

Healthy Choices • Dewisiadau Iach

Summer 2014

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of toast, crumpets, cereal, fruit, hot and cold drinks				
MID MORNING BREAK	Bacon Sandwiches/Rolls, Toast, Crumpets, Bagels, Toasties, Teacakes, Stuffed breads* Yogurts, Fruit, Cheese Bakes and a selection of baguettes, sandwiches or wraps *Stuffed breads are a selection of home-made bread rolls baked with a choice of cheese, ham, vegetables, chicken, sauces and/or herbs and spices				
LUNCH	Southern Style Sizzling Chicken New Potatoes or Simply Wedges Peas or Coleslaw	Home-made Lasagne Garlic Bread Salad or Broccoli	Roast Beef New Potatoes Green Beans or Carrots Gravy	Peri Peri Chicken Herby Diced Potatoes Side Salad or Corn on the cob	 World Famous Fish & Chips Fish in Batter Chips or Mashed Potatoes Garden Peas
Dessert of the day	Choc Orange Cupcake	Dreamy Lemon Sponge	Peach Melba Pudding & Custard	Fruit Sorbet	Summer Shortbread
Vegetarian	Quorn Dippers New Potatoes or Simply Wedges Peas or Coleslaw	Home-made Quorn Lasagne Garlic Bread Salad or Broccoli	Mediterranean Quiche Potatoes Green Beans & Carrots	Cheese Wheel Simply Wedges Side Salad or Sweetcorn	Veggie Burger & Chips or Mashed Potatoes Garden Peas
Deal of the Day	Southern Style Sizzling Chicken Bagel	All Day Breakfast Baguette	Warm Beef & Onion Baguette	Peri Peri Chicken Wrap	Chip Shop Favourites
£1 Deal	 Fish Finger Roll	Bacon Butty	Mini Beef Roll	Ham & Cheese Wheel	 World Famous Fish & Chips Mini Fish Fillet Roll
Grab & Go - Cold Selection					
Selection of baguettes, sandwiches, wraps with: Tuna Mayo, Chicken, Chicken & Bacon, Chinese Chicken, Cheese, Ham or Turkey, Sweet Chilli Chicken or BBQ Chicken Seasonal Salad, Cold Pasta and Rice dishes available everyday					
Grab & Go - Hot Selection					
Pizza	Selection of pizzas including 7inch individuals and pizza baguettes				
Jacket Potato	Cheese / Beans / Tuna / Curry / Chicken Mayo / Sweet Chilli Chicken / Chicken & Bacon / Chicken Tikka				
Wok U Want	Fresh egg noodles tossed with stir fry vegetables and chicken, in a tasty sauce of your choice				
Pasta Bar	Quorn Bolognaise Or Tomato & Bacon	Pasta Carbonara Or Tomato & Cheese	Mediterranean Cheese Or Mexican Beef	Tuna Pasta Bake Or Garlic Chicken	Thai Chicken Or Vegetable Bake
Curry Bar	Selection of homemade curries served with brown rice or simply wedges				
Sub Central bar	A selection of warm meat and vegetarian fillings served with salad in a sub roll				
Home baking	Chocolate or Oat Cookie, Blueberry Mini Muffin, Selection of Cupcakes, Fruity or Coco Flapjacks, Chocolate Brownie, Scones, Stuffed breads, Quiches, Quorn Puffs and Cheese wheels				
A selection of bread, fruit and salad is available with all meals – presented on our serving counter each day					

