

September 2024

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27

March 2025

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

October 2024

M	T	W	T	F
30	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25

April 2025

M	T	W	T	F
31	1	2	3	4
7	8	9	10	11
28	29	30	1	2

November 2024

M	T	W	T	F
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

May 2025

M	T	W	T	F
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23

December 2024

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20

June 2025

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27

January 2025

M	T	W	T	F
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

July 2025

M	T	W	T	F
30	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25

February 2025

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21

Menus may vary in faith schools, please check with your individual school for details

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Cod and Salmon Fishcake or Vegetable Nuggets (Ve) served with Mashed Potato and Baked Beans or vegetables Sticky toffee sponge and custard	Chilli Con Carne served with Rice and Peas, Sweetcorn and Broccoli or Cheese and Tomato Pizza (v) served with Diced Potatoes and Baked Beans or Peas Carrot cake with Cream	Roast Turkey or Quorn fillet (Ve) served with Stuffing, Dry Roast and Boiled Potatoes, Vegetables and Gravy Strawberry Fruit Whirl and a Milk Drink	Hotdog or Quorn Sausage Hotdog (Ve) served with BBQ Wedges and Baked Beans Fruit selection and Yogurt	Chicken nuggets or Vegetable Nuggets (Ve) served with Chips, Beans or Salad, Bread & Spread Frozen Strawberry Smoothie (Ve) with fruit
Week 2	*Double Bubble Salmon Fillet or Quorn Fishless Fingers (Ve) served with Mashed Potato and Baked Beans Fudge Brownie Slice	Chicken Curry or Vegetable Curry (v) served with Vegetable Rice and Naan Bread Summer Fruit Crumble and Custard	Pork Sausages or Veggie Sausage (Ve) served with Yorkshire Pudding, Dry Roast and Boiled Potatoes, Vegetables and Gravy Fruit Jelly and a Milk Drink	Lasagne al Forno or Quorn Lasagne (v) served with Garlic Bread, Vegetables or Salad Fruit Selection and Yogurt	Beefburger or Vegetarian Burger (Ve) in a Bun served with Chips, Baked Beans or Salad Chocolate Artic Roll and fruit
Week 3	Jumbo Fish Finger or Vegetarian Sausage (Ve) served with Herby Diced Potatoes, Baked Beans or Peas and Bread and Spread Chocolate Beet cake and Custard	Homemade Beef Spaghetti Bolognese or Quorn Bolognese (V) served with Salad and Garlic Bread Traditional Fruit Trifle	Roast Turkey or Quorn Fillet (Ve) served with Stuffing, Dry Roast and Boiled Potatoes, Vegetables and Gravy Welsh Cake	Pork Sausages or Quorn Sausage (Ve) served with Mashed Potato and Baked Beans Fruit Selection and Yogurt	Chicken Burger in a Bun or Southern Style Quorn Burger in a Bun (V) served with Chips and Salad Strawberry Ice-Cream and Fruit
Week 4	Cottage Pie served with Broccoli, Carrots, Peas and Gravy or Cheese and Potato Pie (V) served with Baked Beans Lemon Drizzle Cake and Cream	Chicken Curry or Vegetable Curry (V) served with Savoury Vegetable Rice, Naan Bread Chocolate Whirl, with Mandarins and a Milk Drink	Chicken Breast Fillet or Quorn Fillet (Ve) served with Stuffing, Seasonal Vegetables, Dry Roast and Boiled Potatoes and Gravy Raspberry Ripple Artic Roll with Fruit	Beef Meatballs or Veggie Meat-Free Balls (Ve) in Tomato Sauce served with Diced Potatoes, Seasonal Vegetables and Garlic Bread Fruit Selection and Yogurt	Battered Pollock or Quorn Fishless Fingers (Ve) served with Chips, Peas and Bread and Spread Vanilla Ice-Cream and Peaches

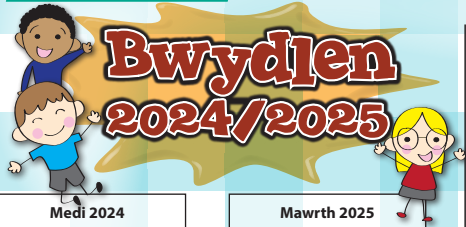
V Vegetarian. All accompaniments to main choices above are suitable for Vegetarians. Jelly and Trifle are not suitable for vegetarians. Fruit and yogurt are always available.

Ve Vegan. All accompaniments to main choices above are suitable for vegans with the exception of Yorkshire Pudding. Fruit is available daily as a dessert option, and flapjack where it appears above. A fully vegan menu is available on request. * Salmon fillet in gluten free rice/maize flour bubbly crumb coating.

Catering for Medical Diets/Food Allergies

For special diets requests please e-mail: specialdietrequest@torfaen.gov.uk

Every effort is made to provide the correct balance of choices to our customers but we cannot guarantee that all choices will be available right to the end of service.



