

Secondary Menu

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of toast, crumpets, cereal, fruit, hot and cold drinks				
MID MORNING BREAK	Bacon Sandwiches/Rolls, Toast, Crumpets, Bagels, Toasties, Teacakes, Stuffed breads* Yogurts, Fruit, Cheese Bakes and a selection of baguettes, sandwiches or wraps *Stuffed breads are a selection of home-made bread rolls baked with a choice of cheese, ham, vegetables, chicken, sauces and/or herbs and spices				
MAIN	Corned Beef Pie Mashed Potatoes Peas & Cauliflower Gravy	Lamb Tikka Peas Rice & Chips	Roast Beef Roast & Mashed potato Yorkshire pudding cauliflower/carrots with Gravy	Hunters Chicken Savoury Rice Roasted Mediterranean Veg	 World Famous Fish & Chips Harry Ramsdens Fish & Chips Baked Beans Or Peas
Dessert of the day	Homemade Cookie	Fruit Sundae	Fairy Cake	Fruit Crumble & Custard	Ice Cream Cone
Vegetarian	Cauliflower & Broccoli Cheese Bake Peas/ Beans	Potato & Spinach Tikka Peas Rice & Chips	Quorn Sausage Dinner	Cheese & Vegetable Pie Peas & Carrots Mashed Potato	Sausage Roll Peas or Baked Beans Chips
More Options	Fish Goujons Mashed Potatoes Peas & Cauliflower Parsley Sauce	Chicken Balls Savoury Rice & Chips Sweet & Sour Sauce	Beef Noodles Oriental Vegetables	Shepherd's Pie Peas & Carrots Gravy	Cheesy Potato Bake Baked Beans or Peas
Deal of the Day £1.50	Fish Goujons In a Wrap With Salad	Chicken Ball Wrap Chip Shop Specials Chips & Gravy/Curry Lamb Tikka Pitta	Hot Beef & Gravy Baguette	Hunter's Chicken Bap	Chip Shop Specials Chips & Gravy/Curry
£1.10 Deal	Corned Beef Slice	Bacon Roll	Soup & Roll	Fish Finger Sub	Beans on Toast

Grab & Go - Cold Selection

Selection of baguettes, sandwiches, wraps with: Tuna Mayo, Chicken, Chicken & Bacon, Chinese Chicken, Cheese, Ham or Turkey, Sweet Chilli Chicken or BBQ Chicken Seasonal Salad, Cold Pasta and Rice dishes available everyday, Salmon baguettes and sandwiches available every Wednesday

Grab & Go - Hot Selection

Pizza	Selection of pizzas including 7inch individuals and pizza baguettes
Jacket Potato	Cheese / Beans / Tuna / Curry / Chicken Mayo / Sweet Chilli Chicken / Chicken & Bacon / Chicken Tikka
Pasta Bar	A selection of hot and cold pasta dishes
Curry Bar	Selection of homemade curries served with brown rice or simply wedges
Sub Central bar	A selection of warm meat and vegetarian fillings served with salad in a sub roll
The Bakery	Chocolate or Oat Cookie, Blueberry Mini Muffin, Selection of Cupcakes, Fruity or Coco Flapjacks, Chocolate Brownie, Scones, Stuffed breads, Quiches, Quorn Puffs and Cheese wheels

A selection of bread, fruit and salad is presented on our serving counter each day.