Summer Set Menu Dates




APRIL 2014 - OCTOBER 2014

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Bwydlen yr Haf 2014

Wythnos 1	DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
BRECWAST	Dewis: Tost, cramwyth, grawnfwyd, ffrwythau, diodydd poeth ac oer				
EGWYLY BORE	Brechdanau/Roliau Bacwn, Tost, Cramwyth, Bagelau, Brechdanau wedi'u tostio, Cacennau te, Bara wedi'i stwffio*, logwrt, Ffrwythau, Pasteiod caws a dewis o fagêts, brechdanau a wrap tortilla *Bara wedi'i stwffio ydy'r dewis o roliau cartref wedi'u pobi â dewis o gaws, ham, llysiau, cyw iâr, saws a/neu llysiau blas a sbeisys				
CINIO	Cyw Iâr Deheubarth yr UDA Tatws newydd neu drionglau tatws Pys neu Golslô	Lasagne Cartref Bara garlleg Salad neu frocoli	Cig Eidion Tatws Newydd Moron neu Ffa Gwyrdd Grefi	Cyw iâr Peri Peri Tatws gyda Pherlysiau wedi'u Deisio Salad neu india-corn ar y cobyn	 Pysgodyn Harry Ramsden's mewn cyteu Sglodion neu Datws Stwnsh Pys o'r ardd
Pwddin y Dydd	Cacennau Oren a Siocled	Sbwng Lemwn	Pwddin Eirin Gwlanog a Chwstard	Sorbet Ffrwythau	Teisen Frau'r Haf
Dewis Llysieuol	Cyfflau Quorn Tatws Newydd neu Drionglau Tatws Pys neu Golslô	Lasagne Quorn Cartref Bara Garlleg Salad neu Frocoli	Tarten Sawrus y Canoldir Tatws Ffa Gwyrdd a Moron	Olwyn Gaws Trionglau Tatws Salad neu India corn	Byrger Llysieuol a Sglodion neu Datws Stwnsh Pys o'r ardd
Cynnig y Dydd	Bagel Cyw Iâr Deheubarth yr UDA	Bagét Brechwast	Bagét Cig Eidion a Winwns Twym	Wrap tortilla gyda chyw iâr Peri Peri	Ffrefrynnau'r Siop Sglodion
Cynnig am £1	Bysedd Pysgod 	Brechdan Bacwn	Rhòl Cig Eidion Fach	Olwyn Gaws a Ham	Rhòl Ffilled Fach o Bysgod 
Bwyd i Fynd – Dewis Oer					
Dewis o fagêts, brechdanau a wrap tortilla gyda: Tiwna a Mayo, Cyw Iâr, Cyw Iâr a Bacwn, Cyw Iâr Tsieinaidd, Caws, Ham neu Dwrci, Cyw Iâr Tsili Melys neu Gyw Iâr BBQ Salad Tymhorol, Pasta Oer a Reis ar gael bob dydd					
Bwyd i Fynd – Dewis Poeth					
Pizza	Dewis o bizzas 7 modfedd a bagêts pizza				
Taten Bob	Caws / Ffa Pob / Tiwna / Cyrrï / Cyw Iâr a Mayo / Cyw Iâr Tsili Melys / Cyw Iâr a Bacwn / Cyw Iâr Tikka				
O'r Wok	Nwdls ffres wedi'u tro-ffrio gyda llysiau a chyw iâr mewn saws o'ch dewis				
Bar Pasta	Bolognese Quorn Neu Domato a Bacwn	Pasta Carbonara Neu Domato a Chaws	Caws y Canoldir Neu Gig Eidion Mecsicanaidd	Pasta Tiwna Pob Neu Gyw Iâr Garlleg	Cyw Iâr Tai Neu Basta Llysiau Pob
Bar Cyrrï	Dewis o gyrris cartref gyda reis brown neu drionglau tatws				
Bar Sub Central	Dewis o lenwadau cig a llysieuol gyda salad mewn rhòl				
Pobi Cartref	Cwcis Ceirch neu Siocled, Myffins Llus America (Blueberry) Bach, Dewis o Gacennau, Fflapjacs Ffrwythau neu Goco, Brownis Siocled, Sgonau, Bara wedi'i Stwffio, Tartenni Sawrus, ac Olwynion Caws				
Dewis o fara, ffrwythau a salad ar gael gyda phob pryd o fwyd – ar gael o'r cownter bob dydd					

Dyddiadau Bwydlen yr Haf

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Healthy Choices • Dewisiadau Iach

