



Arlwyo Blaenau Gwent

Bwydlen yr Ysgol 2025/26



Beth am roi cynnig ar ein

Bar Salad

Tatws Pob / Rhôl Bara neu Tortilla
Bydd wrap yn cael ei gynnig bob dydd!
Bydd dau opsiwn protein ar gael dyddiol o'r rhestr.
Ham, Twrci, Tiwna, Wy, Caws neu Ffa Pob
ac amrywiaeth o eitemau salad.

Medi 2025					Hydref 2025					Tachwedd 2025				
Ll	Ma	Me	Iau	Gw	Ll	Ma	Me	Iau	Gw	Ll	Ma	Me	Iau	Gw
1	2	3	4	5	29	30	1	2	3	3	4	5	6	7
8	9	10	11	12	6	7	8	9	10	10	11	12	13	14
15	16	17	18	19	13	14	15	16	17	17	18	19	20	21
22	23	24	25	26	20	21	22	23	24	24	25	26	27	28

Rhagfyr 2025					Ionawr 2026					Chwefror 2026				
Ll	Ma	Me	Iau	Gw	Ll	Ma	Me	Iau	Gw	Ll	Ma	Me	Iau	Gw
1	2	3	4	5	5	6	7	8	9	2	3	4	5	6
8	9	10	11	12	12	13	14	15	16	9	10	11	12	13
15	16	17	18	19	19	20	21	22	23	23	24	25	26	27
					26	27	28	29	30					

Mawrth 2026					Ebrill 2026					Mai 2026				
Ll	Ma	Me	Iau	Gw	Ll	Ma	Me	Iau	Gw	Ll	Ma	Me	Iau	Gw
2	3	4	5	6	13	14	15	16	17	4	5	6	7	8
9	10	11	12	13	20	21	22	23	24	11	12	13	14	15
16	17	18	19	20	27	28	29	30	31	18	19	20	21	22
23	24	25	26	27										

Mehefin 2026					Gorffennaf 2026				
Ll	Ma	Me	Iau	Gw	Ll	Ma	Me	Iau	Gw
1	2	3	4	5	29	30	1	2	3
8	9	10	11	12	6	7	8	9	10
15	16	17	18	19	13	14	15	16	17
22	23	24	25	26	20	21	22	23	24



