



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. Sausage, hash-brown, beans. 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 Bolognese Garlic Bread Pasta Mixed Vegetables Fruit Crumble / Ice-cream Fruit / yogurt | Chicken Bites Chips Sweetcorn Salad Chocolate sponge / custard Fruit / yogurt | |

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.



Supper and additional snacks are also available for pupils.



Bwydlen Enghreifftiol

yngh Nghanolffannau 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. Selsig, hash-brown, ffa pob. 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 Nghanolffannau Nant BH a Phentrellyncymer yw hwn. Darperir ar gyfer gofynion allergenau penodol drwy gysylltu â'r ysgol.

Mae swper a byrbrydau ychwanegol hefyd ar gael i ddisgyblion.

