Christmas Dinner

RHONDDA CYNON TAF

£3.30

Roast Beef & Yorkshire Pudding V (Gluten, Milk and Eggs)

***Nutless Roast Slice & Yorkshire Pudding** (Gluten, Eggs) V (Gluten, Milk and Eggs)

served with a Mini Sausage (Gluten, Soya, Sulphur Dioxide)
or Mini Veggie Sausage VEGAN (Gluten)
crispy roast potatoes, VEGAN (Sulphur Dioxide)
creamed potatoes V (MC: Gluten, Milk, Sulphur Dioxide)
and a medley of seasonal vegetables VEGAN
all topped with a with a rich gravy VEGAN (Soya)

Christmas Caramel Ice Cream V (milk)
or
Christmas Sorbet VEGAN

£2.60

MEAL DEAL

Beef or Turkey & Gravy Baguette
(Gluten, Milk, Soya MC* Eggs, Mustard, Sesame Seeds)
& Christmas Ice cream V (milk)

Please check your special diet with Catering= Ask to see the allergy matrices

V **Vegetarian** VEGAN **Vegan** (*Quorn Fillet available for Vegan pupils)

Cinio Nadolig

£3.30

Cig Eidion Rhost a Pwdin Swydd Efrog (V) (Glwten, Llaeth a Wyau)

*Tafell Rhost Heb Gnau (Glwten, Wyau) a Pwdin Swydd Efrog (V) (Glwten, Llaeth a Wyau)

gyda selsig bach (Glwten, Soia, Sylffwr Deuocsid)
neu Selsig Llysieuol Bach (VEGAN) (Glwten)
tatws rhost crensiog, (VEGAN) (Sylffwr Deuocsid)
tatws Hufennog (V) (MC: Glwten, Llaeth, Sylffwr Deuocsid)
a chymysgedd o lysiau tymhorol (VEGAN)
wedi'i orchuddio â grefi cyfoethog (VEGAN) (Soia)

Hufen Iâ Caramel Nadolig (V) (Llaeth)

neu

Sorbed Nadolig (VEGAN)

£2.60

Bargen Pryd

Baget Twrci neu Cig Eidion gyda Grefi
(Glwten, Llaeth, Soia MC* Wyau, Mwstard, Hadau Sesame)
a Hufen Iâ Nadolig (V) (Llaeth)

Gwiriwch eich gofynion deiet arbennig gyda'r Gwasanaeth Arlwyo a gofynnwch am gael gweld y matrics alergenau.

(V) **Llysieuol** (VEGAN) ***Fegan** (Ffiled Quorn ar gael i ddisgyblion fegan)