

Pryd ar Glud

Wythnos 1	DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
PRIF FWYDLEN A	Pastai briwrig eidion a winwns gyda thrionglau tatws, pys a moron	Porc wedi'i sleisio mewn grefi gyda thatws stwnsh a thatws rhost, sbrowts a moron	Brecwast drwy'r dydd - Cig moch, selsig, omelette, darnau o datws wedi'u ffrio, tomatos a ffa pob	Twrci wedi'i sleisio mewn grefi gyda thatws stwnsh a thatws rhost, brocoli, a moron	Ffagots mewn grefi winwns gyda thatws stwnsh a phys
PRIF FWYDLEN B	Chasseur cyw iâr gyda thatws wedi'u ffrio'n ysgafn a llysiau cymysg	Pysgod mewn saws pys a phersli gyda brocoli a thatws newydd yn eu croen	Cyw iâr mewn saws melys a sur gyda reis llawn llysiau	Cig oen a thwmplenni sawrus gyda thatws stwnsh, sweden a ffa gwyrdd	Cyrri cyw iâr a reis gyda phys
DEWIS LLYSIEUOL	Omelette gyda darnau o datws wedi'u ffrio a ffa pob	Caserol llysiau gyda chiwbiau tatws â pherlysiau a ffa gwyrdd	Blodfresych mewn saws caws gyda thatws wedi'u ffrio'n ysgafn, moron a phys	Goulash llysiau a ffa gyda chiwbiau tatws â pherlysiau, moron a brocoli	Pasta caws a brocoli gyda llysiau cymysg
WEDI'I STWŊSIO, EI DORRI'N FÂN A MEDDAL	Caserol cyw iâr	Selsig mewn grefi	Caserol Swydd Gaerhirfryn	Cyw iâr a stwffin	Pysgod mewn saws caws
DIM GLWTEN	Caserol cyw iâr	Briwrig cyw iâr	Pastai'r Bwthyn	Cyw iâr	Caserol cig oen
PWDINAU WEDI'U RHEWI	Sbwng jam	Tarten afal	Sbwng siocled	Crymbl riwbob	Sbwng surop
TEISENNAU	MacarŴn siocled	Teisen lemwn	Myffin siocled oren	Teisen sinsir	Myffin llus

Community Meals

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL A	Minced Beef & Onion Pie with potato wedges, peas and carrots	Sliced Pork in Gravy with Mashed and Roast Potatoes, Sprouts and Carrots	All Day Breakfast (Bacon, Sausages, Omelette, Hash brown bites, Tomatoes & Baked Beans)	Sliced Turkey in Gravy with Mash and Roast Potatoes, Broccoli and Carrots	Faggots in Onion Gravy with Mashed Potatoes and Peas
MAIN MEAL B	Chicken Chasseur with Sauté Potatoes and Mixed Vegetables	Fish in Pea and Parsley Sauce with Broccoli and Skin-on New Potatoes	Sweet & Sour Chicken with Vegetable Rice	Savoury Lamb & Dumplings with Mashed Potato, Swede & Green Beans	Chicken Curry and Rice with Peas
VEGETARIAN	Omelette with Hash Browns and Baked Beans	Vegetable Casserole with Herby Diced Potatoes and Green Beans	Cauliflower Cheese with Sauté Potatoes, Carrots & Peas	Vegetable and Bean Goulash with Herby Diced Potatoes, Carrots & Broccoli	Cheese and Broccoli Pasta with Mixed Vegetables
PUREED, MINCED, SOFT	Chicken Casserole	Sausage in Gravy	Lancashire Hot Pot	Chicken and Stuffing	Fish in Cheese Sauce
GLUTEN FREE	Chicken Casserole	Minced Chicken	Cottage Pie	Roast Chicken	Lamb Casserole
FROZEN DESSERTS	Jam Sponge	Apple Pie	Chocolate Sponge	Rhubarb Crumble	Syrup Sponge
CAKES	Chocolate Macaroon	Lemon Cake	Chocolate & Orange Muffin	Ginger Cake	Blueberry Muffin

