

Ysgolion Cynradd – Bwydlen Wythnos 1

Primary School Menu Week 1

YN DECHRAU: 2 MEDI 2019 - 17 GORFFENNAF 2020
COMMENCING: 2ND SEPTEMBER 2019 TO 17TH JULY 2020

	DYDD LLUN MONDAY	DYDD MAWRTH TUESDAY	DYDD MERCHER WEDNESDAY	DYDD IAU THURSDAY	DYDD GWENER FRIDAY
OPSIWN A/OPTION A	Bolognese Cig Eidion Twistiau Pasta Salad bach Beef Bolognese Pasta twist Side salad	Olwynion caws Ffa pob Ciwbiau Tatws â Pherlyisiau Cheese pin wheel Baked beans Herby Diced Potatoes	Cig Oen â Mintys a Grefi Brocoli Neu Stwnsh Tatws ac Erfin Minted Lamb Grill and gravy Broccoli Or Swede Potatoes	Cyw Iâr Cyri Pys Reis Chicken Curry Peas Rice	Selsig Porc Braster Isel India-corn neu Golslô Sglodion neu datws Low fat pork Sausage Sweet corn or Coleslaw Chips or potatoes
OPSIWN B/OPTION B	Bysedd Pysgod Gg Pys ac India-corn Tatws Gg Fish Finger Peas & sweet corn Potatoes	Cacfen Bysgod Eog 'Crown' Ffa pob Ciwbiau Tatws â Pherlyisiau Crown Salmon Fishcake Baked beans Herby Diced Potatoes	Brest cyw Iâr Brocoli Neu Erfin Tatws a Grefi Chicken Breast Broccoli Or Swede Potatoes & gravy	Pitsa Bara Garlleg Pys Salad Bach Home Cooked Pizza Garlic Bread Peas Side Salad	Bysedd Pysgod jumbo 'Birds Eye' India-corn neu Golslô Sglodion neu datws Birds Eye Jumbo Fish Finger Sweet corn or Coleslaw Chips or potatoes
PWDIN/DESSERT	Pwdin Efa a Chwstard Eves Pudding & Custard	Rholyn Hufen Iâ Ice cream roll	Sbwng Siocled a Chwstard Mefus Chocolate Sponge and Strawberry Custard	Jeli Wedi'i Addurno Decorated Jelly	Fflapjac Banana Banana Flapjack
DEMS CYFYNGEDIG YCHWANEGOL /ADDITIONAL LIMITED CHOICE	Bagét Tiwna Baguette - Tuna	Bagét Ham Baguette - Ham	Bagét Cyw Iâr Baguette - Chicken	Bagét Eog a Chiwcymbr Baguette - Salmon & Cucumber	Bagét Caws Baguette - Cheese
	logwrt wedi'i rewi Neu Ffrwythau ffres Neu Gaws a Chracers Frozen yogurt Or fresh fruit Or cheese and crackers	logwrt 'Muller' Neu Ffrwythau ffres Neu Gaws a Chracers Muller yogurt Or fresh fruit Or cheese and crackers	logwrt wedi'i rewi Neu Ffrwythau ffres Neu Gaws a Chracers Frozen yogurt Or fresh fruit Or cheese and crackers	logwrt 'Muller' Neu Ffrwythau ffres Neu Gaws a Chracers Muller yogurt Or fresh fruit Or cheese and crackers	logwrt wedi'i rewi Neu Ffrwythau ffres Neu Gaws a Chracers Frozen yogurt Or fresh fruit Or cheese and crackers
	Sudd ffrwythau Bara (Diderfyn) Fruit juice Unlimited Bread	Sudd ffrwythau Bara (Diderfyn) Fruit juice Unlimited Bread	Sudd ffrwythau Bara (Diderfyn) Fruit juice Unlimited Bread	Sudd ffrwythau Bara (Diderfyn) Fruit juice Unlimited Bread	Sudd ffrwythau Bara (Diderfyn) Fruit juice Unlimited Bread

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Ysgolion Cynradd – Bwydlen Wythnos 2

