

Week One Menu...

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Lancashire Hotpot Lamb flavoured with ,thyme & rosemary	Turkey Dopiaza, cubes of turkey in a fruity curry sauce laced with onions	Succulent roast chicken served with sage & onion stuffing and rich gravy	Chicken and Mushroom Pie, chicken in a creamy sauce topped with short pastry	Fish in Batter served with tartare sauce
Vegetarian	Quorn chilli con carnie	Mediterranean Bean Casserole, full of the flavours of the Mediterranean	Vegetable crumble, a rich sauce topped with a cheese and herb crumble	Red Thai Vegetable Curry, fragrant flavours with a hint of lemon grass	Quorn Bolognaise, all the traditional flavours with healthy quorn
Hot 'Lite Bites' All served with salad	Cheese & Pepper Pizza Jacket Potatoes Assorted Filled Panini's Hot Chicken Wrap	Chicken & Mushroom Pizza Jacket Potatoes Assorted Filled Panini's Barbeque Chicken Wrap	Cheese and Onion Pizza Jacket Potatoes Assorted Filled Panini's Southern Baked Chicken Burger	Roasted Vegetable Pizza Jacket Potatoes Assorted Filled Panini's Chicken Wrap	Porcini Pizza Jacket Potatoes Assorted Filled Panini's
Cold 'Lite Bites'	Assorted, sandwiches, baguettes and deli rolls				
Starchy Choice	Pilau rice Garlic Bread	Fluffy Brown Rice Parsley Potatoes	Roast Potatoes Creamed potatoes	Savoury Rice Champ	Chips
Vegetables / Salad	Candied red cabbage Mixed salad	Broccoli Mixed Salad	Sauté Courgettes Carrot & Swede Mixed Salad	Vichy Carrots Mixed Salad	Mushy Peas Mixed Salad
Traditional Puddings	South African Melk Tart	Macaroon Tart with Custard	Manchester tart	Mediterranean Torta Caprese	Semolina with fruit compote
Additional desserts and drinks	Fresh Fruit Pots, Fresh Fruit, Fruit Yoghurt, Milk Drink, Water, Aqua Juice, Fruit Juice				

Bwydlen Wythnos Un...

	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Prif bryd	Hotpot Sir Gaerhirfryn cig oen gyda theim a rhosmari	Dopiaza twrci, ciwbiau o dwrci mewn saws cyrri gyda winwns	Cyw iâr rhost gyda stwffin saets a winwn a grêfi cyfoethog	Pei cyw iâr a madarch, cyw iâr mewn saws hufennog gyda phastri	Pysgod mewn cyteu gyda saws tartare
Llysieuol	Chilli Con carne Quorn	Caserôl ffa Mediteranaidd, llawn blasau o'r Mediteranaidd	Crymbl llysieuol, saws cyfoethog gyda chrymbl caws a pherlysiâu	Cyri llysiau Thai coch, blasau peraroglus gyda thamaid o lemongrass	Bolognaise Quorn, yr holl flasau traddodiadol gyda Quorn iachus
'Lite Bites' poeth gyda salad	Pitsa caws a phupur Tatws pob Paninis amrywiol Rap cyw iâr poeth	Pitsa cyw iâr a madarch Tatws pob Paninis amrywiol Rap cyw iâr barbeciwr	Pitsa caws a winwn Tatws pob Paninis amrywiol Byrgyr cyw iâr wedi pobi	Pitsa llysiau wedi rhostio Tatws pob Paninis amrywiol Rap cyw iâr	Pitsa porcini Tatws pob Paninis amrywiol
'Lite Bites' oer	Brechdanau, bagets a roliau amrywiol				
Dewis Starts	Reis pilau Bara garlleg	Reis brown fflyfflyd Tatws persli	Tatws rhost Tatws hufennog	Reis sawrus Champ	Sglodion
Llysiau / Salad	Bresych coch Salad cymysg	Brocoli Salad cymysg	Courgettes sauté Moron a rwden Salad cymysg	Moron Vichy Salad cymysg	Pys Salad cymysg
Pwddin Tradodiadol	Tarten Melk o Dde Affrica	Tarten macarŵn	Tarten Manceinion	Torta Capresa Mediteranaidd	Semolina gyda chompot ffrwythau
Pwddinau ychwanegol a diodydd	Potiau o ffrwythau ffresh, Ffrwythau ffresh, logwrt ffrwythau, Diod llaeth, Dŵr, Sudd agua, Sudd ffrwythau				
Prynwch ac ewch....	Pasta, Cyw iâr Theo, Byrbrydau syml				

Week Two Menu...