Pryd ar Glud

Wythnos 2	DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
PRIF FWYDLEN A	Pastai cyw iâr a ham gyda llysiau cymysg a thatws stwnsh	Cig eidion wedi'i sleisio mewn grefi gyda thatws stwnsh a thatws rhost, brocoli a moron	Pastai'r Bwthyn gyda sbrowts a llysiau cymysg	Cyw iâr rhost mewn grefi gyda thatws stwnsh a thatws rhos, sbrowts a moron	Pysgod mewn briwsion bara gyda sglodion a phys
PRIF FWYDLEN B	Briwgig eidion sawrus gyda thatws newydd yn eu croen, ffa gwyrdd a moron	Brecwast drwy'r dydd - cig moch, selsig, omelette, darnau o datws wedi'u ffrio, tomatos a ffa pob	Selsig mewn grefi winwns gyda thatws stwnsh a phys	Caserol stecen a madarch gyda thatws newydd yn eu croen, ffa gwyrdd a sweden	Cyw iâr mewn saws madarch gyda chiwbiau tatws â pherlysiau a brocoli
DEWIS LLYSIEUOL	Pastai caws, winwns a thatws gyda thatws stwnsh a llysiau cymysg	Pasta tomato Eidalaidd wedi'i bobi gydag india-corn a phys	Omelette gyda darnau o datws wedi'u ffrio a ffa pob	Pasta a chaws wedi'i bobi gydag india-corn a phys	Caserol cennin, winwns a thatws gyda llysiau cymysg
WEDI'I STWNSIO, EI DORRI'N FAN A MEDDAL	Cig oen rhost a mintys	Cawl cig eidion a thwmplenni	Pastai'r Bwthyn	Cig eidion	Pei pysgod
DIM GLWTEN	Caserol cig oen	Cyw iâr	Caserol cig eidion	Briwgig cyw iâr	Pastai'r Bwthyn
PWDINAU WEDI'U RHEWI	Tarten geirios	Sbwng lemwn	Pwdin reis a jam	Sbwng siocled	Crymbl afal
TEISENNAU	Teisen daffi	Browni siocled	Teisen foron	Teisen siocled	Sleisen Bakewell

Community Meals

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL A	Chicken & Ham Pie with Mixed Veg and Mash Potatoes	Sliced Beef in Gravy with Mash and Roast Potatoes	Cottage Pie with Sprouts and Mixed Vegetables	Roast Chicken in Gravy with Mash and Roast Potato, Sprouts and Carrots	Breaded Fish with Chips and Peas
MAIN MEAL B	Savoury Minced Beef with Skin on New Potatoes, Green Beans and Carrots	All Day Breakfast (Bacon, Sausages, Omelette, Hash brown bites, Tomatoes and Baked Beans)	Sausages in Onion Gravy with Mashed Potato and Peas	Steak and Mushroom Casserole with Skin on New Potatoes, Green Beans and Swede	Chicken in Mushroom Sauce with Herby Diced Potatoes and Broccoli
VEGETARIAN	Cheese, Onion and Potato Pie with Mashed Potato and Mixed Vegetables	Italian Tomato Pasta Bake with Sweetcorn and Peas	Omelette with Hash Browns and Baked Beans	Cheese & Pasta Bake with Sweetcorn and Peas	Leek, Onion & Potato Hotpot with Mixed Vegetables
PUREED, MINCED, SOFT	Minted Roast Lamb	Beef Stew & Dumplings	Cottage Pie	Roast Beef	Fisherman Pie
GLUTEN FREE	Lamb Casserole	Roast Chicken	Beef Casserole	Minced Chicken	Cottage Pie
FROZEN DESSERTS	Cherry Pie	Lemon Sponge	Rice Pudding & Jam	Chocolate Sponge	Apple Crumble
CAKES	Toffee Cake	Chocolate Brownie	Carrot Cake	Chocolate Fudge Cake	Bakewell Slice