

Ysgolion Cynradd – Bwydlen Wythnos 1

Primary School Menu Week 1

WYTHNOS YN DECHRAU: 10 MEDI 2018 - GORFFENNAF 2019
COMMENCING: 10TH SEPTEMBER 2018 TO JULY 2019

	DYDD LLUN MONDAY	DYDD MAWRTH TUESDAY	DYDD MERCHER WEDNESDAY	DYDD IAU THURSDAY	DYDD GWENER FRIDAY
OPSIWN A/OPTION A	Peli porc Pasta troellog Salad bach Pork meatballs Pasta twist Side salad	Olwynion caws Ffa pob Waffles Neu Datws Cheese pin wheel Baked beans Waffles Or potatoes	Brest Cyw Iâr gyda Stwffin a grefi Brocoli Neu Swedsen Tatws Chicken Breast With stuffing and gravy Broccoli Or Swede Potatoes	Pastai briwrig eidion Pys Tatws stwnsh Minced beef pie Peas Mashed potatoes	Byrgyr Cig Eidion mewn rholyn India-corn neu Golslô Sglodion neu datws Beef Burger in a roll Sweet corn or Coleslaw Chips or potatoes
OPSIWN B/OPTION B	Goujons Cyw Iâr wedi'u ffrio yn y dull Deheuol Pys ac india-corn Ciwbiau tatws â pherlysiâu South fried Chicken Goujons Peas & sweet corn Herby diced potatoes	Bysedd pysgod eog Ffa pob Waffles Neu Datws Salmon Fish finger Baked beans Waffles Or potatoes	Selsig Brocoli Neu Swedsen Tatws a Grefi Sausage Broccoli Or Swede Potatoes & gravy	Korma Cyw Iâr 'Pasta King' Pys Reis Pasta King Chicken Korma Peas Rice	Bysedd pysgod jymbo 'Birds Eye' India-corn or/neu Golslô Sglodion neu datws Birds Eye Jumbo Fish Finger Sweet corn or Coleslaw Chips or potatoes
PWDIN/DESSERT	Pwdin sbwng lemwn wedi'i addurno Decorated lemon sponge	Ffrwythau a hufen iâ Fruit & ice-cream	Pwdin jam Jam split	Crymbl ffrwythau a Chwstard Fruit Crumble & Custard	Fflapjac neu Gwci ac ysgythaeth Flapjack or Cookie & milk shake
DEMS CYFYNGEDIG YCHWANEGOL /ADDITIONAL LIMITED CHOICE	Baguette - Tiwna Baguette - Tuna	Baguette - Ham Baguette - Ham	Baguette - Cyw Iâr Baguette - Chicken	Baguette - Eog a Chiwcymbr Baguette - Salmon & Cucumber	Baguette - Caws Baguette - Cheese
	logwrt wedi'i rewi Neu Ffrwythau ffres Neu Caws a Chracers Frozen yogurt Or fresh fruit Or cheese and crackers	logwrt Muller Neu Ffrwythau ffres Neu Caws a Chracers Muller yogurt Or fresh fruit Or cheese and crackers	logwrt wedi'i rewi Neu Ffrwythau ffres Neu Caws a Chracers Frozen yogurt Or fresh fruit Or cheese and crackers	logwrt Muller Neu Ffrwythau ffres Neu Caws a Chracers Muller yogurt Or fresh fruit Or cheese and crackers	logwrt wedi'i rewi Neu Ffrwythau ffres Neu Caws 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

WYTHNOS YN DECHRAU: 17 MEDI 2018 - GORFFENNAF 2019
COMMENCING: 17TH SEPTEMBER 2018 TO JULY 2019

	DYDD LLUN MONDAY	DYDD MAWRTH TUESDAY	DYDD MERCHER WEDNESDAY	DYDD IAU THURSDAY	DYDD GWENER FRIDAY
OPSIWN A/OPTION A	Bysedd Pysgod GG Salad bach Neu Bys Gwenau tatws GG Fish Fingers Side salad Or Peas Potato smiles	Lasagne Llysiau cymysg neu Ffa gwyrdd Bara garlleg Lasagne Mixed Vegetables or green beans Garlic bread	Cig eidion wedi'i rostio Moron Neu Fresych ffres Tatws stwnsh Grefi Roast beef Carrots Or fresh Cabbage Mashed Potatoes Gravy	Cyw Iâr Italiano 'Pasta King' Bara garlleg Salad Bach Pasta King Chicken Italiano Garlic bread Side salad	Pysgod Harry Ramsden India corn or/neu Bys Sglodion neu Datws Harry Ramsden fish Sweetcorn or Peas Chips or potatoes
OPSIWN B/OPTION B	Ham Salad Bach Neu Bys Gwenau Tatws Ham Side salad Or Peas Potato Smiles	Goujons Penfras Llysiau cymysg neu Ffa gwyrdd Tatws Cod Goujons Mixed Vegetables or green beans Potatoes	Cyw Iâr steil "butterfly" Moron Neu Fresych ffres Tatws stwnsh Grefi Butterfly Chicken Carrots Or fresh Cabbage Mashed Potatoes Gravy	Pitsa ½ Taten drwy'i chroen Ffa pob Neu Salad Pizza ½ jacket potato Baked beans Or salad	Ci poeth India corn Neu Bys Sglodion or/neu Datws Hot dog Sweetcorn Or Peas Chips or potatoes
PWDIN/DESSERT	Sbwng ffrwythau'r goedwig a a Chwstard Fruit of the forest sponge & Custard	Sgon jam a hufen Jam & cream scone	Waffl Gwlad Belg a Hufen ia Belgium waffle and ice cream	Jeli ffrwythau Fruit Jelly	Ffrwythau Dydd Gwener Fruity Friday
DEWS CYFNGEDIG YCHWANEGOL / ADDITIONAL LIMITED CHOICE	Baguette - Tiwna Baguette- Tuna	Baguette - Eog a chiwcymbr Baguette - Salmon and cucumber	Baguette - Cyw Iâr Baguette - Chicken	Baguette - Ham Baguette - Ham	Baguette - Caws Baguette - Cheese
	logwrt wedi'i rewi Neu Ffrwythau ffres Neu Caws a Chracers Frozen yogurt Or fresh fruit Or cheese and crackers	logwrt Muller Neu Ffrwythau ffres Neu Caws a Chracers Muller Yogurt Or fresh fruit Or cheese and crackers	logwrt wedi'i rewi Neu Ffrwythau ffres Neu Caws a Chracers Frozen yogurt Or fresh fruit Or cheese and crackers	logwrt Muller Neu Ffrwythau ffres Neu Caws a Chracers Muller Yogurt Or fresh fruit Or cheese and crackers	logwrt wedi'i rewi Neu Ffrwythau ffres Neu Caws 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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