



Headteacher's Welcome

After two years of disruption and working in a very different educational establishment, it seems that the world is slowly starting to return to some kind of normality. As you will see from this newsletter, events outside the classroom are returning. Visitors are finally able to return to work with our students and therefore giving our students the wider, enriching education that has been so sorely missed over the last two years.

Careers and work-related experience is a big focus for us this year. We are acutely aware that a crucial part of our role as a school is developing ambition in our students, giving them opportunities to see what careers are available to them once they finish education, be that at 16, 18 or post-university. Mrs Balchin, our leader with responsibility for Careers at Penglais, has been developing many opportunities for our students, which you can read about in the newsletter.

Alumni have been sharing their experiences; workers from different trades and professions have been sharing their knowledge in lunchtime sessions and teachers are bringing the businesses into the classroom. All powerful ways of raising ambition in our students.

We are very conscious that our students in Years 11 to 13 are sitting their first formal exams this year. For Year 13 in particular, this is a real challenge having missed so many learning opportunities over the last two years. Towards the end of March, we met with families of 6th form students to share ideas for revision and information about the exams. If you weren't able to join us, the webinar and powerpoint is on the website under [Communication: Presentations and Webinars](#). There are lots of suggestions about revision strategies as well as information about the exam season, so well worth looking at if you missed the evening.

I'm sure that there will be busy households over the Easter between revision and relaxation time. May I wish you all a happy and restful Easter and I look forward to seeing the students return on Monday 25th April.

Key Dates

- Monday 25th April school starts **Week 2**
- Year 10 Full reports - May 2022
- Year 11 Progress reports - May 2022
- Year 8 Full reports - May 2022
- Year 9 End of KS 3 levels - May 2022
- Monday 2nd May - May Bank Holiday
- Summer Half term - Monday 30th May to Friday 3rd June



Careers News

KS4 and KS5 Lunchtime Careers Drop-in sessions

On Tuesday 8th March we held our first lunchtime careers drop-in session for Years 10, 11, 12 and 13. This week was focussed on trades and how to get an apprenticeship. Andrew Edwards (builder), Luke Baker and Charlie Standing (LEB Construction), Sam Hesden and Keiron Reynolds (Hesden Plumbing, Heating & Fire sprinkler systems), Rhodri (ARE Refrigeration and Electrical) and Paul Stubbs (plastering Ceredigion Youth Service) took part in the session. The students were able to ask questions about the various trades; identify tools used, and see the type of jobs that they could work on. It was a very useful lunchtime and the students learnt a great deal about how to prepare for their careers after Penglais. Thank you to the tradespeople who all volunteered to take part in the session.



Careers News

KS4 and KS5 Lunchtime Careers Drop-in sessions

Bleddyn Lewis, a senior nursing lecturer, and Sion Griffiths, a dental tutor from Bronglais, came to talk to the students in KS4 and KS5 about careers in the health service on March 22nd. They explained the different areas that you can specialise in within their fields and how they got into their roles. The students were able to understand what happens during an interview and application stage and what to write in a personal statement. The students were able to ask questions about qualifications and work experience. They spent the lunchtime explaining the different routes into their careers and what the students could study after Penglais. Thank you to Bleddyn Lewis and Sion Griffiths for giving their time.



Year 10 Choose Your Future 2022 - All-Wales Digital Event, Virtual Careers Fair

On Tuesday 8 March 2022, a variety of employers attended from a range of sectors, which can support the delivery of Careers and work-related experience (CWRE). As you know, Careers and work-related experience is a statutory part of the curriculum for Wales, requiring integration across all areas of learning and experience. The statutory guidance highlights the importance of employer engagement in showing learners the value employers place on positive professional attitudes and behaviours, including being motivated, resilient, adaptable and ambitious.

Learners could chat in real time with up to 100 employers across a range of sectors, getting the latest information on jobs, trends and what employers want. The event provided a valuable interactive experience, helping learners to make effective decisions regarding their career path, as required in the 'What Matters' statement within the health and wellbeing area of the curriculum.

