



# Sample Menu

at Nant BH and Pentrellyncymer Centres



	Day 1	Day 2	Day 3
Breakfast		Selection of cereals available. Egg, beans Toast / butter Fruit/yogurt	Selection of cereals available. Croissant, Pain au Chocolat Mixed Jams Toast / butter Fruit/yogurt
Lunch	Jacket Potato Cheese / tuna / beans. Salad  Fruit /yogurt	Packed lunch made by children. Roll with choice of fillings, crisps, rice-crispy cake / flapjack. Fruit / yogurt	Packed lunch made by children. Roll with choice of fillings, crisps, rice-crispy cake / flapjack. Fruit / yogurt
Dinner	Vegetable Bolognaise Garlic Bread Pasta Mixed Vegetables Fruit Crumble / Ice-cream Fruit / yogurt	Chicken Bites Chips Sweetcorn Salad Chocolate sponge / custard Fruit / yogurt	

Supper and additional snacks are also available for pupils.

Please note this is an example of the types of meals that are served at Nant BH and Pentrellyncymer Centres. Specific allergen requirements will be catered for through liaison with school.





# Bwydlen Enghreifftiol

yngh Nghanolfannau Nant BH a Phentrellyncymer



	Diwrnod 1	Diwrnod 2	Diwrnod 3
Brechwast		Mae dewis o rawnfwydydd ar gael. Wy, ffa pob, Tost/menyn Ffrwyth/iogwrt	Mae dewis o rawnfwydydd ar gael. Croissant, Pain au Chocolat, dewis o jam, Tost/menyn, Ffrwyth/iogwrt
Cinio	Taten trwy'i chroen Caws / Tiwna / Ffa pob. Salad Ffrwyth/iogwrt	Pecyn bwyd wedi'i wneud gan y plant. Rhôl fara gyda dewis o lenwad, creision, cacen rice-crispy / fflapjac. Ffrwyth / iogwrt	Pecyn bwyd wedi'i wneud gan y plant. Rhôl fara gyda dewis o lenwad, creision, cacen rice-crispy / fflapjac. Ffrwyth / iogwrt
Te	Bolognese Llysiau, Bara Garlleg, Pasta, Llysiau. Cymysg Crymbl Ffrwythau / Hufen iâ Ffrwyth / iogwrt	Tameidiau cyw iâr, Sglodion, India corn, Salad, Sbwng siocled / cwstard Ffrwyth / iogwrt	

Sylwch mai enghraifft o'r mathau o brydau a weinir yng Nghanolfannau Nant BH a Phentrellyncymer yw hwn. Darperir ar gyfer gofynion alergenau penodol drwy gysylltu â'r ysgol.

Mae swper a byrbrydau ychwanegol hefyd ar gael i ddisgyblion.

