

| 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 | Cod fish pie with broccoli and sweetcorn and peas. | Chicken dinner, potatoes, cauliflower, and carrots |
| Pudding | Rice pudding and peaches | School sponge cake with pink custard. | Yoghurt with rich tea finger biscuits | Fruit salad and ice cream | Semolina with jam. |
| Afternoon snack | Chicken and cucumber whole meal wraps. strawberries, and Raspberries | pizza with various toppings. Biscuit | Crumpets with cheese spread Apples, Pear and Banana | Breadsticks, cheese, pineapple Flapjack | 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 | Meatballs in gravy with mashed potatoes and mixed vegetables. | Beef Chili with rice and naan bread | Sausage, potatoes, and beans | Chicken pie, potatoes, carrots, and sweetcorn with gravy | Spaghetti bolognaises with broccoli and garlic bread |
| Pudding | Jam sponge with custard | Artic Roll with raspberries | Chocolate cake with custard | Orange jelly with fruit and cream | Yoghurt With biscuits |
| Afternoon snack | Bread sticks with cheese and pineapple Biscuits | Crackers with jam with banana and choc chip cupcake. | Pitta bread, carrot and cucumber sticks with hummus or soft cheese | Ham sandwich Watermelon slices and Pear | Beans on Toast With Homemade Biscuits |

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

| 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 | Lopgows With Bread and Butter |
| Pudding | Ice cream with fruit | Angels Delight | Semolina and jam | Syrup sponge with custard | Red Jelly and ice cream |
| Afternoon snack | Hot Dogs Homemade biscuit | Paste Sandwich Date slice | Spaghetti on toast ½ banana or Apple | Salmon sandwich Chocolate rice crispy cakes | Chicken wraps Peppers and tomatoes |

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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 | Sausage casserole with potatoes, cabbage, and carrots | 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. | Cottage pie with peas and carrots. |
| Pudding | Fruit cocktail with cream. | Apple crumble with custard | Neapolitan Ice cream with a wafer | Bread and butter pudding with custard. | Yoghurt and a biscuit |
| Afternoon snack | Crumpets with dairy-lea or jam. With Lemon shortbread | Rice cakes with dairy-lea. Peppers, tomato | Ham sandwich Melon and Apple | Homemade sausage rolls. Biscuit | Crackers with cheese Strawberries and banana |

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

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