Grant of £1500 towards a wellbeing project at Penglais with Principality

"Principality Building Society are kindly offering a bursary of £1500 to a school that attends their stand. The school will be chosen at random so make sure your school is in with a chance and get your students to register."

Penglais won first place from all the schools in Wales that attended the event! The money is being spent on a wellbeing project that will be decided by the year 10 tutor groups.

Careers News

Ysgol Penglais School Alumni- Careers after Penglais

Franklin Sopuluchukwu - Paediatric Respiratory and Sleep Physiologist

My life is based within health industry both clinically and physically. Clinically, in my role at St Thomas' Hospital I help children between the age of 5-17 with known or unknown respiratory or sleep conditions get better. For some of them this is a long term illness that requires them to stay in the hospital for a long period of time. Some of the conditions range from Asthma, sickle cell, sleep apnea, sleep walking / waking, neuromuscular etc.



What is your lasting impression of Penglais?

Penglais left a very good impression on me prior to my departure. I was proud of what I achieved and forever grateful to the teachers and my fellow students who made it possible.

Luke Coles- Ffigar Sports as a business developer helping run the business



My favourite part about my job is the variety of what I do. Some days I go in to work and I am having to update the website or design club shops for local teams then in the afternoon I will be printing football kits or uniform. I like the variety as I can learn a lot more different things rather than doing the same thing every day. It helps me understand how to run a business.

How has your Penglais education contributed to your success?

It helped me push my creative side and not be afraid to question why certain things are made and designed in certain ways. This has helped me in projects at university when coming up with new ideas as well as in the job I currently work in now.

Careers Wales

Check out Careers Wales website – 5 questions important questions to ask when choosing the right subject: How to choose the right subject or course | Careers Wales (gov.wales)

Sports News

Basketball

Huge congratulations to Penglais Junior NBA team aka Toronto Raptors, who became North conference Champions at the tournament held in Bangor last month. The team have been training with Lee Coulson, Aberystwyth and National basketball coach, together with Mr Roberts to prepare for this prestigious competition. Toronto Raptors won all their matches and are one of four teams that will play against the winners of the South Conference in the Final, which will be held in Aberystwyth on 15th June.

Pictured is Dhayne who was presented with the 'Boys player of the Tournament'. Pob lwc Penglais in the Final.



200m success for Carter

Year 9 student Carter is pictured receiving the Bronze Award for his success at the Welsh Athletics Indoor Championship. Carter ran a very impressive time of 25.84s at the event earlier this year and has been committed to his training and competitions. We wish him every success for the summer season.

Football trials

Owain and Dan in Year 11 have both been to John Madejski Academy for football trials with Reading. Owain was invited to the 3 day trial after selection at a game in Aberystwyth and has secured a place for September 2022. Congratulations!

Gymnastics

Congratulations to Owen in year 8 who has been re-selected for the Welsh Tumbling National Development squad for 2022. Arbennig Owen, dal ati!



Welsh Cup Football Success

The U15 girls have now reached the Semi-Finals of the Welsh Cup as they beat Ysgol Llanfyllin on penalties earlier this month. Their next fixture Vs Glan Clwyd is away in Newtown on Monday 4th April.

Golf:

Good luck to Logan who is competing in the Scottish U18s golf competition this week. This is an enormous achievement and we wish him all the best.

Sports News

Welsh Schools Football

Cameron, a Year 12 student, has been selected for the Welsh Schools Under 18s Squad against Scotland on Thursday 7th April which can be viewed live on the BBC iPlayer. He is currently training with the Welsh squad and will await selection for the England game later next week.



We wish the team every success in the prestigious annual Centenary Shield. Over the Easter break, Cameron will also spend a week with Cardiff City on trial, demonstrating his continued commitment and dedication to his football.



Wales have announced their hockey squads for Easter test series against Scotland. Hockey Wales National Age Group squads (NAGs) for the Easter test series against Scotland have been confirmed.