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Penne Con Pollo, A creamy chicken and mushroom pasta flavoured with basil	THEMED DAY MENU	Roast Lamb served with a Yorkshire pudding and rich gravy	Chicken Chimmichanga Chicken with refried beans in a tortilla	Fish in Batter served with tartar sauce
Vegetarian	Stuffed peppers filled with a mushroom Risotto		Sweet potato enchiladas, a beautiful combination of Mexican flavours	Vegetarian Cornish Pasty	Quorn Bolognese
Hot 'Lite Bites' All served with salad	Chicken Feast Pizza Jacket Potatoes Assorted Filled Panini's Chicken Wrap		Chicken and Mushroom Pizza Jacket Potatoes Assorted Filled Panini's Fish Wrap	Mixed Vegetable Pizza Jacket Potatoes Assorted Filled Panini's Jumbo fish finger bap	Spinach and Sweetcorn Pizza Jacket Potatoes Assorted Filled Panini's Chicken Burger
Cold 'Lite Bites'	Assorted, sandwiches, baguettes and deli rolls				
Starchy Choice	Sauté Potatoes	THEMED DAY MENU	Roast Potatoes Sauté cabbage Parsnips	Roast Potatoes Garlic Bread	Chips
Vegetables / Salad	Roasted Vegetables Mixed Salad		Glazed Carrots Mixed Salad	Broccoli Mixed Salad	Mushy Peas Mixed Salad
Traditional Puddings	Treacle tart with Custard		Berry Crumble Muffin Cake	Gugalumph Cake	Spiced Pear and Sultana Strudel
Additional desserts and drinks	Fresh Fruit Pots, Fresh Fruit, Fruit Yoghurt, Milk Drink, Water, Aqua Juice, Fruit Juice				
Simply Grab and GO....	Pasta Buzz, Theo Chicken, Simple Snax				

Bwydlen Wythnos Dau...

	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Prif bryd	Penne con pollo Pasta cyw iâr a madarch hufennog gyda basil		Cig Oen gyda phwddin Swydd Efrog a grêfi cyfoethog	Chimmichanga cyw iâr, cyw iâr gyda ffa mewn tortilla	Pysgod mewn cyteu gyda saws tartare
Llysieuol	Pupurau wedi stwffio gyda risoto madarch		Enchiladas tatws melys, cymysgedd hyfryd o flasau Mecsicanaidd	Pastai Gernyw llysieuol	Bolognaise Quorn
'Lite Bites' poeth gyda salad	Pitsa Gwledd Cyw Iâr Tatws pob Paninis amrywiol Rap cyw iâr	BWYDLEN THEMATIG	Pitsa cyw iâr a madarch Tatws pob Paninis amrywiol Rap pysgod	Pitsa llysiau wedi rhostio Tatws pob Paninis amrywiol Rôl bysedd pysgod enfawr	Pitsa spigoglys ac india corn Tatws pob Paninis amrywiol Byrgyr Cyw iâr
'Lite Bites' oer	Brechdanau, bagets a roliau amrywiol				
Dewis Starts	Tatws sauté		Tatws rhost Bresych sauté Panas	Reis sawrus Bara garlleg	Sglodion
Llysiau / Salad	Llysiau wedi rhostio Salad cymysg	BWYDLEN THEMATIG	Moron Salad cymysg	Brocoli Salad cymysg	Pys Salad cymysg
Pwddin Tradoddiadol	Tarten triog gyda chwstard		Cacen crymbl aeron	Cacen Gugalumph	Strudel gellygen a sultana
Pwddinau ychwanegol a diodydd	Potiau o ffrwythau ffresh, Ffrwythau ffresh, logwrt ffrwythau, Diod llaeth, Dŵr, Sudd agua, Sudd ffrwythau				

Week Three Menu...