Subject to availability

COMMENCING:
10th September 2018 - July 2019

www.rctcbc.gov.uk/catering



RHONDDA CYNON TAF



Secondary Menu

Wythnos I	DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
BRECWAST	Dewis: Tost, cramwyth, grawnfwyd, ffrwythau, diodydd poeth ac oer				
EGWYLY BORE	Brechdanau/Rholiau Bacwn, Tost, Cramwyth, Bagelau, Brechdanau wedi'u tostio, Cacennau te, Bara wedi'i stwffio*, logwrt, Ffrwythau, Pasteiod caws a dewis o fagêts, brechdanau a tortillas wedi'u llenwi *Bara wedi'i stwffio ydy'r dewis o roliau cartref wedi'u pobi â dewis o gaws, ham, llysiau, cyw iâr, saws a/neu berlysiau a sbeisys				
PRIF FWYDLEN	Pastai corn-bïff Tatws Stwnsh Pys a bresychen wen Grefi	Tikka cig oen bys Reis a sglodion	Rhost cig eidion, tatws wedi'u rhostio a thatws stwnsh, pwdin Swydd Efrog, bresychen wen / moron gyda grefi	Cyw iâr "Hunter's" Reis sawrus Llysiau y Canoldir wedi'u rhostio	 World Famous Fish & Chips Pysgod a Sglodion Harry Ramsden Ffa pob neu bys
Pwdin y Dydd	Bisgïen pobi cartref	Hufen iâ a ffrwyth	Teisen fach	Crymbl ffrwythau a chwstard	Côn Hufen Iâ
Dewis Llysieuol	Pasta caws, bresychen wen a brocoli Pys/ ffa pob	Tikka tatws a sbigoglys bys Reis a sglodion	Cinio Selsig Quorn	Pastai caws a llysiau Pys a Moron Tatws stwnsh	Rhòl sosej Pys neu Ffa Pob Sglodion
Rhagor o ddewisiadau	'Goujons' pysgod Tatws Stwnsh Pys a bresychen wen Saws Persli	Peli cyw iâr Reis sawrus a sglodion Saws melys a sur	Nwdls cig eidion Llysiau Dwyreiniol	Pastai'r Bugail Pys a Moron Grefi	Caws a thatws wedi'u pobi Pys neu Ffa Pob
Cynnig Arbennig y Dydd £1.50	'Goujons' pysgod mewn wrap gyda salad	Wrap pêl cyw iâr Pryd Siop Sglods y dydd Sglogion a grefi/cyri Pita Tikka cig oen	Bagét twym cig eidion a grefi	Rhòl Cyw iâr "Hunter's"	Pryd Siop Sglods y dydd Sglogion a grefi/cyri
Cynnig am £1.10	Sleisen corn-bïff	Rhòl Cig Moch	Cawl a rhòl	Rhòl Hir Bysedd Pysgod	Ffa pob ar dost
Bwyd i Fynd – Dewis Oer					
Dewis o fagêts, brechdanau a tortillas gyda: Tiwna a Mayo, Cyw Iâr, Cyw Iâr a Bacwn, Cyw Iâr Tsieineaidd, Caws, Ham neu Dwrci, Cyw Iâr Tsili Melys neu Gyw Iâr BBQ Salad Tymhorol, Pasta Oer a Reis ar gael bob dydd, bagêts a brechdanau eog ar gael bob dydd Mercher.					
Bwyd i Fynd – Dewis Poeth					
Pitsa	Dewis o bitsas 7 modfedd a bagêts pitsa				
Taten Trwy'i Chwyn	Caws / Ffa Pob / Tiwna / Cyri / Cyw Iâr a Mayo / Cyw Iâr Tsili Melys / Cyw Iâr a Bacwn / Cyw Iâr Tikka				
Bar Pasta	Dewis o basta poeth ac oer				
Bar Cyri	Dewis o gyriau cartref gyda reis brown neu drionglau tatws				
Bar Sub Central	Dewis o lenwadau cig a llysieuol gyda salad mewn rhòl				
Y Becws	Cwcis Ceirch neu Siocled, Myffins Llus America (Blueberry) Bach, Dewis o Gacennau, Fflapjacs Ffrwythau neu Goco, Brownis Siocled, Sgonau, Bara wedi'i Stwffio, Quiche, Quorn Puffs ac Olwynion Caws				
Dewis o fara, ffrwythau a salad ar gael o'r cownter bob dydd.					
Yn amodol ar argaeledd					

