



## Bwydlen Gaeaf uwchradd

### Ysgol Bae Baglan Secondary Winter Menu

WYTHNOS/WEEK A	WYTHNOS/WEEK B
DYDD LLUN/MONDAY	DYDD LLUN/MONDAY
Chicken Tikka with Basmati Rice or Jacket Potato & Naan Bread Broccoli & Garden Peas Assorted Welsh Fruit Yoghurts	Pork Frikadellen Mashed or Jacket Potato Baked Beans Assorted Welsh Fruit Yoghurts
DYDD MAWRTH/TUESDAY	DYDD MAWRTH/TUESDAY
Turkey Mince Cottage Pie & Gravy Cabbage & Carrots Vanilla Ice cream & Fruit Salad	Chicken Tikka with Basmati Rice or Jacket Potato & Naan Bread Broccoli & Green Beans Cranberry & Orange Cookie
DYDD MERCHER/WEDNESDAY	DYDD MERCHER/WEDNESDAY
Oven baked healthy school sausage Yorkshire Pudding & Gravy Mashed or Jacket Potato Cauliflower & Green Beans Assorted Welsh Fruit Yoghurts	Roast Beef, Yorkshire Pudding & Gravy Mashed or Jacket Potato Cabbage & Swede Assorted Welsh Fruit Yoghurts
DYDD IAU/THURSDAY	DYDD IAU/THURSDAY
Beef Bolognese with Fusilli Pasta Carrot Batons & Sweetcorn Garlic Bread Chocolate Sponge & Vanilla Sauce	Beef Bolognese with Fusilli Pasta Carrot Batons & Sweetcorn Garlic Bread Vanilla Sponge & Strawberry Custard
DYDD GWENER/FRIDAY	DYDD GWENER/FRIDAY
Fishcake or Salmon Fingers Chips or Jacket Potato Baked Beans or Garden Peas Orange, Carrot & Sultana slice	Salmon Fingers or Fish Fillet Chips or Jacket Potato Garden Peas or Coleslaw Chocolate Ice cream

*Llaeth neu Dwr ar gael gyda phob pryd  
Milk or water is available with all meals*

#### **Ar gael bob dydd/Available Daily**

50/50 Bread, Pasta, Mixed Salad Bowl

**Gluten Free, Vegan and Vegetarian** are available on request

Please inform the Catering Manager of any Dietary requirements so that we can ensure all pupils eat safely.