

WYTHNOS 1 / WEEK 1

BWYDLEN YSGOLION CYNRADD / PRIMARY SCHOOL MENU

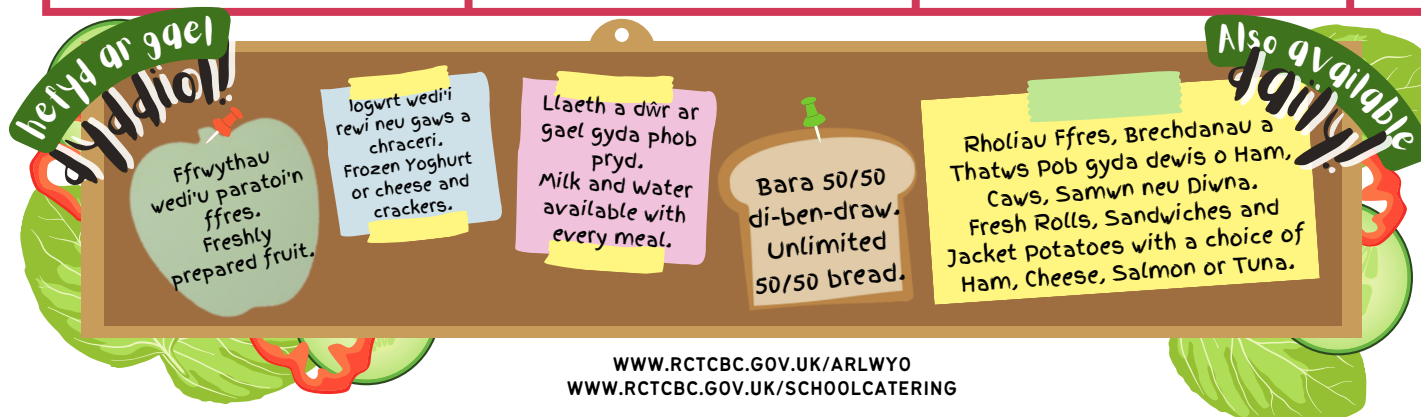
DYDD LLUN
MONDAYDYDD MAWRTH
TUESDAYDYDD MERCHER
WEDNESDAYDYDD IAU
THURSDAYDYDD GWENER
FRIDAY

PRIF BRYD MAIN MEAL

Bolognese Pasta Neu Pizza Caws Ciwbiau Tatws â Pherlysiau Prif gyrsiau wedi'u gweini gyda dewis o India-corn, Pys, Salad tymhorol	Bysedd Pysgod Neu Pei Caws a Thatws Prif gyrsiau wedi'u gweini gyda dewis o Tatws, Ffa Pob, Pys, Salad tymhorol	Brest Cyw Iâr Neu Ffiled Figan 'Quorn' Prif gyrsiau wedi'u gweini gyda dewis o Tatws, Foron, Swêds, Ffa Gwyrdd, Grefi, Salad tymhorol	Ham Gamwn Neu Pasta â saws Caws a Tomato Prif gyrsiau wedi'u gweini gyda dewis o Tatws, Lysiau Cymysg, Pys, Salad tymhorol	Selsig Porc Neu 'Dippers' Figan Quorn Prif gyrsiau wedi'u gweini gyda dewis o Sglodion Tatws, Pys, Ffa Pob, Salad tymhorol
Pasta Bolognese Or Cheese Pizza Mains served with a choice of Herby Diced Potatoes, Sweetcorn, Peas, Seasonal Salad	Fish Fingers Or Cheese & Potato Pie Mains served with a choice of Potatoes, Baked Beans, Peas, Seasonal Salad	Chicken Breast Or Quorn Vegan Fillet Mains served with a choice of Potatoes, Carrots, Swede, Green Beans, Gravy, Seasonal Salad	Gammon Ham Or Cheese & Tomato Sauce with Pasta Mains served with a choice of Potatoes, Mixed Vegetables, Peas, Seasonal Salad	Pork Sausages Or Quorn Vegan Dippers Mains served with a choice of Chipped Potatoes, Peas, Baked Beans, Seasonal Salad

PWDIN DESSERT

Ffrwythau a Hufen Iâ Fruit & Ice Cream	Browni gellyg Fruity Pear Brownie	Crymbl Afalau gyda Chwstard Apple Crumble and Custard	Jeli ffrwythau Fruit Jelly	Ffrwythau Dydd Gwener Fruity Friday
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Gallwn hefyd ddarparu ar gyfer diet fegan a diet a ragnodwyd yn feddygol.