**WYTHNOS YN DECHRAU:
10 Medi 2018 - Gorffennaf 2019**

www.rctcbc.gov.uk/arlwyo



RHONDDA CYNON TAF

Secondary Menu

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of toast, crumpets, cereal, fruit, hot and cold drinks				
MID MORNING BREAK	Bacon Sandwiches/Rolls, Toast, Crumpets, Bagels, Toasties, Teacakes, Stuffed breads* Yogurts, Fruit, Cheese Bakes and a selection of baguettes, sandwiches or wraps *Stuffed breads are a selection of home-made bread rolls baked with a choice of cheese, ham, vegetables, chicken, sauces and/or herbs and spices				
MAIN	Spaghetti Bolognaise Side Salad Garlic Bread	Chicken Korma Peas Rice & Chips	Roast Chicken & Stuffing Mashed Potatoes Carrots & Broccoli	BBQ Pulled Pork Savoury Noodles Oriental Vegetables	 Harry Ramsdens Fish & Chips Baked Beans Or Peas
Dessert of the day	Lemon Cupcake	Apple Tart Cream / Custard	Jam & Cream Scone	Red Velvet Cake	Ice Cream Cone
Vegetarian	Quorn Bolognaise	Potato & Spinach Tikka Rice & Chips	Quorn Meatballs in Tomato Sauce Pasta Broccoli	BBQ Quorn Pieces Oriental vegetable & Noodle	Quorn Dippers Chips Baked Beans/ Peas
More Options	Oven Baked Sausages Onion Gravy Mashed Potato Peas & Carrots	Beef Burger Salad or Baked Beans Chips	Beef Casserole Mashed Potato Broccoli	Chicken Pasta Bake Garlic Bread	Sliced Ham Chips Baked Beans or Peas
Deal of the Day £1.50	Sausage & Gravy Baguette	Loaded Burger Chip Shop Special Chips & Gravy/Curry Chicken Korma Pitta	Chicken, Stuffing & Gravy Baguette	BBQ Pulled Pork Bap	Chip Shop Special Chips & Gravy/Curry
£1.10 Deal	Cheesy Garlic Bread	Beans on Toast	French Bread Pizza	Cheese Toastie	Sausage Rolls
Grab & Go - Cold Selection					
Selection of baguettes, sandwiches, wraps with: Tuna Mayo, Chicken, Chicken & Bacon, Chinese Chicken, Cheese, Ham or Turkey, Sweet Chilli Chicken or BBQ Chicken Seasonal Salad, Cold Pasta and Rice dishes available everyday, Salmon baguettes and sandwiches available every Wednesday					
Grab & Go - Hot Selection					
Pizza	Selection of pizzas including 7inch individuals and pizza baguettes				
Jacket Potato	Cheese / Beans / Tuna / Curry / Chicken Mayo / Sweet Chilli Chicken / Chicken & Bacon / Chicken Tikka				
Pasta Bar	A selection of hot and cold pasta dishes				
Curry Bar	Selection of homemade curries served with brown rice or simply wedges				
Sub Central bar	A selection of warm meat and vegetarian fillings served with salad in a sub roll				
The Bakery	Chocolate or Oat Cookie, Blueberry Mini Muffin, Selection of Cupcakes, Fruity or Coco Flapjacks, Chocolate Brownie, Scones, Stuffed breads, Quiches, Quorn Puffs and Cheese wheels				
A selection of bread, fruit and salad is presented on our serving counter each day.					
Subject to availability					

