

FLINTSHIRE PRIMARY MENU 2007/2008

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 21-4 19-5 23-6	Chicken in Gravy or Filled Jacket Potato & Side Salad Marble Sponge	Big Breakfast or Chilli Con Carne & Rice Apple Shortbread, Milk	Fish in Batter or Filled Pitta Pockets Wedges & Peas Sunshine Iced Sponge & Custard	Wholemeal Pizza, Beef in Gravy Coleslaw & Side Salads or Florida Muffin & Milk	Roast Dinner or Soup and Sandwich Peaches & Chocolate Sauce
2 28-4 2-6 30-6	Bolognaise Wrap & Side Salad or Sausage and Mash Dalmatian Cookies & Milk	Homemade Chicken Strips or Fishcakes 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 Creamed Potato, Baked Beans Cheesy & Mash Beans Orange Cookie & Milk	Roast Dinner or Homemade Soup & Baguette Flapjack & Milk
3 7-4 5-5 9-6 7-7	Breaded Fish, Mash and Beans 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, Various Fillings Oaty Cookies & Milk	Homemade Meatballs with Tomato Pasta or Chicken Deli Wraps Raspberry Pie & Custard	Roast Dinner or Soup and Sandwich Marble Sponge
4 14-4 12-5 16-6 14-7	Cheesy Pin Wheel Wedges & Beans or Pasta, Peas & Bacon Upside Down Fruit Sponge & Custard	Homemade Beef Burger in a Bap or Chinese Chicken Low Fat Chips, Veggie Sticks Apple Sponge & Milk	Cottage Pie & Mixed Vegetables or Homemade Soup & Filled Baguette Pear Cookie	Dandy's Fish Pie or Baked Sausage, Creamed Potatoes, Carrots & Gravy Frozen Fruit Yogurt	Roast Dinner or Filled Jacket Potato and Salad Goopy Chocolate Pudding & Milk

BWYDLEN GYNRADD SIR Y FFLINT 2007/2008

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