Summer 2014

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of toast, crumpets, hot drinks, cereal, fruit, and cold drinks				
MID MORNING BREAK	Bacon Sandwiches/Rolls, Toast, Crumpets, Bagels, Toasties, Teacakes, Stuffed breads* Yogurts, Fruit, Cheese Bakes and a selection of baguettes, sandwiches or wraps *Stuffed breads are a selection of home-made bread rolls baked with a choice of cheese, ham, vegetables, chicken, sauces and/or herbs and spices				
LUNCH	Spaghetti Bolognese Side Salad or Peas	Hunter's Chicken (Chicken Breast wrapped in bacon and smothered in BBQ sauce) Savoury Rice or Wedges Side Salad	Oven Roasted Sausage & Creamed Potatoes Peas & Carrots Onion Gravy Served in a Yorkshire Pudding	BBQ Pulled Pork Jacket Potato Side Salad & Sweetcorn	 World Famous Fish & Chips Fish in Batter Chips or Mashed Potatoes Garden Peas
Dessert of the day	Fruity Ice-Cream Sundae	Apple & Raspberry Crumble & Custard	Orange Marble Cake	Summer Fruits Trifle	Jam & Cream Scone
Vegetarian	Quorn Spaghetti Bolognese Side salad or Peas	Sausage Puff Savoury Rice or Simply Wedges Side Salad	Quorn Sausages & Mash Peas or Carrots Onion Gravy	Cheese & Potato Pie Mix Vegetable or Broccoli	Veggie Burger & Chips or Mashed Potatoes Garden Peas
Deal of the Day	Loaded Burrito	Warm BBQ Chicken Melt	Warm Sausage & Onion Baguette	BBQ Pulled Pork Wrap or Slider	Chip Shop Favourites
£1 Deal	Beans on Toast	Sausage Puff	Hot Dog	Loaded Potatoes	 World Famous Fish & Chips Mini Fish Fillet Roll
Grab & Go - Cold Selection					
Selection of baguettes, sandwiches, wraps with: Tuna Mayo, Chicken, Chicken & Bacon, Chinese Chicken, Cheese, Ham or Turkey, Sweet Chilli Chicken or BBQ Chicken Seasonal Salad, Cold Pasta and Rice dishes available everyday					
Grab & Go - Hot Selection					
Pizza	Selection of pizzas including 7inch individuals and pizza baguettes				
Jacket Potato	Cheese / Beans / Tuna / Curry / Chicken Mayo / Sweet Chilli Chicken / Chicken & Bacon / Chicken Tikka				
Wok U Want	Fresh egg noodles tossed with stir fried vegetables and chicken, in a tasty sauce of your choice				
Pasta Bar	Mexican Chicken Or Tomato & Cheese	Chicken & Bacon Or Vegetable Bake	Pasta Carbonara Or Spicy Sausage	Bacon & Quorn Sausage Or Tuna Bake	Quorn Bolognese Or Chicken & Leek
Sub Central	A selection of warm meat and vegetarian fillings served with salad in a sub roll				
Curry Bar	Selection of homemade curries served with brown rice or simply wedges				
Home baking	Chocolate or Oat Cookie, Blueberry Mini Muffin, Selection of Cupcakes, Fruity or Coco Flapjacks, Chocolate Brownie, Scones, Stuffed breads, Quiches, Quorn Puffs and Cheese wheels				
A selection of bread, fruit and salad is available with all meals – presented on our serving counter each day					