Órla has been selected to play for the Under 18 girls and will travel to Glasgow from 15th-18th April to play several matches against their Scottish counterparts, while Ruadhán will play for the Under 16 boys squad and take on Scotland on home turf in the Sport Wales National Institute, Cardiff, over the same dates.

Players in each of the NAG squads, consisting of 18 players, will travel to their test match venues together and remain in their squads throughout the three-day test series. Selection for these tests is fierce and a tremendous achievement for these young, talented players.

Languages

Student Language Ambassadors

We now have fully trained language ambassadors at our school. The following have successfully completed an online training event: Sana, Seedra, Charlie and Polly.

Pupil Language Ambassadors (PLAs) support the languages department of the school to raise the profile of Modern and International Languages by encouraging fellow pupils to continue studying languages. This is achieved through delivering various activities throughout the year such as events, assemblies, clubs and creative projects.

The selection process involved finding students with the following attributes:

- Excellent communication and presentation skills
- Passionate about your cause and curious about other countries and cultures
- Good digital skills
- Good leadership and team working skills
- Reliable
- Creative

The students have already taken part in their first national challenge and have received their badges. The training was provided by 'Routes into Languages' and it has been great to see the reintroduction of this programme, following a suspended period during the last few years.

If you are interested in finding out what they offer, please check out their website and Twitter:
www.routesintolanguagescymru.co.uk
Twitter @routescymru



Welsh Department

Adolygu / Revision

Mae tymor arholiadau yn dod yn agosach ac fe fydd gan bawb ryw fath o arholiad neu asesiad i'w sefyll rhwng nawr a diwedd tymor yr Haf. Dyma ambell tip defnyddiol i'ch helpu gyda'r adolygu. *With exam season around the corner, all students will have assessments or exams coming up between now and the end of the Summer term. Here are some handy tips to get you through.*

- Dewiswch rywle tawel i eistedd, rhowch eich ffôn i'r naill ochr. *Choose a quiet place to sit, put your phone to one side.*
- Rhowch darged clir ac amser penodol ar gyfer y dasg. Dewiswch eich gwobr ar ddiwedd y cyfnod. *Set yourself a clear target and a time limit. Choose a treat for yourself when you've met your target.*
- Penderfynwch ar un thema neu agwedd ar y tro. *Decide on one theme or aspect at a time.*
- Defnyddiwch feiros ac uwchleuwyr mewn lliwiau gwahanol ar gyfer eich nodiadau. *Use different coloured pens and highlighters for your notes.*
- Cofiwch bod eich arholiad Cymraeg (laith Gyntaf) yn union yr un peth â'r un Saesneg – beth am greu nodiadau dwyieithog ar gyfer geirfa trafod arddull, cymharu neu sgiliau dadansoddi. *Remember that your Cymraeg (First Language) exam is the same as the English language exam – why not create some bilingual notes to revise style Techniques, comparison questions and analytical skills.*
- Defnyddiwch eich llyfrau Cymraeg o flwyddyn 10 ac 11. Mae yna lawer iawn o bethau fan hyn i'ch helpu chi fel adborth yr athro, cyn bapurau a chynlluniau marcio, ymarfer cwestiynau darllen ac ysgrifennu penodol. *Use your Welsh books – they are full of things to help you such as teacher comments and feedback, past papers and marking schemes as well as specific notes on particular reading and writing questions.*
- Gwylwch. Gwrandewch. Darllenwch. Ymchwiliwch. Siaradwch. Mwynhewch. *Watch. Listen. Read. Research. Speak. Enjoy.*

Hafan | S4C www.bbc.co.uk/cymrufyw www.golwg.360.cymru Radio Cymru - Listen Live - BBC Sounds

Eisteddfod yr Urdd

Sefydlwyd yr Urdd ym 1922 gan Syr Ifan ab Owain Edwards. Ei fwriad oedd creu mudiad a fyddai'n rhoi cyfle i bobl ifanc Cymru gymryd rhan mewn ystod o wahanol weithgareddau trwy gyfrwng y Gymraeg. Cafodd yr Eisteddfod gyntaf ei chynnal ym 1929 yng Ngorwen ac erbyn heddiw mae gan yr Urdd dros 55,000 o aelodau bob blwyddyn. Mae'r Eisteddfod yn denu hyd at 95,000 o ymwelwyr yn flynyddol ac mae llawer o enwogion Cymru a'r byd wedi dechrau ar eu gyrfaedd ar lwyfannau'r Urdd.

