

# Weekly Menu



## Wythnos 1

## Welsh / What's New

## Fry - Day

	Monday	Tuesday	Wednesday	Thursday	Friday
Prif fwyd llysieuol	Tsili Llysiau a Reis £1.76	Mac a Chaws £1.76	Taco Tikka Chapati £1.76	Selsig Quorn a tatws Stwnsh £1.76	Cyri Cnau Coco Mughal Brenhinol a Reis £1.76
Prif Fwyd cig	Pasta Pêl-gig Cyw lâr Tuscan £2.20	Tsili ½ Ffordd a Reis £2.20	Cinio Porc Rhost £2.20	Powlen Reis a Cyrri Cyw lâr £2.20	Pollock wedi'u Briwsioni Heb Glwten a Sglodion £2.20
Trwythion Melys	From £1.20	From £1.20	From £1.20	From £1.20	From £1.20
Taten Siaced	Taten Siaced From £1.65	Taten Siaced From £1.65	Taten Siaced From £1.65	Taten Siaced From £1.65	Taten Siaced From £1.65
Pot Pasta	Pot pasta a saws £2.00	Pot pasta a saws £2.00	Pot pasta a saws £2.00	Pot pasta a saws £2.00	Pot pasta a saws £2.00
Cydio a Mynd	Pizza O £1.60 Panini O £1.85	Pizza O £1.60 Panini O £1.85	Pizza O £1.60 Panini O £1.85	Pizza O £1.60 Panini O £1.85	Pizza O £1.60 Panini O £1.85

# Weekly Menu



## WEEK 1

## Welsh / What's New

## Fry - Day

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Veg	Veg Chilli & Rice £1.76	Mac & Cheese £1.76	Tikka Chapati Taco £1.76	Quorn Bangers & Mash £1.76	Royal Mughal Coconut Curry & Rice £1.76
Main Meal Meat	Tuscan Chicken Meatball Pasta £2.20	½ Way Chilli & Rice £2.20	Roast Pork Dinner £2.20	Chicken Curry Rice Bowl £2.20	GF Breaded Pollock & Chips £2.20
Sweet Bakes	From £1.20	From £1.20	From £1.20	From £1.20	From £1.20
Jacket Potato	Jacket Potato From £1.65	Jacket Potato From £1.65	Jacket Potato From £1.65	Jacket Potato From £1.65	Jacket Potato From £1.65
Pasta Pots	Pasta & Sauce Pot £2.00	Pasta & Sauce Pot £2.00	Pasta & Sauce Pot £2.00	Pasta & Sauce Pot £2.00	Pasta & Sauce Pot £2.00
Grab & Go	Pizza From £1.60 Panini From £1.85	Pizza From £1.60 Panini From £1.85	Pizza From £1.60 Panini From £1.85	Pizza From £1.60 Panini From £1.85	Pizza From £1.60 Panini From £1.85

# Weekly Menu



Wythnos 2

Welsh / What's New

Fry - Day

Monday

Tuesday

Wednesday

Thursday

Friday

Prif fwyd llysieuol	Byrgyr Ffacbys a Wedges £1.76	Lasagne Llysiau gyda Salad £1.76	Nwdls Nasi Goreng £1.76	Cyri Tuk Ciri Thai chwilfrydig gyda Reis £1.76	Tarten Sbigoglys a Tomato gyda Salad £1.76
Prif Fwyd cig	Selsig Cyw Iâr a Thatws Stwnsh gyda Phwdin Swydd Efrog £2.20	Chow Syd Hong Kong Cyw Iâr £2.20	Gammon, Tatws Stwnsh a Phys £2.20	Dewch i gwrdd â mi Hanner Ffordd Lasagne Cig Eidion a Salad £2.20	Pollock wedi'u Briwsioni Heb Glwten a Sglodion £2.20
Trwythion Melys	From £1.20	From £1.20	From £1.20	From £1.20	From £1.20
Taten Siaced	Taten Siaced From £1.65	Taten Siaced From £1.65	Taten Siaced From £1.65	Taten Siaced From £1.65	Taten Siaced From £1.65
Pot Pasta	Pot pasta a saws £2.00	Pot pasta a saws £2.00	Pot pasta a saws £2.00	Pot pasta a saws £2.00	Pot pasta a saws £2.00
Cydio a Mynd	Pizza O £1.60 Panini O £1.85	Pizza O £1.60 Panini O £1.85	Pizza O £1.60 Panini O £1.85	Pizza O £1.60 Panini O £1.85	Pizza O £1.60 Panini O £1.85