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chilli Chicken in a rich tomato sauce flavoured with cilantro and peppers	Fresh Smoked haddock fishcakes with cheddar and spring onion	Succulent Roast chicken served with sage & onion stuffing and rich gravy	Lasagne al Forno, layered pasta, white sauce and minced lamb in a classic Italian sauce	Fish in Batter served with tartare sauce
Vegetarian	Cauliflower Cheese crisp bakes, coated in breadcrumbs and sautéed	Quorn & vegetable, cobbler, cooked in a rich sauce topped with cheese & chive scones	Nut cutlet with pepper salsa and salad	Quorn Cottage Pie. Quorn mince topped with a really cheese mash	Vegetable Stroganoff, sautéed vegetables cooked in a tomato and paprika creamy sauce
Hot 'Lite Bites' All served with salad	Cheese & Pepper Pizza Jacket Potatoes Assorted Filled Panini's Fish Burger	Vegetable Pizza Jacket Potatoes Assorted Filled Panini's Chicken Wrap	Cheese & Tomato Pizza Jacket Potatoes Assorted Filled Panini's Chicken Wrap	Vegetable Pizza Jacket Potatoes Assorted Filled Panini' Chicken Giros	Cheese & Pepper Pizza Jacket Potatoes Assorted Filled Panini's Chicken nugget smiley
Cold 'Lite Bites'	Assorted, sandwiches, baguettes and deli rolls				
Starchy Choice	Cous-Cous Sauté potatoes	Garlic Bread Boiled New Potatoes	Cous Cous Saute potatoes	Mushroom Pilau Rice Boiled New Potatoes	Chips
Vegetables / Salad	Sauté Salsa cabbage Mixed salad	Mixed Vegetables Mixed Salad	Green Beans & Carrots Mixed Salad	Cauliflower & Broccoli Mixed Salad	Peas & Sweetcorn Mixed Salad
Traditional Puddings	New Zealand Louise Cake	Butterscotch Tart	Banana Bread with Toffee Sauce	Apple Crumble with Custard	Lemon Polenta Cake
Additional desserts and drinks	Fresh Fruit Pots, Fresh Fruit., Fruit Yoghurt, Milk Drink, Water, Aqua Juice, Fruit Juice				
Simply Grab and GO....	Pasta Buzz, Theo Chicken, Simple Snax				

Bwydlen Wythnos Tri...

	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Prif bryd	Cyw iâr chilli mewn saws tomato cyfoethog gyda cilantro a phupurau	Cacennau pysgod corbenfras wedi mygu gyda sibwns	Cyw iâr rhost gyda stwffin saets a winwn a grêfi cyfoethog	Lasagne al forno, pasta, saws gwyn a chig oen mewn saws clasurol Eidaleg	Pysgod mewn cyteu gyda saws tartare
Llysieuol	Creision caws blodfresych, mewn briwsion bara	Cobl Quorn a llysiâu, wedi coginio mewn saws cyfoethog gyda sconiau caws a chenhinen syfi	Cytlet cnau gyda salsa pupur a salad	Pei'r Bwthyn Quorn, mins Quorn gyda thatws stwnsh cawslyd	Stroganoff llysiâu, llysiâu sauté wedi coginio mewn saws hufennog tomato a phaprica
'Lite Bites' poeth gyda salad	Pitsa caws a phupur Tatws pob Paninis amrywiol Byrgyr pysgod	Pitsa llysiâu Tatws pob Paninis amrywiol Rap cyw iâr	Pitsa caws a thomato Tatws pob Paninis amrywiol Rap cyw iâr	Pitsa llysiâu Tatws pob Paninis amrywiol Girolscyw iâr	Pitsa caws a phupur Tatws pob Paninis amrywiol Wyneb hapus Cyw iâr
'Lite Bites' oer	Brechdanau, bagets a roliau amrywiol				
Dewis Starts	Cous cous Tatws sauté	Bara garlleg Tatws newydd wedi berwi	Cous cous Tatws sauté	Reis pilau madarch Tatws newydd wedi berwi	Sglodion
Llysiâu / Salad	Bresych salsa sauté Salad cymysg	Llysiâu cymysg Salad cymysg	Ffa gwyrdd a moron Salad cymysg	Brocoli a blodfresych Salad cymysg	Pys ac india corn Salad cymysg
Pwddin Tradoddiadol	Cacen Louise Seland Newydd	Tarten menyn caramel	Bara banana gyda saws taffi	Crymbl afal gyda chwstard	Cacen lemwn Polenta
Pwddinau ychwanegol a diodydd	Potiau o ffrwythau ffresh, Ffrwythau ffresh, logwrt ffrwythau, Diod llaeth, Dŵr, Sudd agua, Sudd ffrwythau				
Prynwch ac ewch....	Pasta, Cyw iâr Theo, Byrbrydau syml				

Week Four Menu...