Established in 1922 by Syr Ifan ab Owain Edwards, the Urdd was a movement intended to give children and young people the opportunity to take part in a wide variety of activities through the medium of Welsh. The Urdd Eisteddfod was held in Corwen for the first time in 1929 with up to 95,000 people attending the Eisteddfod annually. Many now famous faces in the world of music, drama, dance and literature started their careers on Urdd stages including Sir Bryn Terfel and Matthew Rhys.

Geirfa

perfformio	to perform	canu	to sing	llefaru	to recite
dawnsio	to dance	cyfansoddi	to compose	barddoni	to write poetry
cystadlu	to compete	mwynhau	to enjoy	aelod	member

Eisteddfod yr Urdd

Eisteddfod Sir yr Urdd

Llongyfarchiadau i'r canlynol ar eu llwyddiant yn Eisteddfodau Sir yr Urdd.

Unawd Llinynnol blwyddyn 7 – 9 : Efa – 2il

Llefaru Unigol i ddysgwyr blwyddyn 7 – 9: Drizzle – 1af

Unawd allan o Sioe Gerdd blwyddyn 10 a than 19 oed: Heledd – 1af

Llongyfarchiadau mawr hefyd i Owen a Drizzle am gymryd rhan a pherfformio mor dda yn eu cystadlaethau nhw. Tipyn o gamp oedd perfformio dan reolau Covid! Rydyn ni'n falch iawn ohonoch chi i gyd, llongyfarchiadau mawr!



A huge congratulations to the students who took part in the Urdd County rounds recently. It was a very different Eisteddfod this year with Covid regulations meaning that there was no audience and all competitors were given their individual time slots to perform.

Pob lwc to those going forward to the National Urdd Eisteddfod in Denbigh at the end of May.

Cylchlythr Ebrill 2022

Adran y Gymraeg

Eisiau ychydig o help gyda'r Gymraeg? Mae gan yr Urdd gylchgronau gwahanol ar gyfer pobl ifanc sy'n helpu gyda dysgu Cymraeg. Dilynwch y linc yma i ddarllen y rhifyn diweddaraf.

Would you like some help with Welsh? The Urdd publish monthly magazines for young people to help with the language. Follow this link to read the latest version. Cylchgronau'r Urdd

Cogurdd – Rownd Ceredigion

Ar ddechrau mis Ebrill, fe aeth Drizzle o flwyddyn 7 ymlaen i gystadlu yn ail rownd Cogurdd lawr yn Ysgol Bro Teifi. Er na fydd hi'n mynd ymlaen i'r rownd derfynol yn Sir Ddinbych, cafodd Drizzle lawer o hwyl ac fe ddysgodd lawer wrth gymryd rhan.

Drizzle in year 7 took part in the County round of the Cogurdd competition this month and even though she was not successful this time, she thoroughly enjoyed taking part and has learnt a lot from the experience.

Llongyfarchiadau a da iawn ti, Drizzle!

Gweithgareddau Pasg / Activities during Easter holidays

Mae'r Urdd yn cynnig amrywiaeth eang o weithgareddau i bobl ifanc yn ystod y gwyliau Pasg. Ewch i wefan yr Urdd am fwy o wybodaeth a manylion am sut i gadw lle ar y gwahanol gyrsiau a gweithgareddau.

The Urdd offers a wide range of activities for young people over the Easter break. Go to the Urdd website for more information and details of how to book your place on the various courses and activities.