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Wythnos 2	DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
BRECWAST	Dewis: Tost, cramwyth, grawnfwyd, ffrwythau, diodydd poeth ac oer				
EGWYLY BORE	Brechdanau/Roliau Bacwn, Tost, Cramwyth, Bagelau, Brechdanau wedi'u tostio, Cacennau te, Bara wedi'i stwffio*, logwr, Ffrwythau, Pasteiod caws a dewis o fagêts, brechdanau a wrap tortilla *Bara wedi'i stwffio ydy'r dewis o roliau cartref wedi'u pobi â dewis o gaws, ham, llysiau, cyw iâr, saws a/neu lysiau blas a sbeisys				
CINIO	Spaghetti bolognaise Salad neu Bys	Brest Cyw Iâr wedi'i lapio â bacwn ac wedi'i orchuddio â saws BBQ Reis Sawrus neu Drionglau Tatws Salad	Selsig wedi'u coginio yn y ffrwn a Thatws Hufenog Moron a Phys Grefi Winwns Gyda Phwddin Sir Efrog	Porc BBQ Taten Trwy'i Chrwyn Salad ac India-corn	 World Famous Fish & Chips Pysgodyn Harry Ramsden's wedi'i ffrïo Sglodion neu Datws Stwnsh Pys o'r ardd
Pwddin y Dydd	Hufen Iâr Ffrwythau	Cacen Afal a Mafon a Chwstard	Teisen Frith Oren	Treff Ffrwythau'r Haf	Sgon Jam a Hufen
Dewis Llysieuol	Spaghetti bolognaise Quorn Salad neu Bys	Selsig Mewn Crwst Reis Sawrus neu Drionglau Tatws Salad	Selsig Quorn a Thatws Stwnsh Pys neu Foron Grefi Winwns	Pei Caws a Thatws Brocoli neu Lysiau Cymysg	Byrger Llysieuol a Sglodion neu Datws Stwnsh Pys o'r ardd
Cynnig y Dydd	Burrito Llwythog	Cyw Iâr BBQ poeth	Bagêt Selsig a Winwns Twym	Wrap tortilla neu fyrger bach Porc BBQ	Fferynnau'r Siop Sglodion
Cynnig am £1	Ffa Pob ar Dost	Selsig Mewn Crwst	Ci Poeth	Tatws Llwythog	Rhól Ffiled Fach o Bysgod  World Famous Fish & Chips
Bwyd i Fynd – Dewis Oer					
Dewis o fagêts, brechdanau a wrap tortilla gyda: Tiwna a Mayo, Cyw Iâr, Cyw Iâr a Bacwn, Cyw Iâr Tsieinaidd, Caws, Ham neu Dwrci, Cyw Iâr Tsili Melys neu Gyw Iâr BBQ Salad Tymhorol, Pasta Oer a Reis ar gael bob dydd					
Bwyd i Fynd – Dewis Poeth					
Pizza	Dewis o bizzas 7 modfedd a bagêts pizza				
Taten Trwy'i Chrwyn	Caws / Ffa Pob / Tiwna / Cyrrï / Cyw Iâr a Mayo / Cyw Iâr Tsili Melys / Cyw Iâr a Bacwn / Cyw Iâr Tikka				
O'r Wok	Nwdls ffres wedi'u tro-ffrio gyda llysiau a chyw iâr mewn saws o'ch dewis				
Bar Pasta	Cyw Iâr Mecsicanaidd Neu Domato a Chaws	Cyw Iâr a Bacwn Neu Basta Llysiau Pob	Pasta Carbonara Neu Selsig Sbeislyd	Bacwn a Selsig Quorn Neu Basta Tiwna Pob	Bolognese Quorn Neu Gyw Iâr a Chenhinen
Bar Sub Central	Dewis o lenwadau cig a llysieuol gyda salad mewn rhôl				
Bar Cyrrï	Dewis o gyrris cartref gyda reis brown neu drionglau tatws				
Pobi Cartref	Cwcis Ceirch neu Siocled, Myffins Llus America (Blueberry) Bach, Dewis o Gacennau, Fflapjacs Ffrwythau neu Goco, Brownis Siocled, Sgonau, Bara wedi'i Stwffio, Tartenni Sawrus, ac Olwynion Caws				
Dewis o fara, ffrwythau a salad ar gael gyda phob pryd o fwyd – ar gael o'r cownter bob dydd					

Dyddiadau Bwydlen yr Haf

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