	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Wythnos 1	Eog Swigod NEU Nwdls llysieuol gyda thortilla wedi'i lenwi (LI) wedi'u gweini gyda thatws llysieuog wedi'u deisio, pys neu salad cymysg, bara a thaeniad Sbwng jam a chnau coco a chwstard	Lasagne cig eidion cartref NEU Quorn cartref a lasagne sbigoglys (LI) wedi'u gweini gyda bara garleg a salad cymysg Ffrwythau ac iogwrt	Cyw lâr rhost NEU Quorn ffiled (LI) wedi'u gweini gyda stwffin, tatws rhost sych a thatws wedi'u berwi, detholiado lysiau a grefi Fflapjac ffrwythau a laeth	Peli cig Porc a moron NEU Peli quorn (LI) wedi'u gweini gyda thatws stwnsh, brocoli, moron, ffa gwyrdd a grefi Ffrwythau ac iogwrt	Pizza caws a thomato (LI) wedi'u gweini gyda sgldion, salad cymysg NEU Bys taten drwy'i chroen wedi'i llenwi gyda ffa pob a chaws (LI) Rhodyn arctig siocled
Wythnos 2	Ci poeth selsig porc NEU Ci poeth selsig morgannwg (LI) wedi'u gweini gyda sgldion, ffa pob neu bys Cacen surop blas lemon a chwstard	Cyri cyw lâr cartref NEU Quorn cartref a chryl llysiau (LI) wedi'u gweini gyda reis, salad cymysg a bara naan Ffrwythau ac iogwrt	Cig eidion rhost, pwddin swydd efrog NEU Ffiled quorn (LI) wedi'u gweini gyda stwffin, tatws rhost sych a thatws wedi'u berwi, detholiad o lysiau a grefi Pice ar y maen a diod laeth	Bolognese cig eidion cartref NEU Bolognese llysieuol cartref (LI) wedi'u gweini gyda phasta, salad ar yr ochr a bara garleg Ffrwythau ac iogwrt	Bys pysgodyn mawr NEU Nygets llysieuol (LI) wedi'u gweini gyda thatws llysieuog wedi'u deisio, pys neu ffa pob Ffrwythau a hufen lã
Wythnos 3	Goujons cyw lâr (H) NEU Nygets quorn (LI) wedi'u gweini gyda thatws llysieuog wedi'u deisio, pys, bara a thaeniad Cacen pîn-afal sbeislyd a chwstard	Eog swigod NEU Macaroni a brocoli a chaws wedi'u gorchuddio â briwsion crensiog (LI) wedi'u gweini gyda bara garleg a saladwedi'u gweini gyda thatws stwnsh, pys, bara a thaeniad Ffrwythau ac iogwrt	Selsig porc NEU Selsig quorn (LI) wedi'u gweini gyda phwddin swydd efrog, tatws rhost sych a thatws stwnsh, brocoli, moron a grefi Browni siocled a llaeth	Cig eidion barbeciw cartref NEU Quorn barbeciw cartref (LI) wedi'u gweini gyda reis, tortilla wedi'i lenwi a salad ar yr ochr Ffrwythau ac iogwrt	Pizza caws a thomato (LI) wedi'u gweini gyda sgldion, pys ac india-corn taten drwy'i chroen wedi'i llenwi gyda thiwna ac india-corn Rhodyn arctig mafon a ffrwythau
Wythnos 4	Byrger cig eidion NEU Byrger llysieuol (LI) mewn rhodyn wedi'u gweini gyda sgldion a phys Crymbl ffrwythau a chwstard	Pasta pob bolognese cig eidion cartref NEU Pasta pob quorn cartref (LI) wedi'u gweini gyda bara garleg a salad Ffrwythau ac iogwrt	Lwyn porc NEU Ffiled quorn (LI)wedi'u gweini gyda stwffin, tatws rhost sych a thatws wedi'u berwi, lysiau a grefi Jeli ffrwythau a bisged	Cyri cyw lâr cartref NEU Cyri quorn cartref (LI) wedi'u gweini gyda reis, pys neu india-corn a bara naan Ffrwythau ac iogwrt	Bysedd pysgod NEU Selsig morgannwg (LI) wedi'u gweini gyda thatws llysieuog wedi'u deisio a ffa pob Hufen ia blas toffi neu iogwrt mefus a ffrwythau

(L) Llysieuwr. Mae'r holl gyfeiliant i'r prif ddewisiadau uchod yn addas ar gyfer Llysieuwyr. Nid yw Jeli a Threiff yn addas ar gyfer llysieuwyr. Mae ffrwythau ac iogwrt ar gael bob amser. Mae bwydlen Fegan lawn ar gael ar gais. (H) Halal.

Arlwyo ar gyfer Dietegau Meddygol/Alergeddau Bwyd
Ar gyfer ceisiadau am ddiet arbennig anfonwch e-bost at: specialdiets@blaenau-gwent.gov.uk

Mae'r fwydlen hon yn cydymffurfio gyda rheoliadau Bwyta Iach mewn Ysgolion 2013. Gwneir pob ymdrech i ddarparu'r cydbwysedd cywir o ddewisiadau i'n cwsmeriaid ond ni allwn warantu y bydd pob dewis ar gael hyd at ddiwedd y gwasanaeth. Ewch i food.gov.uk/ratings i ganfod sgôr hylendid bwyd ein busnes neu gofynnwch inni beth yw ein sgôr hylendid bwyd wrth archebu.





Blaenau Gwent Catering

Primary School Menu 2025/26



Why not try our

Salad Bar

Jacket Potato / Bread Roll or Tortilla Wrap will be offered daily!

There will be two protein options available daily from the list. Ham, Turkey, Tuna, Egg, Cheese or Baked Beans and a variety of salad items.