Medi 2024

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Mawrth 2025

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Hydref 2024

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30	1	2	3	4
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21	22	23	24	25

Ebrill 2025

M	T	W	T	F
31	1	2	3	4
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28	29	30	1	2

Tachwedd 2024

M	T	W	T	F
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Mai 2025

M	T	W	T	F
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Rhagfyr 2024

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Mehefin 2025

M	T	W	T	F
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Ionawr 2025

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Gorffennaf 2025

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21	22	23	24	25

**Gall bwydleni
amrywio mewn
ysgolion ffydd.
Holwch eich
ysgol chi i gael
manylion.**

	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Wythnos 1	Cacen Bysgod Penfras ac Eog neu Dameidiau Llysieuol (Ve) Wedi eu Gweini gyda Thatws Stwnsh a Ffa Pob neu lysiau Pwddin Taffi Gludiog a Chwstard	Chilli Con Carne Wedi ei weini Gyda Reis a Phys, Corn melys a Brocoli Pitsa Caws a Tomato (v) Wedi ei weini gyda Thatws Deisiog a Ffa Pob neu Bys Teisen Foron gyda Hufen	Twrci Rhost neu Ffiled Quorn (Ve) wedi ei weini Cyda Stwffin, Tatws Rhost Sych a Thatws wedi Berwi, Llysiau a Grefi Chwyrliad Ffrwythau Mefus a Diod Llaeth	Ci Poeth neu Gi Poeth Quorn (Ve) Wedi ei weini Gyda Lletemau Barbeciw a Ffa Pob Dewis o Ffrwythau ac Logwrt	Tameidiau Cyw iâr neu Dameidiau Llysieuol (Ve) Wedi eu Gweini Wyda Sglodion, Ffa Pob neu Salad, Bara a Thaeniad Llyfnlaeth Mefus Wedi Rhewi (Ve) gyda Ffrwythau
Wythnos 2	* Ffiled o Eog Swigod Dwbl neu Fysedd Pysgod Quorn (Ve) Wedi eu Gweini gyda Thatws Stwnsh a Ffa Pob Browni Cyffug	Cyri Cyw Iâr neu Gyri Llysieuol (v) Wedi ei weini Gyda Reis â Llysiau a Bara Naan Crymbl Ffrwythau'r Haf a Chwstard	Selsig Porc neu Selsig Llysieuol (Ve) Wedi eu Gweini Gyda Phwddin Efrog, Tatws Rhost Sych a Thatws wedi Berwi, Llysiau a Grefi Jeli Ffrwythau a Diod Llaeth	Lasagne a Forno neu Lasagne Quorn (v) Wedi ei Weini Gyda Bara Garlleg, Llysiau neu Salad Dewis o Ffrwythau ac Logwrt	Byrgyr Cig Eidion neu Fyrgyr Llysieuol (Ve) mewn Bynsen Wedi ei weini gyda Sglodion, Ffa Pob neu Salad Arctic Roll Siocled a Ffrwythau
Wythnos 3	Bys Pysgod Mawr neu Selsig Llysieuol (Ve) Wedi eu Weini Gyda Thatws Deisiog Llysieuog, Ffa Pob neu Bys a Bara a Thaeniad Cacen Betys Siocled a Chwstard	Sbagetì Bolognese Cig Eidion Cartref neu Quorn Bolognese (V) Wedi ei Weini Gyda Salad a Bara Garlleg Treiffi Ffrwythau Traddodiadol	Twrci Rhost neu Ffiled Quorn (LI) Wedi ei Weini Gyda Stwffin, Tatws Rhost Sych a Thatws wedi Berwi, Llysiau a Grefi Picen ar y Maen	Selsig Porc neu Selsig Quorn (Ve) Wedi eu Gweini Gyda Thatws Stwnsh a Ffa Pob Dewis o Ffrwythau ac Logwrt	Byrgyr Cyw Iâr mewn Bynsen neu Fyrgyr Quorn Blas Deheuol mewn Bynsen (V) Wedi ei Weini Gyda Sglodion a Salad Hufen Iâ Mefus a Ffrwythau
Wythnos 4	Pastai'r Bwthyn wedi ei weini gyda Brocoli, Moron a Phys Grefi neu Pastai Caws a Thatws (V) Wedi ei Weini Gyda Ffa Pob Cacen Lemon a Hufen	Cyri Cyw Iâr neu Gyri Llysieuol (V) Wedi ei Weini Gyda Reis Llysiau Sawrus, Bara Naan Chwyrliad Siocled gyda Mandarinau a Diod Llaeth	Ffiled Brest Cyw Iâr neu Ffiled Quorn (Ve) Wedi ei Weini Gyda Stwffin, Llysiau Tymhorol Tatws Rhost Sych a Thatws wedi Berwi a Grefi Arctic Roll Mafon gyda Ffrwythau	Peli Cig Eidion neu Beli Llysieuol (Ve) mewn Saws Tomato Wedi eu Gweini Cyda Thatws Deisiog, Llysiau Tymhorol a Bara Garlleg Dewis o Ffrwythau ac Logwrt	Pysgodyn gwyn mewn cyteu neu Fysedd Pysgod Quorn (Ve) Wedi eu Gweini Gyda Sglodion, Pys a Bara a Thaeniad Hufen Iâ Fanila ac Eirin Gwlanog

V Llysieuol. Mae pob dim sy'n mynd gyda phrif ddewision uchod yn addas i Lysieuwyr. Nid yw Jeli a Threiffi yn addas i lysieuwyr. Mae ffrwythau a iogwrt ar gael bob amser.

Ve Figanaidd. Mae pob dim sy'n mynd gyda phrif ddewision uchod yn addas i figanaidd ac eithrio Pwddin Efrog. Mae ffrwythau ar gael pob dydd fel pwddin, a fflapjac ble mae'n ymddangos uchod. Mae bwydlen figanaidd lawn ar gael ar gais. * Ffiled eog wedi ei orchuddio â briwsion swigod blawd reis/india corn heb glwten.

Arlwyo ar gyfer Deietau Meddygol/Alergeddau Bwyd

Os oes gennych geisiadau am ddietau arbennig, e-bostiwch: specialdietrequest@torfaen.gov.uk

Gwneir pob ymdrech i gynnig y dewisiadau cywir o ran cydbwysedd i'n cwsmeriaid
ond ni allwn sicrhau y bydd pob dewis ar gael tan ddiwedd y cyfnod gweini.