

# WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Salmon Fish Star</b> 10,14	<b>Creamy Chicken Tagliatelle</b> 13, 14	<b>Beef Bolognese Pasta Twists</b> 14	<b>Roast Pork Apple Sauce and stuffing</b>	<b>Chicken Burger in a bun</b> 14
<b>Swedish Veggie Bites and Gravy</b> 14	<b>Margarita Pizza</b> 13, 14	<b>Five Bean Hot Pot</b>	<b>Creamy Vegetable Pie</b> 13, 14	<b>Glamorgan Sausage</b> 2,13,14
<b>Creamed Potatoes</b>	<b>Garlic and Herb New Potatoes</b>	<b>Homemade Bread</b> 12,13,14	<b>Roast Potatoes Gravy</b>	<b>Chips</b>
<b>Country Veg Sweetcorn</b>	<b>Peas Mixed Salad</b>	<b>Sweetcorn Broccoli</b>	<b>Fresh Carrots Cauliflower</b>	<b>Carrot And Cucumber Sticks Coleslaw</b>
<b>Fresh Fruit or Yoghurt</b> 13	<b>Homemade Shortbread and Fruit Milk</b> 13,14	<b>Fresh Fruit or Yoghurt</b> 13	<b>Apple and syrup sponge with custard</b> 12,13,14	<b>Fresh Fruit or Yoghurt</b> 13

FRUIT YOGHURT WITH A SELECTION OF FRUIT WEDGES OR WHOLE FRUIT AVAILABLE DAILY

Also a choice of Filled Jacket Potato or a Sandwich are AVAILABLE DAILY



# WYTHNOS 1

DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
Seren Pysgod Eog 10,14	Tagliatelle cyw iâr hufennog 13, 14	Troelliadau Pasta Bolognese Cig Eidion 14	Saws Afal Porc Rhost a stwffin	Byrgyr Cyw Iâr mewn bynsen 12,14
Pêl-gig Llysieuol Sweden a Grafi 14	Pizza Margarita 13, 14	Pot Poeth Pum Ffa	Pastai Llysiau Hufennog 13,14	Selsig Morganwg 2,13,14
Tatws Hufennog	Tatws Newydd Garleg a Pherlysiau	Bara Cartref 12,13,14	Grafi Tatws Rhost	Sglodion
Corn Melys Llysiau Gwledig	Salad Cymysg Pys	Brocoli Corn Melys	Moron Ffres Blodfresych	Coleslaw Ffonau Moron a Chiwcymbr
Ffrwythau Ffres neu logwrt 13	Briwsion Byr Cartref a Llaeth Ffrwythau 14	Ffrwythau Ffres neu logwrt 13	Sbwng afal a surop gyda chwstard 12,13,14	Ffrwythau Ffres neu logwrt 13

IOGWRT FFRWYTHAU CYDA DEWIS O WEDS FFRWYTHAU NEU FFRWYTHAU CYFAN AR GAEL BOB DYDD

Hefyd mae dewis o Datws Siaced wedi'i Llenwi neu Frechdan AR GAEL BOB DYDD



# WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sticky BBQ Chicken 10,14	Penne Pasta Arrabiata 14	Beef Chilli	Roast Turkey Stuffing 14	Fish Burger 10,14
Cauliflower and red lentil Dahl	Sausage Pizza 11,12,13,14,	Macaroni Cheese 13,14	Roast Vegetable Tart 12,13,14	Cheese and Onion Slice 12,13,14
Boiled rice	Garlic Bread 12,13,14	Savoury Rice Herby Bread 12,13,14	Roast Potatoes Gravy	Seasoned Wedges
Sweetcorn Garden Peas	Mixed Salad Rainbow Coleslaw 11	Carrot & Cucumber Sticks Cherry Tomatoes	Seasonal Greens Fresh Carrots	Baked Beans
Fresh Fruit or Yoghurt 13	Apple and Cinnamon Flapjack 11,14	Fresh Fruit or Yoghurt 13	Chocolate and Orange Saucy Pudding 12,14	Fresh Fruit or Yoghurt 13