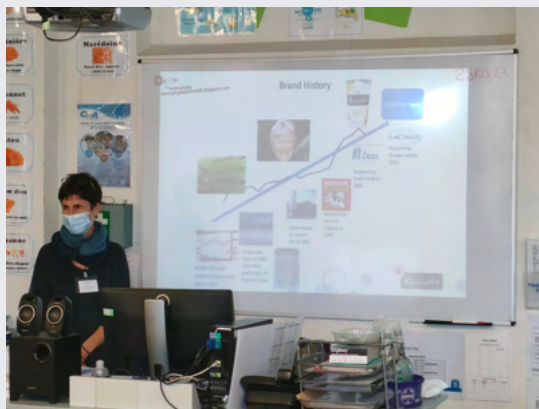
Food & Nutrition

On Monday 28th March 2022 the year 10 food and nutrition students welcomed Rachel's Dairy into school. Jo Tett-Davies (Technical Manager) and Ben Kinsey brought along a sample of different yoghurts for the students to try and explained how the product was made using various different cultures. The aim of the visit was to further deepen the knowledge taught last term around dairy products and to look at some sensory testing models used in the industry.

It was great to hear about how the company started back in 1952 becoming the first ever certified organic dairy and hearing how it has grown and been endorsed by royalty over the decades. The company is now owned by French firm 'Groupe Lactalis' who purchased Rachel's Dairy in 2010 and has the capacity to produce 26,0000 tons of yoghurt per year - that is the equivalent of 1 million pots every week.

Our students learnt how they could make yoghurt at home by heating milk, adding starter cultures and incubating. They were then shown how this is scaled up and made at an industrial level. It was good to hear about pasteurisation and heat treatment again as this was knowledge recall for year 10. We also found out about some of the careers involved in the industry which are vast, ranging from marketing, quality testing and nutritional analysis through to quality testing, distribution and engineering to name a few. Our students were unaware of many of these jobs and it was therefore very valuable to have that insight.

We also got to taste some of the yoghurt and carry out some sensory testing. We looked at the viscosity (thickness) of different yoghurts, the flavour and the acidity and plotted our results using star profiles, ranking and rating tests. This was very useful for our year 10 students to do as it is a requirement in year 11 for their assessment work. I would like to thank Jo and Ben for giving up their valuable time and of course a big thank you to our year 10 food students for participating so well throughout the session. We look forward to being able to invite Rachel's Dairy back into school next year.



Food & Nutrition

Year 10 GCSE Food & Nutrition - Butchery in Focus

On Monday 7th March 2022 the Year 10 GCSE Food and Nutrition students were visited by Chris Jones, a qualified butcher from Cambrian Training.

One of the main focus points of the session was to understand where certain cuts of meat come from on a pig and to learn how to cook some of these cheaper products. Chris brought in three different cuts for us to look at and cook: pork shoulder; belly pork and pork loin.

Chris explained to us where these cuts are located on the pig, why the prices of these cuts have massively changed over the last few years and of course demonstrated some top-quality butchery skills.

This was a really good skills building session for Year 10 as they have to be able to demonstrate good knife skills when working with meat, fish and alternatives. They also have to understand how to accurately prepare raw meat and present cooked meat products. Chris told us how different cuts of meat require different cooking times and how some cuts like a shoulder of pork are at their tastiest when they are slowly cooked.

The students really enjoyed cooking the pork varieties and then made their own homemade apple sauce to accompany this. I'm not sure how much pork actually left the room!

Cambrian Training also offers a great apprenticeship programme which they shared with us. Year 10 listened very attentively and asked some very good questions. Chris was full of praise for our students and hopefully we can invite him back again next year.

Mr Retter, Food & Nutrition Teacher



EAL - Ramadan Celebration

To mark the beginning of the Islamic holy month of Ramadan on 2 April, pupils have helped to put together a display in the Cube. During this month, Muslims all over the world will fast (not eat or drink) from sunrise to sunset. Ramadan is a time for Muslims to feel closer to Allah, or God, through prayer, doing good deeds and spending time with friends and family. Children, pregnant women, the elderly and ill do not have to fast.

The end of Ramadan is celebrated with a festival called Eid al-Fitr (the Festival of the Breaking of the Fast).