We can also provide for vegan & medically prescribed diets.

Mae ein prydau'n cydymffurfio â gofynion rheoliadau Safonau a Gofynion Maeth Llywodraeth Cymru.

All our meals comply with the Welsh Government's Food & Drink Standards

Mai May 2024					Mehefin June 2024					Gorffennaf July 2024				
Llun Mon	Mawr Tues	Mer Wed	Iar Thur	Gwen Fri	Llun Mon	Mawr Tues	Mer Wed	Iar Thur	Gwen Fri	Llun Mon	Mawr Tues	Mer Wed	Iar Thur	Gwen Fri
21	22	1	2	3	3	4	5	6	7	1	2	3	4	5
6	7	8	9	10	10	11	12	13	14	8	9	10	11	12
13	14	15	16	17	17	18	19	20	21	15	16	17	18	19
20	21	22	23	24	24	25	26	27	28	22				
Whitau 27th-31st														

WYTHNOS 1
WEEK 1WYTHNOS 2
WEEK 2GWELER DYDDIADAU PELLACH YMLAEN - WWW.RCTCBC.GOV.UK/ARLWYO
SEE FURTHER DATES ON - WWW.RCTCBC.GOV.UK/SCHOOLCATERING

WYTHNOS 2 / WEEK 2

BWYDLEN YSGOLION CYNRADD / PRIMARY SCHOOL MENU

DYDD LLUN
MONDAYDYDD MAWRTH
TUESDAYDYDD MERCHER
WEDNESDAYDYDD IAU
THURSDAYDYDD GWENER
FRIDAY

PRIF BRYD MAIN MEAL

Cyw lân a Tomato Pasta wedi'u Pobi Neu Selsig Llysieuol Prif gyrsiau wedi'u gweini gyda dewis o Tatws Ffa Pob, Brocoli, Salad tymhorol	Pizza 'Chicago Town' Neu 'Dippers' Figan Quorn Prif gyrsiau wedi'u gweini gyda dewis o Pyffs Tatws Pys, India-corn, Salad tymhorol	Tafelli o Dwrci Neu Selsig Figan 'Quorn' Prif gyrsiau wedi'u gweini gyda dewis o Tatws Fforon, Broccoli, Lysiau Cymysg, Grefi, Salad tymhorol	Darnau o Gyw lân Brest Neu Olwynion Caws Prif gyrsiau wedi'u gweini gyda dewis o Tatws Ffa Gwyrdd, Ffa Pob, Salad tymhorol	Ffiled o Bysgod Bara Neu Rholyn Selsig Figan Prif gyrsiau wedi'u gweini gyda dewis o Sglodion Tatws Pys, Ffa Pob, Salad tymhorol
Chicken & Tomato Pasta Bake Or Veggie Sausage Mains served with a choice of Potatoes Baked Beans, Broccoli, Seasonal Salad	Chicago Town Pizza Or Quorn Vegan Dippers Mains served with a choice of Potato Puffs Peas, Sweetcorn, Seasonal Salad	Sliced Turkey Or Quorn Vegan Sausage Mains served with a choice of Potatoes Carrots, Broccoli, Mixed Vegetables, Gravy, Seasonal Salad	Chicken Breast Chunks Or Cheese Wheels Mains served with a choice of Potatoes Green Beans, Baked Beans, Seasonal Salad	Breaded Fish Fillet Or Vegan Sausage Roll Mains served with a choice of Chipped Potatoes Peas, Baked Beans, Seasonal Salad

PWDIN DESSERT

Sbwng Taffi Afal a Chwstard Toffee Apple Sponge & Custard	Ffrwythau mewn Jeli Fruit in Jelly	Cwci â darnau o Afal Cookie with Apple Slices	Ffrwythau a Hufen Iâ Fruit & Ice Cream	Ffrwythau Dydd Gwener Fruity Friday
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