# Weekly Menu



WEEK 2

Welsh / What's New

Fry - Day

Monday

Tuesday

Wednesday

Thursday

Friday

Main Meal Veg	Chickpea Burger & Wedges £1.76	Eat Curious Veg Lasagne with Salad £1.76	Curious Nasi Goreng Noodles £1.76	Curious Thai Tuk Tuk Curry with Rice £1.76	Spinach & Tomato Tart with Salad £1.76
Main Meal Meat	Chicken Bangers & Mash with Yorkshire Pud £2.20	Hong Kong Chow Chow Chicken £2.20	Gammon, Mash & Peas £2.20	Meet me Halfway Beef Lasagne & Salad £2.20	GF Breaded Pollock & Chips £2.20
Sweet Bakes	From £1.20	From £1.20	From £1.20	From £1.20	From £1.20
Jacket Potato	Jacket Potato From £1.65	Jacket Potato From £1.65	Jacket Potato From £1.65	Jacket Potato From £1.65	Jacket Potato From £1.65
Pasta Pots	Pasta & Sauce Pot £2.00	Pasta & Sauce Pot £2.00	Pasta & Sauce Pot £2.00	Pasta & Sauce Pot £2.00	Pasta & Sauce Pot £2.00
Grab & Go	Pizza From £1.60 Panini From £1.85	Pizza From £1.60 Panini From £1.85	Pizza From £1.60 Panini From £1.85	Pizza From £1.60 Panini From £1.85	Pizza From £1.60 Panini From £1.85

# Weekly Menu



Wythnos 3

Welsh / What's New

Fry - Day

Monday

Tuesday

Wednesday

Thursday

Friday

Prif fwyd llysieuol	Burrito Llysieuol a Nachos £1.76	Tikka Chwlfrydig gyda Reis £1.76	Pastai Bwthyn Llysieuol £1.76	Sleisen Tatws, Cenhinen a Cheddar £1.76	Bolognese gyda Pasta £1.76
Prif Fwyd cig	Burrito Cyw Iâr gyda Nachos £2.20	Byrgyr Hanner Ffordd a Chroen Pobedig ar Sglodion £2.20	Cinio Cyw Iâr Rhost £2.20	Pastai Bwthyn Hanner Ffordd Cwrdd â Fi £2.20	Pollock wedi'u Briwsioni Heb Glwten a Sglodion £2.20
Trwythion Melys	From £1.20	From £1.20	From £1.20	From £1.20	From £1.20
Taten Siaced	Taten Siaced From £1.65	Taten Siaced From £1.65	Taten Siaced From £1.65	Taten Siaced From £1.65	Taten Siaced From £1.65
Pot Pasta	Pot pasta a saws £2.00	Pot pasta a saws £2.00	Pot pasta a saws £2.00	Pot pasta a saws £2.00	Pot pasta a saws £2.00
Cydio a Mynd	Pizza O £1.60 Panini O £1.85	Pizza O £1.60 Panini O £1.85	Pizza O £1.60 Panini O £1.85	Pizza O £1.60 Panini O £1.85	Pizza O £1.60 Panini O £1.85

# Weekly Menu



WEEK 3

Welsh / What's New

Fry - Day

Monday

Tuesday

Wednesday

Thursday

Friday

Main Meal Veg	Veggie Burrito & Nachos £1.76	Eat Curious Tikka with Rice £1.76	Veggie Cottage Pie £1.76	Potato, Leek & Cheddar Slice £1.76	Eat Curious Bolognaise with Pasta £1.76
Main Meal Meat	Chicken Burrito with Nachos £2.20	Meet Me Halfway Burger & Baked Skin on Fries £2.20	Roast Chicken Dinner £2.20	Meet Me Halfway Cottage Pie £2.20	GF Breaded Pollock & Chips £2.20
Sweet Bakes	From £1.20	From £1.20	From £1.20	From £1.20	From £1.20
Jacket Potato	Jacket Potato From £1.65	Jacket Potato From £1.65	Jacket Potato From £1.65	Jacket Potato From £1.65	Jacket Potato From £1.65
Pasta Pots	Pasta & Sauce Pot £2.00	Pasta & Sauce Pot £2.00	Pasta & Sauce Pot £2.00	Pasta & Sauce Pot £2.00	Pasta & Sauce Pot £2.00
Grab & Go	Pizza From £1.60 Panini From £1.85	Pizza From £1.60 Panini From £1.85	Pizza From £1.60 Panini From £1.85	Pizza From £1.60 Panini From £1.85	Pizza From £1.60 Panini From £1.85

