

FLINTSHIRE PRIMARY MENU 2007/2008

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 12-11-07 10-12-07	Traffic Light Chicken & Pasta or Filled Jacket Potato & Side Salad Fruit Yogurts	Big Breakfast or Chilli Con Carne & Rice Apple Shortbread, Milk	Fish in Batter or Filled Pitta Pockets Wedges & Peas Sunshine Iced Sponge & Custard	Beef Curry & Rice or Wholemeal Pizza, Coleslaw & Side Salads Florida Muffin & Milk	Roast Dinner or Spicy Pasta Bake Peaches & Chocolate Sauce
2 19-11-07 17-12-07	Bolognese Wrap & Side Salad or Cumberland Pie & Green Beans Dalmatian Cookies & Milk	Homemade Chicken Strips or Crispy Cheese & Tuna Low Fat Chips, Veggie Sticks Banana Sponge & Custard	Meaty Lasagne & Garlic Bread or Leek & Potato Bake Garlic Bread Rice Pudding & Apple Wedge	Breaded Fish or Sneaky Pie, Creamed Potato, Mixed Vegetables or Baked Beans Orange Cookie & Milk	Roast Dinner or Homemade Soup & Baguette Flapjack & Milk
3 26-11-07	Seaside Bake with Pasta or Mince Beef Cobbler Mandarin Muffin & Milk	Hot Dog & Wedges or Beefy Macaroni, Peas St Clement's Drizzle Cake & Custard	Chicken Curry & Rice or Filled Jacket, Homemade Coleslaw Oaty Cookies & Milk	Homemade Meatballs with Tomato Pasta or Chicken Deli Wraps Raspberry Pie & Custard	Roast Dinner or Cauliflower & Broccoli Gratinee Jelly Sparkle & Milk
4 5-11-07 3-12-07	Pasta, Peas & Bacon or Cheesy Pin Wheel Wedges & Beans Upside Down Fruit Sponge & Custard	Homemade Beef Burger in a Bap or Chinese Chicken Low Fat Chips, Veggie Sticks Carrot Cake & Milk	Cottage Pie & Mixed Vegetables or Homemade Soup & Filled Baguette Pear Crumble & Custard	Dandy's Fish Pie or Baked Sausage, Creamed Potatoes, Carrots & Gravy Frozen Fruit Yogurt	Roast Dinner or Vegetable Penne Goey Chocolate Pudding & Milk

BWYDLEN GYNRADD SIR Y FFLINT 2007/2008

	DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
1 12-11-07 10-12-07	Cyw Iar a Phasta Goleuadau Traffig neu Taten bob & Salad logwrt Ffrwythau	Brecwast Mawr neu Chilli Con Carne & Reis Bisgeden Berffro blas Afal, Llaeth	Pysgodyn mewn cyteu neu Pocedi Pitta gyda llenwad Trionglau Tatws & Pys Sbwnj Eisin & Cwstard	Cyri Cig Eidion & Reis neu Pitsa Cyflawn, Colslo & Saladau Myffin Fflorida & Llaeth	Cinio Rhost neu Pasta Pob Sbeislyd Eirin Gwlanog & Saws Siocled
2 19-11-07 17-12-07	Lapiad Bolognaise & Salad neu Pastai Cumberland & Ffa Gwyrdd Bisgedi Dalmatian & Llaeth	Stribedi Cyw Iâr Cartref neu Caws & Tiwna wedi'i grasu Sglodion Braster Isel, Bysedd Llysiau Sbwnj Banana & Cwstard	Lasagne Cig & Bara Garlleg neu Tatws a Chennin Pob Bara Garlleg Pwddin Reis & Thriogl Afal	Pysgodyn mewn Briwsion Bara neu Pastai Gudd, Tatws Hufen, Llysiau Cymysg neu Ffa Pob Bisgeden Oren & Llaeth	Cinio Rhost neu Cawl Cartref & Baguette Fflapjac & Llaeth
3 26-11-07	Pobiad Glan y Môr a Pasta neu Cobler Briwgig Eidion Myffin Mandarin & Llaeth	Cŵn Poeth, Trionglau Tatws Macaroni Cig Eidion, Pys Gardd Cacen St Clement & Cwstard	Cyri Cyw Iâr & Reis neu Taten bob gyda llenwad, Colslo Cartref Bisgedi Ceirch & Llaeth	Peli Cig Cartref gyda Phasta Tomato neu Lapiad Cyw Iâr Deli Pastai Mafon Cochion & Cwstard	Cinio Rhost neu Gratin Blodfresych & Brocoli Sbarcl Jeli & Llaeth
4 5-11-07 3-12-07	Pasta, Pys & Chig Moch neu Trionglau Caws & Ffa Sbwnj Ffrwythau ar Ben i Lawr & Cwstard	Byrger Cig Eidion mewn Bap neu Cyw Iâr Tseiniaidd Sglodion Braster Isel, Bysedd Llysiau Cacen Foron & Llaeth	Pastai'r Bwthyn & Llysiau Cymysg neu Cawl Cartref & Baguette gyda Llenwad Crwmbl Gellyg & Cwstard	Pastai Bysgodyn Dandi neu Sosej Pob, Tatws Hufen, Moron & Grefi logwrt Ffrwythau wedi'i Rewi	Cinio Rhost neu Penne Llysiau Pwddin Siocled Meddal & Llaeth