carb	Jacket Wedges or Pasta	Garlic Bread	Mashed & Roast Potatoes	Mixed Rice	Chips or Mashed Potatoes
	Dessert	Fairy Cake or Fruit	Fruit Wedges with Hot Chocolate Sauce or Fruit	Oat & Raisin Cookie or Fruit	Arctic Roll or Fruit	Jam Buns or Fruit
	Drink	Milk	Water	Aqua Juice	Water	Milk

Gobeithio eich bod chi'n hoffi cynllun newydd ein bwydlen haf a fydd yn cael ei chyflwyno yn ein holl ysgolion cynradd o'r wythnos sy'n dechrau ar 4 Mai 2015 ymlaen. Mae ein bwydlenni yn cael eu dadansoddi o ran maeth er mwyn sicrhau eu bod nhw'n cydymffurfio â Rheoliadau Bwyta'n Iach; yn ogystal, rydym yn ymfalchio ein bod yn cynhyrchu prydau cartref gan ddefnyddio cynhwysion tymhorol o ansawdd da gan gyflenwyr lleol.

Er nad ydym ni'n gallu addasu ein bwydlenni i ddiwallu anghenion unigolion, rydym wedi gwneud rhai newidiadau yn dilyn yr adborth a dderbyniwyd o'n hymgynghoriad ynghylch prydau ysgol ym mis Tachwedd y llynedd.

✓ Rydym wedi gwaredu 'Dewis y Cogydd' o'n bwydlenni er mwyn sicrhau eich bod chi/eich plentyn yn gwybod beth sydd ar y fwydlen; ac er y gallai'r prydau a ddarperir amrywio ychydig, rydym yn ceisio newid cyn lleied â phosibl.

✓ Rydym wedi gwella cynllun ein bwydlenni er mwyn dangos eu bod nhw'n gytbwys a maethlon ac yn darparu'r gyfran gywir o brotein, carbohydradau a ffrwythau a llysiau ffres;

✓ Byddwn ni'n parhau i addasu ein bwydlenni er mwyn diwallu anghenion y disgyblion sydd ag alergedd neu anoddefiad bwyd penodol yn ogystal â darparu ar gyfer amrywiaeth o ddeietau arbennig ac/neu grefyddol;

✓ Rydym wedi cadw rhai prydau haf traddodiadol ar y fwydlen yn ogystal â chynnwys prif brydau a phwddinau newydd ac rydym yn gobeithio y bydd eich plant yn mwynhau'r dewisiadau newydd hyn;

I gael rhagor o wybodaeth ynghylch Gwasanaeth Prydau Ysgol Sir Gaerfyrddin, ewch i'n gwefan sydd wedi cael ei diweddarau'n ddiweddar www.sirgar.gov.uk; neu gallwch gysylltu â ni ag unrhyw syniadau neu awgrymiadau sydd gennych ynghylch sut y gallwn ni wella'r prydau/gwybodaeth ymhellach:

Rhif Ffôn 01267 246537

E-bost prydauysgol@sirgar.gov.uk



Bwydlen Haf 2015 i Ysgolion Cynradd

		Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Wythnos 1 Dechrau 4 Mai, 1 Mehefin, 22 Mehefin, 13 Gorfennaf, 31 Awst, 21 Medi a 12 Hydref	<i>Prif</i>	Pizza Caws a Tomato (Ilys) neu Pizza Pob Dim (Ilys)	Darn o Gyw Iâr / Gril Llysieuol (Ilys)	Porc Rhost gyda Saws Afal neu Dwrci Rhost a Stwffin / Rhost Llysieuol (Ilys) (Grefi)	Panini Tikka Cyw Iâr / Panini Tikka Quorn (Ilys)	Pryd Pob o Eog Alaska / Pryd Pob o Lysiau a Chaws (Ilys)
	<i>Llysiau</i>	Ffa Pob neu Bys	Salad Cymysg a Cholslo	Moron a Brocoli a Blodfresych Cymysg	Ffyn Moron a Chiwcymbr	Ffa Pob neu Bys
	<i>Carb</i>	Talpiau Tato neu Basta	Tato Potsh neu Dato wedi'u Berwi	Tato Potsh a Thato Rhost	Tato â Pherlysiau	Sglodion neu Dato wedi'u Berwi
	<i>Pwddin</i>	Cacen Rice Krispie Siocled neu Ffrwythau	Bisgien Frau â Resins neu Ffrwythau	logwrt Mefus neu Ffrwythau	Browni Siocled â Hufen Iâ neu Ffrwythau	Myffin Afal neu Ffrwythau
	<i>Diod</i>	Sudd	Llaeth	Dŵr	Dŵr	Llaeth
Wythnos 2 Dechrau: 11 Mai, 8 Mehefin, 29 Mehefin, 20 Gorfennaf, 7 Medi, 28 Medi a 19 Hydref	<i>Prif</i>	Pasta Pob Tomato a Basil (Ilys)	Selsig / Selsig Llysieuol (Ilys)	Cig Eidion Rhost a Phwddin Efrog neu Dwrci â Stwffin / Rhost Llysieuol (Ilys) (Grefi)	Korma Cyw Iâr / Korma Quorn (Ilys)	Lapiad Sglodion Pysgod / Lapiad Llysieuol (Ilys)
	<i>Llysiau</i>	Brocoli	Ffa Pob neu Bys	Moron a Ffa Gwyrdd	Pys	Corn Melys a Cholslo
	<i>Carb</i>	Bara Garlleg	Sglodion neu Dato	Tato Potsh a Thato Rhost	Reis Cymysg a Bara Naan	Talpiau Tato neu Dato wedi'u Berwi
	<i>Pwddin</i>	Gellyg a Hufen Iâ	Cacen Creision Yd Siocled neu Ffrwythau	Eirin Gwlanog mewn Jeli neu Ffrwythau	Cacen ac arni Sudd Lemwn gyda Chwstard neu Ffrwythau	Fflapjac Siocled neu Ffrwythau
	<i>Diod</i>	Dŵr	Llaeth	Sudd	Dŵr	Llaeth
Wythnos 3 Dechrau 18 Mai, 15 Mehefin, 6 Gorfennaf, 14 Medi a 5 Hydref	<i>Prif</i>	Gril Cyw Iâr / Gril Llysieuol (Ilys)	Spaghetti Bolognese / Spaghetti Bolognese Llysieuol (Ilys)	Twrci Rhost â Stwffin neu Cig Porc Rhost gyda Saws Afal / Rhost Llysieuol (Ilys) (Grefi)	Lapiad Cyw Iâr Barbeciw / Lapiad Quorn Barbeciw (Ilys)	Pysgodyn Siop Sglodion neu Bryd Pob o Eog Alaska / Pryd Pob Llysieuol mewn Briwsion (Ilys)
	<i>Llysiau</i>	Ffa Pob neu Bys	Corn Melys	Moron a Brocoli	Moron wedi'u gratio a Cholslo	Ffa Pob neu Bys
	<i>Carb</i>	Talpiau Tato neu Basta	Bara Garlleg	Tato Potsh a Thato Rhost	Reis Cymysg	Sglodion neu Dato Potsh
	<i>Pwddin</i>	Teisen Fechan neu Ffrwythau	Talpiau Ffrwythau â Saws Siocled Poeth neu Ffrwythau	Bisgien Geirch a Resins neu Ffrwythau	Rôl Arctic neu Ffrwythau	Byns Jam neu Ffrwythau
	<i>Diod</i>	Llaeth	Dŵr	Sudd	Dŵr	Llaeth