Primary School Menu Week 2

YN DECHRAU: 9 MEDI 2019 - 17 GORFFENNAF 2020
COMMENCING: 9TH SEPTEMBER 2019 TO 17TH JULY 2020

	DYDD LLUN MONDAY	DYDD MAWRTH TUESDAY	DYDD MERCHER WEDNESDAY	DYDD IAU THURSDAY	DYDD GWENER FRIDAY
OPSIWN A/OPTION A	Pitsa 'Chicago Town' Ffa Pob Tatws Hapus Chicago Town Pizza Baked Beans Potato Smiles	Pastai Corn-biff Llysiau cymysg neu Ffa gwyrdd Tatws Corned Beef Pie Mixed Vegetables or green beans Potatoes	Cig eidion wedi'i rostio Moron Neu Fresych Tatws Stwnsh Grefi Roast beef Carrots Or Cabbage Mashed Potatoes Gravy	Cyw Iâr Italiano 'Pasta King' Bara garlleg Salad bach Pasta King Chicken Italiano Garlic bread Side salad	Pysgod mewn bynsen India-corn neu Bys Sglodion neu Datws Fish in a bun Sweetcorn or Peas Chips or potatoes
OPSIWN B/OPTION B	Ffiled pysgod 'Youngs' Ffa Pob Tatws Hapus Youngs fish fillet Baked Beans Potato Smiles	Brest Cyw Iâr Italiano Llysiau cymysg neu Ffa gwyrdd Tatws Chicken breast Italiano Mixed Vegetables or green beans potatoes	Selsigen Cyw Iâr Moron Neu Fresych Tatws Stwnsh Grefi Chicken Sausage Carrots Or Cabbage Mashed Potatoes Gravy	Ham Salad bach Neu Ffa Pob Tatws Ham Side salad Or Baked Beans Potatoes	Ffiled brest cyw Iâr mewn bynsen India-corn Neu Bys Sglodion neu Datws Chicken fillet breast in a bun Sweetcorn Or Peas Chips or potatoes
PWDIN/DESSERT	Sbwng Afalau Taffi a Chwstard Toffee Apple Sponge and Custard	Ffrwythau a Hufen iâ Fruit and Ice cream	Cacen Siocled Greisionllyd Chocolate Crispy Cake	Cacen Siocled Sbwng Oren a Chwstard Chocolate Orange Sponge Cake & Custard	Ffoli ar Ffrwythau Fruity Friday
DEWS CYFNGEDIG YCHWANEGOL / ADDITIONAL LIMITED CHOICE	Bagét Tiwna Baguette - Tuna	Bagét Eog a chiwcymbr Baguette - Salmon and cucumber	Bagét Caws Baguette - Cheese	Bagét Ham Baguette - Ham	Bagét Cyw Iâr Baguette - Chicken
	logwrt wedi'i rewi Neu Ffrwythau ffres Neu Gaws a Chracers Frozen yogurt Or fresh fruit Or cheese and crackers	logwrt Muller Neu Ffrwythau ffres Neu Gaws a Chracers Muller Yogurt Or fresh fruit Or cheese and crackers	logwrt wedi'i rewi Neu Ffrwythau ffres Neu Gaws a Chracers Frozen yogurt Or fresh fruit Or cheese and crackers	logwrt Muller Neu Ffrwythau ffres Neu Gaws a Chracers Muller Yogurt Or fresh fruit Or cheese and crackers	logwrt wedi'i rewi Neu Ffrwythau ffres Neu Gaws a Chracers Frozen yogurt Or fresh fruit Or cheese and crackers
	Sudd ffrwythau Bara (Diderfyn) Fruit juice Unlimited Bread	Sudd ffrwythau Bara (Diderfyn) Fruit juice Unlimited Bread	Sudd ffrwythau Bara (Diderfyn) Fruit juice Unlimited Bread	Sudd ffrwythau Bara (Diderfyn) Fruit juice Unlimited Bread	Sudd ffrwythau Bara (Diderfyn) Fruit juice Unlimited Bread

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