

Merthyr Tydfil Reduced Covid 19 Menu 2020-2021 2 Courses for just £2.30

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1- 07/09/20, 28/09/20, 19/10/20					
MAIN MEAL	Fish Fingers, Crispy Diced Potatoes & Baked Beans	Pork Meatballs in an Italian Tomato Sauce with Pasta Spirals, Garlic Bread and a Side Salad	Quorn Dippers, Crispy Diced Potatoes & Corn on the Cob	Chicken Tikka Masala, Rice with Peas & Sweetcorn & Naan	Sausages, Chips & Baked Beans
	Wrap with Cheese & Side Salad	Wrap with Quorn Dippers & Side Salad	Wrap with Ham & Side Salad	Wrap with Turkey & Side Salad	Wrap with Tuna Mayo & Side Salad
DESSERT	Jam & Coconut Sponge	Vanilla Shortbread Biscuit	Fruity Jelly	Fresh Fruit	Chocolate Shortbread Biscuit

WEEK 2 - 14/09/20, 05/10/20

MAIN MEAL	Stuffed Crust Margarita Pizza, Crispy Diced Potatoes & Side Salad	Beef Bolognese with Pasta Spirals, Garlic Bread & Side Salad	Chip Shop Chicken Curry & Rice with Peas & Sweetcorn & Naan	Chip Shop Style Fish, Crispy Diced Potatoes & Baked Beans	Hot Dog with Tomato Ketchup, Chips & Corn on the Cob
	Wrap with Quorn Dippers & Side Salad	Wrap with Cheese & Side Salad	Wrap with Turkey & Side Salad	Wrap with Ham & Side Salad	Wrap with Tuna Mayo & Side Salad
DESSERT	Chocolate Sponge	Gingerbread Biscuit	Cheese & Crackers	Fruit yoghurt	Fruity Jelly

WEEK 3 - 21/09/20, 12/10/20

MAIN MEAL	Fish Fingers with Potato Waffles & Baked Beans	Chicken Pasta Bake, Garlic Bread with Broccoli & Carrots	BBQ Chicken Breast, Crispy Diced Potatoes & Peas & Sweetcorn	Chicken Tikka Masala, Rice with Peas & Sweetcorn & Naan	Quorn Dippers, Chips & Baked Beans
	Wrap with Cheese & Side Salad	Wrap with Tuna Mayo & Side Salad	Wrap with Turkey & Side Salad	Wrap with Ham & Side Salad	Wrap with Cheese & Side Salad
DESSERT	Jam & Coconut Sponge	Fruity Jelly	Chef's Choice Shortbread Biscuit	Fresh Fruit	Jelly

All served with a 500ml Bottle of Welsh Water
It may be necessary to change items without prior notice.

We cater for children with special dietary / religious requirements, please contact 01685 725134 or email myschoollunch@merthyr.gov.uk.

Bwydlen Lai yn sgil Covid-19, Merthyr Tudful, 2020-2021 Dau Gwrs am Ddim Ond £2.30

DIWRNOD	DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
WYTHNOS 1- 07/09/20, 28/09/20, 19/10/20					
PRIF BRYDAU	Byssedd Pysgod, Tatws Cras wedi'u Deisio a Ffa Pob	Peli Cig Porc mewn Saws Tomato Eidalaidd gyda Sbiralau Pasta, Bara Garleg a Salad Naill Ochr	Dipwyr Cworn, Tatws Cras wedi'u Deisio ac India-Corn ar y Cobynd	Tica Masala Cyw Iâr, Reis gyda Phys ac India-Corn a Nân	Sosejys, Sgldion a Ffa Pob
	Lapiad gyda Chaws a Salad Naill Ochr	Lapiad gyda Dipwyr Cworn a Salad Naill Ochr	Lapiad gyda Ham a Salad Naill Ochr	Lapiad gyda Thwrci a Salad Naill Ochr	Lapiad gyda Thiwna Maio a Salad Naill Ochr
AC I BWDIN	Sbwnj Jam a Choconyt	Teisen Frau Fanila	Jeli Ffrwythau	Ffrwythau Ffres	Teisen Frau Siocled

WYTHNOS 2 - 14/09/20, 05/10/20

PRIF BRYDAU	Pitsa Crystyn Margarita, Tatws Cras wedi'u Deisio a Salad Naill Ochr	Bolonâis Cig Eidion gyda Sbiralau Pasta, Bara Garleg a Salad Naill Ochr	Cyri Cyw Iâr a Reis yn Steil Siop Sgldion gyda Phys ac India-Corn a Nân	Pysgod yn Steil Siop Sgldion, Tatws Cras wedi'u Deisio a Ffa Pob	Ci Poeth gyda Chetshyp Tomato, Sgldion ac India-Corn ar y Cobynd
	Lapiad gyda Dipwyr Cworn a Salad Naill Ochr	Lapiad gyda Chaws a Salad Naill Ochr	Lapiad gyda Thwrci a Salad Naill Ochr	Lapiad gyda Ham a Salad Naill Ochr	Lapiad gyda Thiwna Maio a Salad Naill Ochr
AC I BWDIN	Spwnj Siocled	Bisged Sinsir	Caws a Chraceri	Iogwrt Ffrwythau	Jeli Ffrwythau

WYTHNOS 3 - 21/09/20, 12/10/20

PRIF BRYDAU	Byssedd Pysgod gyda Wafflau Tatws a Ffa Pob	Pasta Pob Cyw Iâr, Bara Garleg gyda Brocoli a Moron	Bron Cyw Iâr Barbeci, Tatws Cras wedi'u Deisio a Phys ac India-Corn	Tica Masala Cyw Iâr, Reis gyda Phys ac India-Corn a Nân	Dipwyr Cworn, Sgldion a Ffa Pob
	Lapiad gyda Chaws a Salad Naill Ochr	Lapiad gyda Thiwna Maio a Salad Naill Ochr	Lapiad gyda Thwrci a Salad Naill Ochr	Lapiad gyda Ham a Salad Naill Ochr	Lapiad gyda Chaws a Salad Naill Ochr
AC I BWDIN	Sbwnj Jam a Choconyt	Jeli Ffrwythau	Teisen Frau'r Pencogydd	Ffrwythau Ffres	Jeli

Darperir potel 500ml o ddŵr Cymreig gyda phob pryd

Gall fod angen newid eitem heb eu hysbysedd n' flaenorol.

Rydyn ni'n arlwygo ar gyfer plant ag anghenion deiet arbennig neu anghenion crefyddol, Cysylltwch 01685 725134 os gwelwch yn dda.