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# WYTHNOS 2

DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
Cyw Iâr Barbeciw Gludiog 10,14	Penne Pasta Arrabiata 14	Tsili Cig Eidion	Stwffin Twrci Rhost 14	Byrgyr Pysgod 10,14
Blodfresych a Dahl corbys coch	Pizza Selsig 11,12,13,14	Caws Macaroni 13,14	Tarten Llysiau Rhost 12,13,14	Sleisen Caws a Nionyn 13,14
Reis wedi'i ferwi	Bara Garlleg 12,13,14	Bara Reis Perlysiâu Sawrus 12,13,14	Grafi Tatws Rhost	Wedges wedi'u sesno
Pys Gardd Corn Melys	Salad Cymysg Coleslaw Enfys 11	Ffonau Moron a Chiwcymbr Tomatos Ceirios	Gwyrddion Tymhorol Moron Ffres	Ffa Pobedig
Ffrwythau Ffres neu logwrt 13	Flapjack Afal a Sinamon 14	Ffrwythau Ffres neu logwrt 13	Pwdin Sawslyd Siocled ac Oren 12,14	Ffrwythau Ffres neu logwrt 13

IOGWRT FFRWYTHAU CYDA DEWIS O WEDS FFRWYTHAU NEU FFRWYTHAU CYFAN AR GAEL BOB DYDD

Hefyd mae dewis o Datws Siaced wedi'i Llenwi neu Frechdan AR GAEL BOB DYDD







# MENU 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Big Breakfast</b> 7,11,12,13	<b>Chicken Korma</b> 11	<b>Lasagne</b> 13,14	<b>Roast Chicken Fillet, Stuffing and gravy</b> 14	<b>Battered Fillet of fish</b> 10,14
<b>Welsh Rarebit</b> 2,12,14	<b>Pesto Pasta Homemade Bread</b> 11,12,13,14	<b>Creamy Broccoli Bake</b> 13,14	<b>Sage and Onion Loaf</b> 13,14	<b>Vegetable Burger In a bun</b> 14
<b>Potato Waffle</b>	<b>Pilau Rice</b>	<b>Garlic Bread</b> 12,13,14	<b>Creamed Potatoes</b>	<b>Chips</b>
<b>Baked Beans Grilled Tomato</b>	<b>Peas and Sweetcorn</b>	<b>Mixed Salad Coleslaw</b> 12	<b>Fresh Carrots Broccoli/Cauliflower</b>	<b>Peas Tomato salsa</b>
<b>Fresh Fruit or Yoghurt</b> 13	<b>Oaty Fruit Cookie</b> 14	<b>Fresh Fruit or Yoghurt</b> 13	<b>Fruit Crumble and Custard</b> 13,14	<b>Fresh Fruit or Yoghurt</b> 13

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1.CELERY	2.MUSTARD	3.SESAME	4.MOLLUSCS	5.LUPIN	6.NUTS	7.SOYA	8.PEANUTS	9.CRUSTACEAN	10.FISH	11.SULPHITES	12.EGGS	13.MILK	14.GLUTEN

# DEWISLEN 3

DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
Brecwast Mawr 7,11,12,13	Cyw Iâr Korma 11	Lasagne 13,14	Ffiled Cyw Iâr Rhost, Stwffin a saws 14	Ffiled pysgodyn wedi'i orchuddio 10,14
Welsh Rarebit 2,12,13,14	Pasta Pesto Bara Cartref 11,14	Brocoli Hufenog Pob 13,14	Torth Saets a Nionyn 13,14	Byrgyr Llysiau Mewn bynsen 14
Waffl Tatws	Reis Drewllyd	Bara Garleg 12,13,14	Tatws Hufenog	Sglodion
Ffa Pobedig Tomato Grilio	Pys a Chorn Melys	Coleslaw Salad Cymysg	Moron Ffres Brocoli/Blodffresych	Pys saws tomato
Ffrwythau Ffres neu logwrt 13	Cwci Ffrwythau Ceirch 14	Ffrwythau Ffres neu logwrt 13	Crwmbel Ffrwythau a Chwstard 13,14	Ffrwythau Ffres neu logwrt 13

LOGWRT FFRWYTHAU CYDA DEWIS O WEDS FFRWYTHAU NEU FFRWYTHAU CYFAN AR GAEL BOB DYDD

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