<b>Bwydlen Brecwast</b> <b>8am – 8:40am</b>		
<b>Brecwast am £1 neu lai</b>	<b>Tost Grawn Cyflawn gyda Flora 00p</b> <b>Myffin Seisnig wedi'i Dostio 00p</b> <b>Crymped 00p</b> <b>Caws ar Dost 00p</b>  <b>Potiau Brecwast O £0.00</b>	<b>Potiau Ffrwythau 00p</b> <b>Ffrwyth Cyfan 00p</b> <b>logwrt Cydbwysedd Iach 00p</b> <b>Potiau Uwd £0.00</b>  <b>Bargen Brecwast Dyddiol £0.00</b>
<b>Brecwast</b>	<b>Bagel wedi'i Dostio 00p</b> <b>Cacen De wedi'i Thostio 00p</b> <b>Bagel sinamon 00p</b> <b>Brecwast Bagel Pizza £0.00</b>	<b>Pot Smoothie Brecwast £0.00</b> <b>Grawnfwyd a Llaeth £0.00</b> <b>Potiau Granola 00p</b> <b>Arbennig y Cogydd Gan O £0.00</b>
<b>Diodydd</b>	<b>Sudd Ffrwythau 100% £0.00</b> <b>Potel o Dwr 00p</b> <b>Diod Maesyfed £0.00</b>	<b>Llaeth 00p</b> <b>Sudd Ffrwythau £0.00</b> <b>Smoothies Brecwast £0.00</b>

<b>Breakfast Menu</b> <b>8am – 8:40am</b>		
<b>Breakfast for £1 or Less</b>	<b>Wholemeal Toast with Flora 00p</b> <b>Toasted English Muffin 00p</b> <b>Crumpet 00p</b> <b>Cheese on Toast 00p</b>  <b>Breakfast Pots From £0.00</b>	<b>Fruit Pots 00p</b> <b>Whole Fruit 00p</b> <b>Healthy Balance Yogurt 00p</b> <b>Porridge Pots £0.00</b>  <b>Daily Breakfast Deal £0.00</b>
<b>Breakfast</b>	<b>Toasted Bagel 00p</b> <b>Toasted Teacake 00p</b> <b>Cinnamon Bagel 00p</b> <b>Breakfast Bagel Pizza £0.00</b>	<b>Breakfast Smoothie Pot £0.00</b> <b>Cereal &amp; Milk £0.00</b> <b>Granola Pots 00p</b> <b>Chef's Special From £0.00</b>
<b>Drinks</b>	<b>100% Fruit Juice £0.00</b> <b>Water 00p</b> <b>Radnor Drink £0.00</b>	<b>Milk 00p</b> <b>Fruit Juice £0.00</b> <b>Breakfast Smoothies £0.00</b>





Break Menu		
£1 or Less	Wholemeal Toast with Flora 35p Toasted English Muffin 00p Crumpet 55p Cheese on Toast £1.10  Breakfast Pots From £0.00	Fruit Pots 80p Whole Fruit 55p Healthy Balance Yogurt 65p Porridge Pots £0.00  Daily £0.00 Deal
Breakfast	Cheese Pizza £0.00 Bagel Pizza £0.00 Meat Pizza £0.00 Cheese Panini £0.00 Meat Panini £0.00 Hot Chicken Baguette ½ £0.00 Full - £0.00 Concept of the Day From £0.00	Toasted Bagel £0.00 Toasted Teacake £0.00 Cinnamon Bagel £0.00 Breakfast Smoothie Pot £0.00 Cereal & Milk 85p Granola Pots £1.60 Sandwiches, Baguettes & Wraps from £0.00
Drinks	100% Fruit Juice Cuplet 55p Water 95p Radnor Drink £1.00	Milk 00p Fruit Juice 85p Breakfast Smoothies £0.00



<b>Bargeinion Prydau Bwyd</b>			
<b>Bwydlen Brecwast</b>  <b>£0.00</b>		<b>Pot Uwd 8 owns gyda potel o dŵr neu gwpan Tost a Flora gyda potel o dŵr neu gwpan Ffa ar Dost Phot o Ffa, Cawslyd a Tost</b>	
<b>Bargeinion Prydau Bwyd i Fynd a Chi</b> <b>£0.00</b>		<b>Brechdan Syml, Cwci Ffres wedi'i Bobi a potel o Dŵr  Pot Pasta Oer, Ffrwythau a potel o Dŵr</b>	
<b>Bargeinion Prydau Poeth</b> <b>£0.00</b>		<b>Tatws Siaced 2 llenwad a Phwdin Pasta a Saws a Phwdin Prif Bryd, Pwdin a potel o Dŵr</b>	



Meal Deals		
£0.00	Breakfast Deals	8oz Porridge Pot with bottled water or a cuplet Toast & Flora with bottled water or a cuplet Beans On Toast Cheesy Beans & Toast Pot
Grab & Go Meal Deals £2.50		Simply Sandwich, Freshly Baked Cookie & Water Cold Pasta Pot, Fruit & Water
Hot Meal Deals £2.60		Jacket Potato 2 fillings & Pudding Pasta & Sauce & Pudding Main Meal, Dessert & Water