Penglais celebrate World Down Syndrome Day



To raise awareness of World Down Syndrome day we took part in the #LotsOfSocks campaign on 21st March. We encouraged students and staff to wear socks that would get them noticed!

World Down Syndrome Day takes place each year on 21/03 as 'Trisomy 21' is the clinical way of saying Down syndrome. Down syndrome is a third copy on the 21st chromosome (hence 21/03). Socks are used as chromosomes look like little socks.

Thank you to everyone for taking part and well done to all the winners of the best socks!

HRC News



Llain Activity Day



An activity day was arranged by Ceredigion Sensory Service for students with hearing and vision loss in Ceredigion schools. The event was organised so that students could experience a day of friendship, forming new relationships and teambuilding, whilst participating in rock-climbing, high ropes and zip-wire activities. These activities also showcased the huge amount of courage, resilience and kindness that all our students have in abundance, and helped students to come away from the day having found new friends and feeling empowered.

It was an amazing day and the sun shone brightly. Sun cream and hats were definitely an essential part of the equipment 😊 We would like to thank the staff at Llain Activity Centre who were fantastic at enabling and encouraging students to take part in the activities arranged.



HRC News

Life Skills at the DASH Bungalow – Hearing Resource Centre



Students from the HRC are attending the DASH Bungalow in Llanilar as part of their Life Skills programme. They are completing ASDAN coursework along side and have been doing several challenges from the Gardening Course as well as challenges from the Home Cooking and A Place of Your Own modules in Living Independently.



As part of the Life Skills programme, students also go out into the community so that they can develop and build on strategies to help them communicate with people who do not use BSL or have deaf awareness skills. Penglais ALN department are looking to work with staff from local businesses to help raise awareness of hearing and vision loss so that students can access these facilities with greater confidence and success.



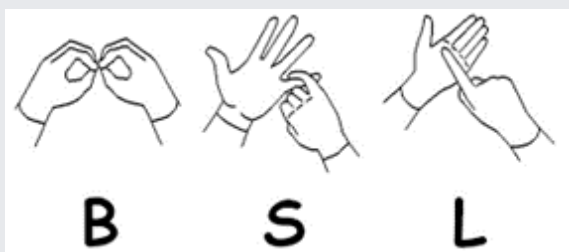
HRC News

Student delivers BSL tuition for staff



Hafwen, who is profoundly deaf and a BSL user herself, is currently delivering BSL sessions for staff in Penglais. BSL sessions have previously been delivered to staff and students in Penglais however, this is the first time that these tuition sessions have been run by a student. Hafwen is in Year 13 and attends the Hearing Resource Centre for her lessons. She enjoys meeting staff and students in Penglais and would like to help the school to include more BSL into the school routine.

As part of the BSL Awareness Week (March 14th-20th March), Hafwen, along with other students from the HRC, produced a short video for the Penglais Facebook page. In addition to this, students will be putting up more BSL signs around the school to help staff and pupils learn new BSL signs. Keep a look out!



Why not take a look at these links to help you learn some BSL?

- <https://www.signbsl.com/>
- <https://www.british-sign.co.uk/>
- BSL Dictionary - British Sign Language (BSL) Dictionary & Resources



Extra Curricular

Sports Extra Curricular timetable for Years 7 to 9 (12:00 - 12:40)

WHEN	WHERE	Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH TIME	GYM	<u>Girls gymnastics</u> CAP	<u>Year 7 benchball</u> JLR	<u>Year 8 Benchball</u> OXD		
	<u>Sports hall</u>	<u>Yr 7, 8 and 9 Basketball</u> Lee Coulson	<u>8 and 9 Netball</u> SLJ			
<u>After school</u>		<u>Basketball</u> Year 7 – 11 6-7pm £3.50	<u>Hockey</u> All age groups	GIRLS FIXTURES	<u>Girls football</u> Year 7 and 8 Year 9 and 10	
			<u>Boys Football</u> 7 and 8 9 and 10	<u>Rugby</u> Yr 7 and 8 Yr 9 and 10	BOYS FIXTURES	
					<u>Basketball</u> Year 7 – 11 5-6pm £3.50	