September 2025					October 2025					November 2025				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
1	2	3	4	5	29	30	1	2	3	3	4	5	6	7
8	9	10	11	12	6	7	8	9	10	10	11	12	13	14
15	16	17	18	19	13	14	15	16	17	17	18	19	20	21
22	23	24	25	26	20	21	22	23	24	24	25	26	27	28

December 2025					January 2026					February 2026				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
1	2	3	4	5	5	6	7	8	9	2	3	4	5	6
8	9	10	11	12	12	13	14	15	16	9	10	11	12	13
15	16	17	18	19	19	20	21	22	23	23	24	25	26	27
					26	27	28	29	30					

March 2026					April 2026					May 2026				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
2	3	4	5	6	13	14	15	16	17	4	5	6	7	8
9	10	11	12	13	20	21	22	23	24	11	12	13	14	15
16	17	18	19	20	27	28	29	30	31	18	19	20	21	22
23	24	25	26	27										

June 2026					July 2026				
M	T	W	T	F	M	T	W	T	F
1	2	3	4	5	29	30	1	2	3
8	9	10	11	12	6	7	8	9	10
15	16	17	18	19	13	14	15	16	17
22	23	24	25	26	20	21	22	23	24



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Bubble salmon OR Vegetable noodles with tortilla wrap (V) served with herby diced potatoes, peas or mixed Salad, bread and spread Jam and coconut sponge and custard	Homemade beef lasagne OR Homemade quorn and spinach lasagne (V) served with garlic bread and mixed salad Fruit and yoghurt	Roast chicken OR Quorn fillet (Ve) served with stuffing, dry roast and boiled potatoes, veg selection and gravy Fruit flapjack and milk	Pork and carrot meatballs OR Quorn balls (Ve) served with mash potatoes, broccoli, carrots, green beans and gravy Fruit and yoghurt	Cheese and tomato pizza (V) served with chips, mixed salad or peas OR Cheesy bean filled jacket potato Chocolate artichoke roll
Week 2	Jumbo Fish Finger OR Vegetable nuggets (Ve) herby diced potatoes peas or baked beans Lemon drizzle cake and custard	Homemade chicken curry OR Homemade quorn and vegetable curry (V) served with rice, mixed salad and naan bread Fruit and yoghurt	Roast beef and yorkshire pudding OR Quorn fillet (Ve) served with stuffing, dry roast and boiled potatoes, vegetables selection and Gravy Welsh cake and milk drink	Homemade beef bolognese OR Homemade veggie bolognese (V) served with pasta, side salad and garlic bread Fruit and yoghurt	Pork sausage hot dog OR Glamorgan sausage dog (Ve) chips, baked beans or peas Fruit and ice cream
Week 3	Chicken goujons (H) OR Quorn nuggets (Ve) served with herby diced potatoes, peas, bread and spread Spicy pineapple cake and custard	Bubble salmon OR Crusty crumb topped broccoli and cheese mac (V) served with garlic bread and salad served with mashed potatoes, peas, bread and spread Fruit and yoghurt	Pork sausage OR Quorn sausage (Ve) served with yorkshire pudding, dry roast and mashed potatoes, broccoli, carrots and gravy Chocolate brownie and milk	Homemade BBQ beef OR Homemade BBQ quorn (V) served with rice, wrap or tortilla and side salad Fruit and yoghurt	Cheese and tomato pizza (V) served with chips, peas and sweetcorn OR Tuna and sweetcorn filled jacket potato Raspberry artichoke roll and fruit
Week 4	Fish fingers OR Glamorgan sausage (V) Herby Diced potatoes, Bread and Spread, and Baked beans Fruit crumble and custard	Homemade beef bolognese pasta bake OR Homemade quorn pasta bake (V) served with garlic bread and salad Fruit and yoghurt	Pork loin OR Quorn fillet (Ve) served with stuffing, dry roast and boiled potatoes, vegetables and gravy Fruit jelly and biscuit	Homemade chicken curry OR Homemade quorn curry (V) served with rice, peas or sweetcorn and naan bread Fruit and yoghurt	Beefburger OR Veggie burger (Ve) in a roll chips and Peas Toffee or strawberry yoghurt flavour ice cream and fruit

(V) Vegetarian. All accompaniments to main choices above are suitable for Vegetarians. Fruit and yoghurt are always available. (Ve) A full Vegan menu is available on request. (H) Halal.

Catering for Medical Diets/Food Allergies

For special diet requests please email: specialdiets@blaenau-gwent.gov.uk

This menu is compliant with the Healthy Eating in schools regulations 2013. Every effort is made to provide the correct balance of choices to our customers but we can not guarantee that all choices will be available right to the end of service. Go to food.gov.uk/ratings to find out the food hygiene rating of our business, or ask us for our food hygiene rating when you order.