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Salmon Nicoise Salmon with green beans, tomato, potato egg and olives	THEMED DAY MENU	Roast Turkey served with sage & onion stuffing and a rich Gravy	Sticky Fragrant Chicken, coated and flavoured with honey, soy & lemon grass	Fish in Batter served with Tartare sauce
Vegetarian	Quorn Puttanesca, a traditional southern Italian dish		Pepper & Basil Quiche with salsa	Aubergine Parmiggiano A classic Italian layered aubergine dish	Mushroom Risotto Cake topped with poached egg
Hot 'Lite Bites' All served with salad	Cheese & Pepper Pizza Jacket Potatoes with Various Fillings Assorted Filled Panini's Chicken Wrap		Cheese & Pepper Pizza Jacket Potatoes with Various Fillings Assorted Filled Panini's Chicken Wrap	Cheese & Tomato Pizza Jacket Potatoes with Various Fillings Assorted Filled Panini's Fillet of Fish	Vegetable Pizza Jacket Potatoes with Various Fillings Assorted Filled Panini's Chicken Wrap
Cold 'Lite Bites'	Assorted, sandwiches, baguettes and deli rolls				
Starchy Choice	Baked Jacket Wedges	THEMED DAY MENU	Roast Potatoes	Fluffy Brown Rice Garlic Bread	Chips
Vegetables / Salad	Carrots Mixed Salad		Roasted Vegetables Mixed Salad	Gardens Peas Mixed Salad	Mushy Peas Broccoli Mixed Salad
Traditional Puddings	Apple Streusel cake with custard sauce		Apple Cinnamon & Date Crumble	Chocolate Babka Loaf	Eves Pudding & Custard
Additional desserts and drinks	Fresh Fruit Pots, Fresh Fruit., Fruit Yoghurt, Milk Drink, Water, Aqua Juice, Fruit Juice				
Simply Grab and GO....	Pasta Buzz, Love Joes, Simply Snax				

Bwydlen Wythnos Pedwar...

	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Prif bryd	Nicoise eog Eog gyda ffa gwyrdd, tomato, taten, wy ac olifau		Twrci gyda stwffin saets ac winwns gyda grêfi cyfoethog	Cyw iâr gyda mêl, soy a lemongrass	Pysgod mewn cyteu gyda saws tartare
Llysieuol	Puttanesca Quorn, pryd traddodiadol o'r Eidal		Quiche pupur a basil gyda salsa	Parmiggiano planhigyn wy Pryd clasurol o'r Eidal	Cacen risoto madarch gyda wy
'Lite Bites' poeth gyda salad	Pitsa Caws a phupur Tatws pob Paninis amrywiol Rap cyw iâr	BWYDLEN THEMATIG	Pitsa caws a phupur Tatws pob Paninis amrywiol Rap cyw iâr	Pitsa caws a thomato Tatws pob Paninis amrywiol Ffiled o bysgod	Pitsa llyisiau Tatws pob Paninis amrywiol Rap cyw iâr
'Lite Bites' oer	Brechdanau, bagets a roliau amrywiol				
Dewis Starts	Wedges tatws pob		Tatws rhost	Reis brown fflyfflyd Bara garlleg	Sglodion
Llyisiau / Salad	Moron Salad cymysg	BWYDLEN THEMATIG	Llyisiau rhost Salad cymysg	Pys o'r ardd Salad cymysg	Pys Brocoli Salad cymysg
Pwddin Tradodiadol	Cacen Streusel afal gyda chwstard		Crymbl afal, sinamon a datys	Torth Babka siocled	Pwddin Eves a chwstard
Pwddinau ychwanegol a diodydd	Potiau o ffrwythau ffresh, Ffrwythau ffresh, logwrt ffrwythau, Diod llaeth, Dŵr, Sudd agua, Sudd ffrwythau				
Prynwch ac ewch....	Pasta, Love Joes, Byrbrydau syml				