Sports Extra Curricular timetable for Years 10 to 11 (12:55 - 13:35)

WHEN	WHERE	Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH TIME	GYM					
	<u>Sports hall</u>	<u>Senior Netball</u> Years 10, 11, 12, 13 Week 2 only SLJ		<u>Senior Netball</u> Years 10, 11, 12, 13 Week 1 only SLJ	<u>Year 11 Football</u> CAP	<u>Badminton</u> Years 10 and 11 CAP
<u>After school</u>		<u>Basketball</u> Year 7 – 11 6-7pm £3.50	<u>Hockey</u> All age groups	GIRLS FIXTURES	<u>Girls football</u> Year 7 and 8 Year 9 and 10	
			<u>Boys Football</u> 7 and 8 9 and 10	<u>Rugby</u> Yr 7 and 8 Yr 9 and 10	BOYS FIXTURES	
					<u>Basketball</u> Year 7 – 11 5-6pm	

Canteen Menu

Here you can see the canteen menu for Week 1 and Week 2,

There will also be paninis, toasties, bagels, baguettes and pizza available at break.

Also available at lunch are various rolls, quiches, salad pots and calzones.

We are a cash-free school. If you would like to set up ParentPay to put money on your child's dinner account, please contact Mrs Williams on maw@penglais.org.uk or call the Finance dept on 01970 624811.

MON

MAIN DISH
Pasticio (pasta bake)
Veg pasta bake

BAGUETTES
Chicken tikka Cheese

DESSERT
Pineapple upside down cake
Angel delight
Flapjacks



THURS

MAIN DISH
Tuna pasta bake
Macaroni broccoli & sweetcorn bake

BAGUETTES
Chicken & sweetcorn Tikka Quorn

DESSERT
Steamed orange sponge
Homemade cookies



MON

MAIN DISH
Calypso chicken
Veg savoury rice

BAGUETTES
Chicken tikka Cheese

DESSERTS
Jam & coconut sponge
Oat & raisin cookies



THURS

MAIN DISH
Spaghetti bolognese
Vegetarian bolognese

BAGUETTES
Chicken & sweetcorn Tikka Quorn

DESSERTS
Chocolate banana cake & custard
Jam & cream scones



YSGOL PENGLAIS MENU WEEK 1 PENGLAIS SCHOOL

TUE

MAIN DISH
Chicken & veg bake
Veg crumble

BAGUETTES
Chicken & bacon Egg

DESSERT
Fruit oat crumble
Chocolate muffins



DEALS

DEAL 1: £2.50
Main dish +
Fresh fruit or Yoghurt

DEAL 2: £2.50
Baguette +
Fruit/ yoghurt +
Bottle of apple/orange juice or water

WED

MAIN DISH
Roast pork
Lentil & potato pie

BAGUETTES
Quorn & pesto Ham

DESSERT
Chocolate sponge
Jelly & fruit
Pancakes



FRI

MAIN DISH
Chicken goujon
Veg sausage & chips

BAGUETTES
Cheese & pickle Tuna

DESSERT
Fruit tart
Orange & apple muffins



YSGOL PENGLAIS MENU WEEK 2 PENGLAIS SCHOOL

TUE

MAIN DISH
Sausage & mash
Veg sausage & mash

BAGUETTES
Chicken & bacon Egg

DESSERTS
Rice pudding
Shortbread



DEALS

DEAL 1: £2.50
Main dish +
Fresh fruit or Yoghurt

DEAL 2: £2.50
Baguette +
Fruit/ yoghurt +
Bottle of apple/orange juice or water

WED

MAIN DISH
Cawl
Cheese & potato pie
Soup & a roll

BAGUETTES
Quorn & pesto Ham

DESSERTS
Bakewell tart & custard
Angel Delight
Cookies



FRI

MAIN DISH
Meat lasagne
Veg lasagne

BAGUETTES
Cheese & pickle Tuna

DESSERTS
Apple crumble
Welsh cakes

