

HYDREF 2024

AUTUMN 2024

WYTHNOS 1 / WEEK 1**BWYDLEN YSGOLION CYNRADD / PRIMARY SCHOOL MENU****DYDD LLUN
MONDAY****DYDD MAWRTH
TUESDAY****DYDD MERCHER
WEDNESDAY****DYDD IAU
THURSDAY****DYDD 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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hefyd ar gael

logwrt wedi'i rewi neu gaws a chraceri.
Frozen Yoghurt or cheese and crackers.

Llaeth a dŵr ar gael gyda phob pryd.
Milk and water available with every meal.

Bara 50/50 di-ben-draw.
Unlimited 50/50 bread.

Rholiau Ffres, Brechdanau a Thatws pob gyda dewis o Ham, Caws, Samwn neu Diwna.
Fresh Rolls, Sandwiches and Jacket potatoes with a choice of Ham, Cheese, Salmon or Tuna.

Also available

Ffrwythau wedi'u paratoin ffres.
Freshly prepared fruit.

Gallwn hefyd ddarparu ar gyfer diet fegan a diet a ragnodwyd yn feddygol. Mae ein prydau'n cydymffurfio â gofynion rheoliadau Safonau a Gofynion Maeth Llywodraeth Cymru.

We can also provide for vegan & medically prescribed diets. All our meals comply with the Welsh Government's Food & Drink Standards.

Medi September 2024

Llun	Mawr	Mer	Iau	Gwen
Mon	Tues	Wed	Thur	Fri
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	1	2	3	4

Hydref October 2024

Llun	Mawr	Mer	Iau	Gwen
Mon	Tues	Wed	Thur	Fri
30	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25

Hanner Tymor 28th-1st Half Term

Tachwedd November 2024

Llun	Mawr	Mer	Iau	Gwen
Mon	Tues	Wed	Thur	Fri
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

Hanner Tymor 28th-1st Half Term

Rhagfyr December 2024

Llun	Mawr	Mer	Iau	Gwen
Mon	Tues	Wed	Thur	Fri
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20

Nadolig 23rd - 3rd Christmas Holidays

GWELER DYDDIADAU PELLACH YMLAEN :
WWW.RCTCBC.GOV.UK/ARLWYO

SEE FURTHER DATES ON:
WWW.RCTCBC.GOV.UK/SCHOOLCATERING

WYTHNOS 1
WEEK 1

WYTHNOS 2
WEEK 2

HYDREF 2024

AUTUMN 2024

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 Foron, 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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addion!

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WEEK 1WYTHNOS 2
WEEK 2