COMMENCING:
17th September 2018 - July 2019

www.rctcbc.gov.uk/catering



RHONDDA CYNON TAF

Secondary Menu

Wythnos 2	DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
BRECWAST	Dewis: Tost, cramwyth, grawnfwyd, ffrwythau, diodydd poeth ac oer				
EGWYLY BORE	Brechdanau/Rholiau Bacwn, Tost, Cramwyth, Bagelau, Brechdanau wedi'u tostio, Caccennau te, Bara wedi'i stwffio*, logwr, Ffrwythau, Pasteiod caws a dewis o fagêts, brechdanau a tortillas wedi'u llenwi *Bara wedi'i stwffio ydy'r dewis o roliau cartref wedi'u pobi â dewis o gaws, ham, llysiau, cyw iâr, saws a/neu berlysiau a sbeisys				
PRIF FWYDLEN	Spaghetti bolognaise Salad Bach Bara garlleg	Korma Cyw iâr bys Reis a sglodion	Cyw iâr a stwffin Tatws Stwnsh Brocoli a Moron	Porc barbeciw wedi'i rwygo Nwdls sawrus Llysiau Dwyreiniol	 World Famous Fish & Chips Pysgod a Sglodion Harry Ramsden Ffa pob neu bys
Pwddin y Dydd	Teisen lemwn fach	Tarten afal Hufen / Cwstard	Sgon Jam a Hufen	Teisen Felfed Coch	Côn Hufen lâ
Dewis Llysieuol	Bolognese Quorn	Tikka tatws a sbigoglys Reis a sglodion	Peli cig Quorn mewn saws tomato Pasta Brocoli	Darnau Quorn barbeciw Llysiau a nwdls Dwyreiniol	"Quorn Dippers" Sglodion Pys neu Ffa Pob
Rhagor o ddewisiadau	Selsig pob Grefi Winwns Tatws stwnsh Pys a Moron	Byrger Cig Eidion Ffa pob neu salad Sglodion	Caserol cig eidion Tatws stwnsh Brocoli	Pasta cyw iâr Bara garlleg	"Quorn Dippers"
Cynnig Arbennig y Dydd £1.50	Bagét selsig a grefi	Byrgyr Mawr Pryd Siop Sglods y dydd Sglodion a grefi/cyri Pita Korma cyw iâr	Bagét cyw iâr, stwffin a grefi	Rhòl porc barbeciw wedi'i rwygo	Pryd Siop Sglods y dydd Sglodion a grefi/cyri
Cynnig am £1.10	Bara garlleg â chaws	Ffa pob ar dost	Pitsa Bara Ffrengig	Toastie caws	Rhòl selsig

Bwyd i Fynd – Dewis Oer

Dewis o fagêts, brechdanau a tortillas gyda: Tiwna a Mayo, Cyw iâr, Cyw iâr a Bacwn, Cyw iâr Tsieineaidd, Caws, Ham neu Dwrci, Cyw iâr Tsili Melys neu Gyw iâr BBQ
Salad Tymhorol, Pasta Oer a Reis ar gael bob dydd, bagêts a brechdanau eog ar gael bob dydd Mercher.

Bwyd i Fynd – Dewis Poeth

Pitsa	Dewis o bitsas 7 modfedd a bagêts pitsa
Taten Trwy'i Chrwyn	Caws / Ffa Pob / Tiwna / Cyrrri / Cyw iâr a Mayo / Cyw iâr Tsili Melys / Cyw iâr a Bacwn / Cyw iâr Tikka
Bar Pasta	Dewis o basta poeth ac oer
Bar Cyrrri	Dewis o gyriau cartref gyda reis brown neu drionglau tatws
Bar Sub Central	Dewis o lenwadau cig a llysieuol gyda salad mewn rhòl
Y Becws	Cwcis Ceirch neu Siocled, Myffins Llus America (Blueberry) Bach, Dewis o Gacennau, Fflapjacs Ffrwythau neu Goco, Brownis Siocled, Sgonau, Bara wedi'i Stwffio, Quiche, Quorn Puffs ac Olwynion Caws

Dewis o fara, ffrwythau a salad ar gael o'r cownter bob dydd.

Yn amodol ar argaeledd

**WYTHNOS YN DECHRAU:
17 Medi 2018 - Gorffennaf 2019**

www.rctcbc.gov.uk/arlwyo



RHONDDA CYNON TAF